

# CARROLL COUNTY FAMILY CONNECTION



— CARROLL COUNTY —  
**family connection™**



## **YOUTH MENTAL HEALTH TASK FORCE**

A Mental Health Guide for Parents



# *Carroll County Youth Mental Health Task Force*

Our goal is to increase community awareness of resources, offer support and ensure emotional well-being for families and youth in our community.

We envision a community without mental health stigma, an educated community that has conversations that lead to solutions. We want to see our youth and families thriving and having the resources they need.

This toolkit will provide you with information on various terms, warning signs, and important information to guide and support you and your family.

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# INTRODUCTION

In Georgia:

- 2 in 5 children have trouble accessing the mental health services they need.
- 1 in 8 teens suffer from depression.
- 1/2 of mental health disorders start by age 14.
- 7 in 10 youth in the juvenile justice have a mental health diagnosis.

Our commitment to our youth reminds us of the importance of actively educating ourselves, others and working together towards eradicating the stigma that exists towards mental health.

We understand that mentally healthy children will have better coping skills to deal with life. Having a positive quality of life allows youth to function well at home, in school, and in their communities.

Youth facing mental health disorders may experience challenges in their homes, school, community, and in their relationships.

Nevertheless, mental distress is temporary. Most young people with a mental illness can successfully surpass challenges from mental health disorders with treatment, peer support, professional services, and the support from family and friends.



# WARNING SIGNS

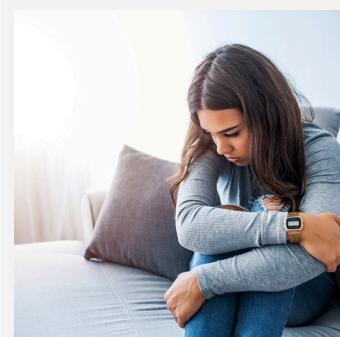
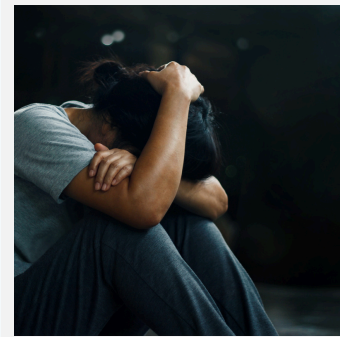
If a youth has a constellation of risk factors, it is important to seek assistance for the young person and family. If a family member or friend is concerned, discussing the issue with another family member, friend, spiritual counselor, family pediatrician, or primary doctor could be helpful.

Signs and behaviors to look for include, among others:

- Decline in academic performance.
- Struggling with poor grades in school despite putting forth great effort in the classroom
- Severe worry or anxiety, as shown by regular refusal to participate in day to day activities, attend school, fall sleep, or take part in activities that are normal for a child's age.
- Frequent physical complaints.
- Marked changes in sleeping and/or eating habits
- Extreme difficulties in concentrating that get in the way at school or at home
- Sexual acting out
- Depression shown by sustained, prolonged negative mood and attitude, often accompanied by poor appetite, difficulty sleeping or thoughts of death
- Severe mood swings
- Repeated use of alcohol and/or drugs.

*Learn more about promoting, preventing, and treating mental health issues.*

Ref: American Academy of Child and Adolescent Psychiatry, 2011.



# RISK AND PROTECTIVE FACTORS FOR YOUTH

Adolescence is an important time for developing healthy social and emotional habits. For example, good habits include maintaining a healthy sleep schedule, exercising regularly, developing coping, problem-solving, and interpersonal skills, and learning to manage emotions. Also, protective, and supportive environments in the family, school, and community are essential. The presence or absence of various combinations of protective and risk factors contribute to the mental health of youth, and efforts can be undertaken to promote positive mental health and prevent or reduce mental health challenges.

Risk Factors	Domains	Protective Factors
<ul style="list-style-type: none"> <li>- Female gender</li> <li>- Early puberty</li> <li>- Difficult temperament: inflexibility, low positive mood, withdrawal, poor concentration</li> <li>- Low self-esteem, perceived incompetence, negative explanatory and inferential style</li> <li>Anxiety</li> <li>- Low-level depressive symptoms and dysthymia</li> <li>- Insecure attachment</li> <li>- Poor social skills: communication and problem-solving skills</li> <li>- Extreme need for approval and social support</li> <li>- Low self-esteem</li> <li>- Shyness</li> <li>- Emotional problems in childhood</li> <li>- Conduct disorder</li> <li>- Favorable attitudes toward drugs</li> <li>- Rebelliousness</li> <li>- Early substance use</li> <li>- Antisocial behavior</li> <li>- Head injury</li> <li>- Marijuana use</li> <li>- Childhood exposure to lead or mercury (neurotoxins)</li> </ul>	Individual	<ul style="list-style-type: none"> <li>- Positive physical development</li> <li>- Academic achievement/intellectual development</li> <li>- High self-esteem</li> <li>- Emotional self-regulation</li> <li>- Good coping skills and problem-solving skills</li> <li>- Engagement and connections in two or more of the following contexts: school, with peers, in athletics, employment, religion, culture-</li> </ul>
<ul style="list-style-type: none"> <li>- Parental depression</li> <li>- Parent-child conflict</li> <li>- Poor parenting</li> <li>- Negative family environment (may include substance abuse in parents)</li> <li>- Child abuse/maltreatment</li> <li>- Single-parent family (for girls only)</li> <li>- Divorce</li> <li>- Marital conflict</li> <li>- Family conflict</li> <li>- Parent with anxiety</li> <li>- Parental/marital conflict</li> <li>- Family conflict (interactions between parents and children and among children)</li> <li>- Parental drug/alcohol use</li> <li>- Parental unemployment</li> <li>- Substance use among parents</li> <li>- Lack of adult supervision</li> <li>- Poor attachment with parents</li> <li>- Family dysfunction</li> <li>- Family member with schizophrenia</li> <li>- Poor parental supervision</li> <li>- Parental depression</li> <li>- Sexual abuse</li> </ul>	Family	<ul style="list-style-type: none"> <li>- Family provides structure, limits, rules, monitoring, and predictability</li> <li>- Supportive relationships with family members</li> <li>- Clear expectations for behavior and values</li> </ul>
<ul style="list-style-type: none"> <li>- Peer rejection</li> <li>- Stressful events</li> <li>- Poor academic achievement</li> <li>- Poverty</li> <li>- Community-level stressful or traumatic events</li> <li>- School-level stressful or traumatic events</li> <li>- Community violence</li> <li>- School violence</li> <li>- Poverty</li> <li>- Traumatic event</li> <li>- School failure</li> <li>- Low commitment to school</li> <li>- Not college bound</li> <li>- Aggression toward peers</li> <li>- Associating with drug-using peers</li> <li>- Societal/community norms favor alcohol and drug use</li> <li>- Urban setting</li> <li>- Associating with deviant peers</li> <li>- Loss of close relationship or friends</li> </ul>	School, Neighborhood, and Community	<ul style="list-style-type: none"> <li>- Presence of mentors and support for development of skills and interests</li> <li>- Opportunities for engagement within school and community</li> <li>- Positive norms</li> <li>- Clear expectations for behavior</li> <li>- Physical and psychological safety</li> </ul>

# SUPPORT AND TREATMENT

We understand that we need to support our youth, and we must link support and treatment within an integrated model. Youth who experience mental illness, face many barriers in accessing care and often have different needs from adults. Their participation in mental health services is one way of addressing quality and access issues, providing feedback and implementing youth driven and youth friendly strategies.

The focus of the Office of Children, Young Adults & Families (OCFY) is to support Georgia's System of Care (SOC) for uninsured children and young adults, or those with SSI Medicaid, and their families that are accessing the public behavioral health system. We accomplish this through the development of non-traditional supports for youth and families that support the traditional array of services available through Medicaid. For help accessing these mental health services, contact your regional field office.

## **Core and Specialty Services:**

Core and specialty services include evaluation/assessment, diagnosis, counseling and medication, therapy (individual, group, and family), community support services, crisis assessments, and physician services. These services are provided in clinics and other locations as needed, including homes, schools, detention facilities, and other community settings. If you need services for the deaf, hard of hearing or deaf-blind, please visit [Deaf Services](#).

## **MATCH (Multi-Agency Treatment Team):**

In 2021, the Georgia State Legislature passed House Bill 1013, "The Mental Health Parity Act". Included in this legislation was the establishment of MATCH (Multi-Agency Treatment for Children) within the Georgia Department of Behavioral Health and Developmental Disabilities (DBHDD).

Mobile Crisis Response Services (MCRS):

Mobile Crisis Response Services (MCRS) provides community-based, face-to-face crisis response 24 hours a day, seven days a week to individuals in an active state of crisis. MCRS offers short-term, behavioral health services for persons in need who may have been unable to successfully maintain stability. MCRS can be accessed through the Georgia Crisis and Access Line (GCAL) by calling (800) 715-4225.

## **Georgia Apex Program:**

The Georgia Apex Program focuses on three objectives:

1. To provide greater access to mental health services for students,
2. To provide for early detection of students' mental health needs, and
3. To create and sustain coordination between Georgia's community mental health providers and the local schools and school districts in which they reside.

*The program is anchored to the DBHDD provider network (enrolled Tier I and Tier II providers).*



# OTHER SUPPORT

## YOUTH MENTAL HEALTH FIRST AID

Youth Mental Health First Aid empowers a wide range of individuals, including parents, neighbors, teachers and health professionals. This is a program for adults to interact with youth and provides them with insights into youth development and mental health issues. This program provides adults the resources to act responsibly and offer immediate support to at-risk youth.

## VOICES FOR GEORGIA'S CHILDREN

They have a multifaceted approach to the well-being of children in Georgia. They promote systemic change, understanding that mental health issues, that are essential on the children well-being.

## MENTAL HEALTH AMERICA OF GEORGIA

Mental Health America of Georgia's mission is to strive to enhance the mental health and wellness of Georgians through education, outreach, and advocacy. They envision that Georgians will have improved mental wellness outcomes through educating the community regarding mental health, promoting mental wellness and ensuring policies to support mental illness, health and wellness.

## KIDS ON THE BLOCK

Kids on the Block transforms how children view mental wellness through a unique and engaging Puppet Program. The program is tailored to address common emotional challenges and encourage children to openly discuss the stressors they encounter at school, home or in any other environment.

## LEADERSHIP EMPOWERMENT ACCESS PROGRAM (LEAP)

A training program designed to improve skills in Professional development, leadership and personal resiliency for youth and young adults, 16-26 years old. The program offers training on mental wellness, self-empowerment, personal growth, and life-skills on their journey to achieve desired vocational goals.

## OUTREACH WELLNESS LEARNING (OWL)

These seminars teach individuals to recognize signs and symptoms of mental illness, practice effective strategies to gain/maintain good health, and find help sooner for mental health conditions.

## AMERICAN FOUNDATION FOR SUICIDE PREVENTION (AFSP)

Their mission is to save lives and bring hope to those affected by suicide. They have four core strategies: Fund scientific research, Educate the public about mental health and suicide prevention, Advocate for public policies in mental health and suicide prevention and they Support survivors of suicide loss and those affected by suicide.

## CRISIS LINES - WARM LINES

<u>988</u>	988
<u>Crisis Text Line</u>	Text HOME to 741741
<u>Georgia Crisis Line</u>	1-800-715-4225
<u>CARES Warm Line (Substance Abuse)</u>	1-844-326-5400
<u>Childhelp National Abuse</u>	1-800-4-A-Child (1-800-422-4452)
<u>National Domestic Violence Hotline</u>	1-800-799-SAFE (1-800-799-7233)
<u>NAMI (National Alliance for Mental Illness)</u>	1-800-950-NAMI (6264) Text: 2640
<u>RAINN (Rape, Abuse, Incest, Nat. Network)</u>	1-800-656-HOPE (1-800-656-4673)
<u>The TREVOR project</u>	1-866-488-7386 or Text 678 or <u>chat</u>
<u>Pathways Center</u>	1-888-247-9048 - 678-854-6394
<u>Peer to Peer Warm Line</u>	1-888-945-1414
<u>SAMHSA National Helpline</u>	1-800-662-HELP (4357)
<u>Veteran Crisis Line</u>	1-800-273-8255
<u>Willowbrooke at Tanner</u>	770-812-9551
<u>Carroll County Crisis Response Team</u>	404-450-0555 (non emergency) To request CCRT in a crisis situation dial 911

## LOCAL MENTAL HEALTH RESOURCES

KidsPeaceBowdon 101 KidsPeace Drive Bowdon, Ga 30108 - 800-257-3232.

Pathways 153 Independence Drive Carrollton, GA 30116 - 770-836-6678  
Pathways Center is a premier behavioral health care organization serving children, adolescents, and adults addressing an array of mental health and substance abuse issues.

Willowbrooke at Tanner

Willowbrooke Counseling Center Carrollton, GA - Villa Rica, GA - 770-812-8863

Willowbrooke Psychiatric Center

Children and Adolescents - Adults - Villa Rica, GA 770-812-3530

Willowbrooke at Tanner/Villa Rica

20 Herrell Road | Villa Rica, GA 30180 - 770-812-3266

Willowbrooke at Tanner/Carrollton

523 Dixie Street, Suite 1 | Carrollton, GA 30117 - 770-812-8788

A free, confidential mental health or substance abuse screening is the first step in determining the level of care you need. Following your screening, our psychiatrist-led team of counselors and therapists will work with you to develop a personalized treatment and recovery plan. To schedule your free, confidential screening, please call 770-812-3266.

There is a 24-hour helpline, 770-812-9551, you can reach an admission counselor at any time.

# MENTAL HEALTH AND WELLNESS AT HOME

Check list to be able to maintain your mental wellness:

- Get Plenty of sleep.
- Eat healthy, balanced meals.
- Move your body.
- Spend time in nature.
- Listen to music.
- Write in a journal.
- Challenge negative thoughts.
- Connect with family and friends.
- Take time to relax and breath.
- Treat yourself to something you enjoy.

What can you do to support your child or teen's mental wellness?

- Check in with your child or teen. Ask how they're feeling and how things are going in their lives. Make sure to pay attention to changes in their behavior and their words.
- Listen more, and hear what your child is saying. They may not be asking you to solve a problem, they may just want you to hear them and accept them.
- Encourage conversations, making sure to validate their feelings and acknowledging that you understand them, and that you are hearing them.
- Encourage your child to learn about and label their emotions, and to accept all emotions.

Remember that you are your child's example in life. Your habits will be picked up by your children, so make every effort to lead by example and follow healthier habits, and lead your family into these way of life.

Examples on how boost your family's mental wellness:

- Build a strong and positive parent-child relationship.
- Establish a weekly family time to share an activity.
- Make time for child-directed play, one-to-one play in which your child leads.
- Decrease stress and conflict while still supporting normal activities.
- Establish daily routines that support health habits to help children know what to expect and depend on.
- Work on your own coping & wellbeing to be a good role model for your child.
- Limit time with screens.
- Get creative with art time.
- Reflect on what your are thankful for.
- Build friendships, connections and community supports for your child & family.



# CARROLL COUNTY YOUTH MENTAL HEALTH TASK FORCE

Since 2021, Carroll County Youth Mental Health Task Force has been working with various agencies and community stakeholders to provide peer support, resources, awareness and education to Carroll County community. There are four mental health groups at our schools. S.T.A.N.D. Stronger Together And Never Defenseless, that is at Central Middle School, Central High School, and Bowdon High School. At Carrollton High School, there is Bring Change 2 Mind.

If your child attends any of these schools, encourage them to belong.

For Parents and Guardians, a Parent's Café was started in October 2023, it meets on the third Wednesday of the month at 5:30pm. For those interested, please send us an [email](#) or call 770-214-2080.

For Youth, we will be starting a Youth Café, that will be starting to meet in August 2024, please [register](#).

## WEBSITE

Our website is a community resource, and we ask that please let us know if we are missing any information, please let us know.

[www.ccyouthmentalhealth.org](http://www.ccyouthmentalhealth.org)

You may download the Resources Guide at the website. If you would like to have a hard copy, please let us know, or you can scan the QR code.

