

Grupo de Trabajo para la salud mental juvenil

Por Renee Ruffin-Price
Para AL DIA TODAY

En marzo del 2017, más de 30 líderes comunitarios liderados por Liz Mikitarian, Vicepresidenta de Hannah's Heroes Teen Suicide Prevention, Lori Duester del Children's Center y el Sources of Strength Teen Suicide Prevention Program, formaron el Grupo de Trabajo de Salud Mental Juvenil para reducir la tasa de suicidios de adolescentes y los intentos de suicidio, tomando un enfoque integral en todo el condado. Los miembros representan una variedad de entidades relacionadas con

la educación, medicina, salud mental y basada en la fe. Las estrategias basadas en una investigación realizada por los Centros para el Control de Enfermedades "Preventing Suicide: A Technical Package (Prevención del suicidio: un paquete técnico)", se están utilizando para enfocarse en siete áreas, incluyendo la promoción de la conexión y la identificación, además el apoyo a personas en riesgo.

Uno de los objetivos del grupo de trabajo es eliminar el estigma de la salud mental para que los jóvenes se sientan cómodos utilizando los recursos disponibles para

quienes están deprimidos o practicándose autolesiones. Como un problema de salud pública, el suicidio se puede evitar si las personas obtienen la ayuda que necesitan. Nuestra campaña "¡Comienza la conversación! (Start the conversation!)" Comenzará a romper las barreras que prohíben que las personas hablen sobre el suicidio.

¿Preocupado por un adolescente en crisis? Deténgase. Pregunte. Escuche. Actúe. Obtenga apoyo. Líneas de crisis disponibles 24/7/365: Marque 2-1-1. Llame a Lifeline al 800-273-TALK (8255). Envíe el texto



Renee' Ruffin-Price,
Youth Advocate,
Bullying/Suicide Prevention



"start" al 741741. Personas disponibles están esperando para ayudar.

The Youth Mental Health Task Force

In March 2017, over 30 community leaders led by Liz Mikitarian, Vice President of the Hannah's Heroes Teen Suicide Prevention and Lori Duester from the Children's Center and the Sources of Strength Teen Suicide Prevention Program, formed the Youth Mental Health Task Force to reduce the rate of teen suicides and suicide attempts by taking a comprehensive county-wide approach. Members represent a range of entities such as education, medical, mental health and faith-based. Research-based strategies from the Centers for Disease Control's "Preventing Suicide: A Technical Package..." are being used to focus on seven areas, including promoting connectedness and identifying/supporting people at risk.

One of the task force's goals is to remove the stigma of mental health so our youth will feel comfortable using the resources that are available to those who are depressed or practicing self-harm. As a public health issue, suicide is preventable if people get the help they need. Our "Start the conversation!" campaign will begin breaking through the barriers that prohibit people from talking about suicide.

Worried about a teen in crisis? Stop. Ask. Listen. Act. Get Support. Crisis Lines available 24/7/365: Dial 2-1-1. Call the Lifeline at 800-273-TALK (8255). Text "start" to 741741. Caring people are waiting to help.

Just a Phone Call or Visit Away!

By Joe Steckler
Guest Columnist

How often have you heard someone say, "I wish I had called them" or "I wish I had visited them"..."but now it is too late." If we are being honest, it is something most of us have heard quite often. As a senior advocate I encounter this lament all the time. It is a problem that can be addressed, and many times solved, through a better understanding of interpersonal relationships.

Perhaps the most typical time these words are used is at the passing of a spouse, dear friend, or parent. In my work with seniors, I have found the younger generation's neglect of parents to be one of the most frequent forms of elder abuse in families. It is easy to become self-centered and place our own needs before those of other family members. Why do we do this? Mostly, I think we forget that others like and need our attention.

Truly this opens a Pandora's Box, for any one can die and cause a family member regret for many years, some never recovering from the lack of attention they could have devoted to another family member before death occurred. While this topic could be the source of many articles, most of us know what we can do to eliminate the hurt so often experienced by elders. Simply be more attentive, more aware of others, more aware of what our inattention to loved ones can cause them.

Phone calls on a regular basis are wonderful, but if the call is hurried or does not seem germane to what the call should be about, we can cause more hurt than comfort.

Establishment of good interpersonal relationships or expressions of love must be carefully developed. We listen to what is being said but do we really understand? In our age of iPhones and other electronic devices, it is easy to be in another

world while sitting across from someone. We all have our opinion of the importance of phone calls, text messages, etc., but rudeness or inattention in any form is still hurtful.

As the world changes, all in it changes. Some change is good, some not so good. Existing in a technological world is difficult for many elders. Some adapt to change, but not all, so it is imperative that we respect the many personalities, life styles, and customs that make up our world. A kind word, a well-intended comment, a thoughtful expression all can improve someone's day. Taking time out from our own agenda involves little effort, but could mean a lot to a forgotten or ignored loved one. Undivided personal attention will be long remembered. What can you do to make someone else have a better day? Try understanding what is said.

Joe Steckler is the President of Helping Seniors of Brevard, a non-profit organization designed to advocate, educate, and fundraise on behalf of Brevard's senior citizens. Feel free to contact us at: info@helpingseniorsofbrevard.org or calling: 321-473-7770



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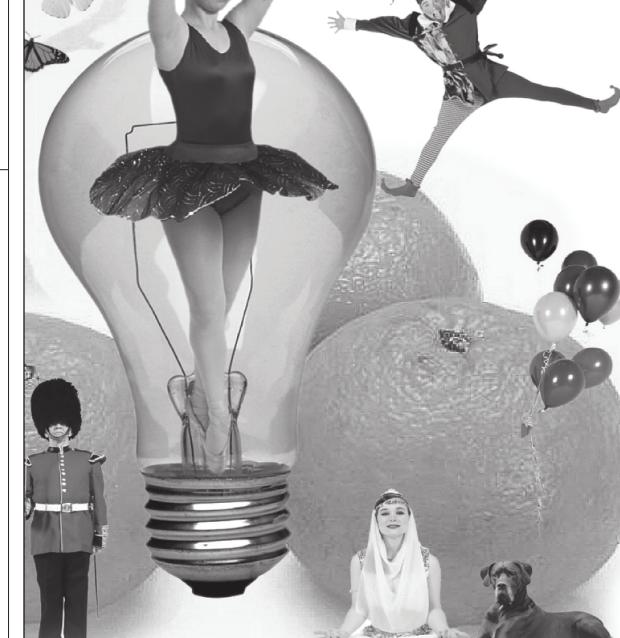
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