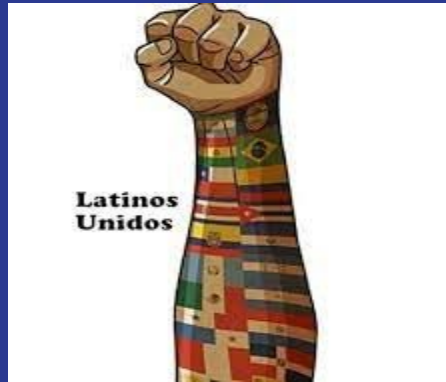


Latinos Unidos



Team Members:

Blanca Ruiz, Cynthia Aguirre, Imelda Carranza Del Hoyo, Janet Claudio Marquez, Lezly Resendiz & Brittany Guerrero, Sandra Davila Sanchez, Christina Camacho, Cristal Olivares

Cynthia Aguirre



Secretary for the Mount Vernon School District Teaching Learning & Leadership Department. Current Skagit Valley College student in the Bachelors of Applied Science in Applied Management Program with an expected graduation on June 2023.

"I have a passion for helping others and believe that everyone has the potential to reach their goals and aspirations".

Imelda Carranza Del Hoyo

Soy una persona que ha aprendido que no importa las discapacidades o obstáculos que te encuentres. En el camino siempre habrá alguien que te brinde una mano .

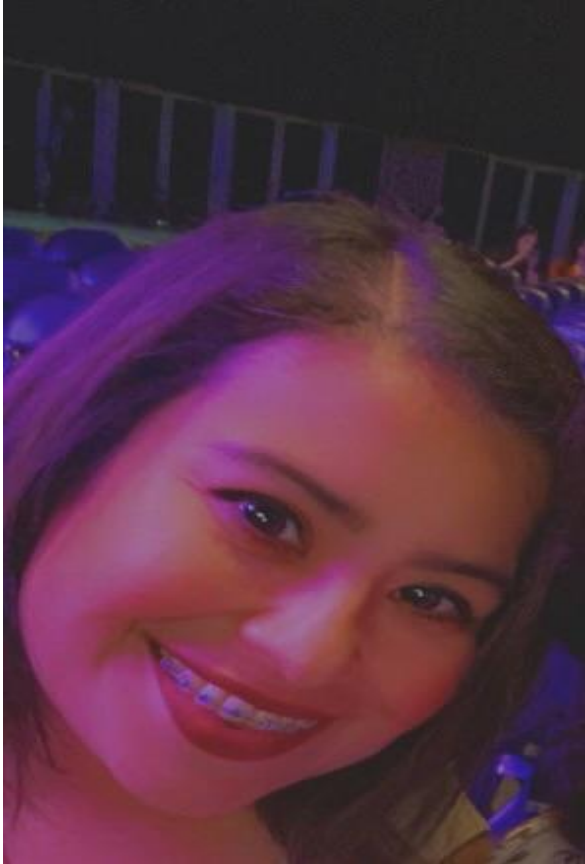
Voluntaria en la comunidad de Skagit, donde he aprendido de las muchas necesidades que existen en nuestra comunidad, en las cuales he aprendido que todo es posible con la ayuda de los demás. Al ser voluntaria me ha ayudado a involucrar a otras madres que no saben cómo hacer conexiones en la comunidad.

Pertenezco al comité de Padres de Familia del PAC (Programa Migrante)del Distrito escolar de Mount Vernon.

Involucrada en la formación de un grupo de infraestructura de voluntarios en la coalición MV HOPE.



Sandra Sanchez Davila



I am the Spanish Outreach Coordinator for Central Skagit Library in Sedro-Woolley. I am current Skagit Valley College student working on my AA in Business Management. I hope to one day get my masters degree in Library Science and become a Library Director in Skagit County.

“My passion is working with the Latino community and offering them the resources they may need to become successful”.



Blanca Ruiz

I currently work for the Burlington- Edison School District as a cook. I also run the fruit and vegetable snacks for classrooms, and the Boys & Girls dinner program at Lucille Umbarger Elementary School. I am currently working on my AASBM at Skagit Valley College. I am a volunteer for the Farmworker Art Studio. I enrolled at the Latino Leadership Program to expand my leadership skills. This course has now become one of my favorite classes as it has opened a broad range of opportunities to be more involved in the community and serve others.

"I am passionate about helping others and I am always seeking ways to make this planet a better world to live in, shaping the world like my favorite teachers said, by moving one brick at a time. I believe that if we all work together, we will be able to carry out our common goal to make life better for everyone we encounter in path.. This world needs people to care about others".



Britanny Guerrero Tinoco



I am a first generation college student, who is currently attending Skagit Valley College. I'm working towards my Associate Degree with hopes of transferring to a 4 year university to continue my education.



Christina Camacho

I am a first generation student working towards my Bachelor's Degree in Science of Nursing and hopefully one day to get my Masters Degree. I work at Skagit valley hospital as a CNA to expand my Knowledge for when i get my degree in nursing. My goal is to be a great nurse and help people as much as a i can and one day be able to be a Nurse Administrator.



Lezly Resendiz Garcia

I am a part time Skagit Valley College student.

One of my teachers here recommended that I take this course, so I decided to join to find something that is different from what I'm used to.

I very much enjoy this as it has helped me know more about circumstances in which people are part of what I didn't know.

It unexpectedly made me feel I could relate with others in situations.

That made me realize how much I would love to help others by listening, and recommending help.



Xochitl Cristal Olivares Bello

I'm a First generation College student at Skagit Valley College and I'm working to get my Associate Degree, hopefully be able to transfer to a university and become a teacher



Mount Vernon Hope Coalition

Community Partner:

(Mount Vernon: Healthy Outcomes through Prevention Efforts) This organization collaborates with the community to implement opioid and other drug prevention

- **Fund directly to service programs**

Community Agreement

When interacting as a team, we agree to the following:

- Make sure that all voices are heard and included.
- Listen actively to what is said.
- Respect everyone's opinions

Scope

We are a group of Latinx Leaders inspired to make a difference in our community.

Our purpose

- To help raise awareness about the importance of mental health in children and young adults.children's and young adults mental health needs.
- Provide parents with resources to get the help necessary for their child or young adult.

Why?

- Mental health is an important part of overall health for children and young adults.
- Mental Health is impacting our children and young adults more than ever.
- Our youth unfortunately struggles reaching out in times of need.
- Parents lack the resources needed to get the help they need.

CA



Educate yourself

As a parent, you want to support your child and you can't do so if you are not **properly informed**.

Educate yourself and others about mental health and the stigmas that float around it. Let's work together to break the cycle and get today's youth the help that they need.

Mental health is stigmatized, it may be more prevalent in Latino culture.

We decided to put this slideshow together to spread awareness about mental health, what signs to look out for & treatment options.

We hope you learn something!!

BTG



What is Mental Health like in the Youth?

Mental health is an important part of children's overall health and well-being, as it majorly takes part of the affects we think, feel, behave, and determines how we handle stress, relate to others, and make choices. These then lead to various methods of coping with the stresses of life, realizations of their abilities, learning well and working well, and contributing to their community.

Poor mental health in young adults is more than feeling blue. It can impact many areas of a teen's life such as their:

- Decision making
- Handling their emotions
- Social life
- Communication



Warning Signs in the Youth:

- Have frequent tantrums or are intensely irritable much of the time
- Complain about frequent stomach aches or headaches with no known medical cause
- Sleep too much or too little, have frequent nightmares, or seem sleepy during the day
- Are avoiding interacting with family, friends, social life, or have difficulty making friends
- Struggle academically or have experienced a recent decline in grades
- Repeat actions or check things many times out of fear that something bad may happen.
- Have lost interest in things that they used to enjoy
- Have low energy
- Sleep too much or too little, or seem sleepy throughout the day
- Diet or exercise excessively, or fear gaining weight
- Engage in self-harm behaviors (such as cutting or burning their skin)
- Smoke, drink alcohol, or use drugs
- Have thoughts of suicide
- Say that they think someone is trying to control their mind or that they hear things that other people cannot hear.



How Stress Affects the Body

Physically

- Changes in sleep and appetite
- Upset stomach
- Pounding heart
- Cold hands and feet
- Muscle tension
- Headaches

Emotionally

- Worried
- Nervous
- Frustrated
- Discouraged

Cognitively

- Difficulty concentrating
- Negative self-talk
- Complaining

BGT



Common Stressors for Young Adults

- School Sports
- Increased responsibilities at home
- Getting their driver's license
- Preparing for College/University
- Social Life
- Homework, tests or presentation anxiety
- Work - time consuming after school and on the weekends



BGT

What is the importance in receiving Mental Health Treatment? L.R

Mental health is part of a person's overall health and well-being:

- Mental Health
- Emotional Health
- Physical Health
- Behavioral well-being

Mental health affects children and young adults in the following ways:

- What they *think*
- How they *feel emotionally*
- How they *act*

It plays a role in how children and young adults:

- Handle stress
- Relate to others
- Make healthy choices
- Develops choices



The Impact of Covid-19 on the Youth's Mental Health

- Young people are facing “devastating” mental health effects as a result of the challenges experienced by their generation, including the coronavirus pandemic
- While there were already concerns about youth mental health prior to the COVID-19 pandemic, the past two years have exposed children and adolescents to unprecedented events such as repeated periods of quarantine, school closures, disrupted peer relationships, COVID-19 infections, loss of loved ones, and a general sense of unpredictability in their lives.
- Data from the 2021 Adolescent Behaviors and Experiences Survey (ABES) indicate that **37.1%** of U.S. high school students reported poor mental health during the COVID-19 pandemic. CA



Resource: [National Library of Medicine](https://www.nlm.nih.gov/)

Stigma Behind Mental Health

More than half of people with mental illness don't receive help for their disorders. Often, people avoid or delay seeking treatment due to concerns about being treated differently or fears of losing their jobs and livelihood. That's because stigma, prejudice and discrimination against people with mental illness is still very much a problem.

- Public stigma involves the negative or discriminatory attitudes that others have about mental illness.
- Self-stigma refers to the negative attitudes, including internalized shame, that people with mental illness have about their own condition.
- Institutional stigma, is more systemic, involving policies of government and private organizations that intentionally or unintentionally limit opportunities for people with mental illness. Examples include lower funding for mental illness research or fewer mental health services relative to other health care.

Sandra



Resource: [American Psychiatric Association](#)

How can we address Stigma?

- Talk openly about mental health, such as sharing on social media.
- Educate yourself and others – respond to misperceptions or negative comments by sharing facts and experiences.
- Be conscious of language – remind people that words matter.
- Encourage equality between physical and mental illness – draw comparisons to how they would treat someone with cancer or diabetes.
- Show compassion for those with mental illness.
- Be honest about treatment – normalize mental health treatment, just like other health care treatment.
- Let the media know when they are using stigmatizing language presenting stories of mental illness in a stigmatizing way.
- Choose empowerment over shame - "I fight stigma by choosing to live an empowered life. to me, that means owning my life and my story and refusing to allow others to dictate how I view myself or how I feel about myself." – Val Fletcher, responding on Facebook to the question, How do you fight stigma? S

Sandra



Resource: [American Psychiatric Association](#)

How Can You Help Your Child or Young Adult

- Encourage them to exercise regularly
- Encourage them to cut time off social media
- Build strong relationships
- Don't judge their mistakes
- Encourage a regular sleep pattern
- Remind him/her that they can speak with an adult whom they trust in school.
- Don't make them speak their feelings or situations to you right away, just support him/her and allow them to build trust.

Christina



Additional Ways You Can Help

- Make sure not to make him/her feel judged or pitted (don't try to assume)
- Let him/her know that it's okay to seek help and to feel ____ {mental health}
- Try to ask him/her what they are wanting to do (therapy, medicine, guides)
- Try to spend a bit more time with him/her (activities, {outdoor & indoor})

Christina



Stress Management and Coping

Chronic stress can increase the likelihood of anxiety, depression, and other mental health problems. Why learning how to manage stress as a teenager can actually prevent the need to develop coping strategies for teenage depression or anxiety later on.

- Take care of basic needs
- Establish routines
- Social support
- Self-care
- Relaxation
- Mindfulness Exercises
- Listening to music
- Exercise
- Limit social media use
- Help children to take risks
- Warm Bath



IMELDA

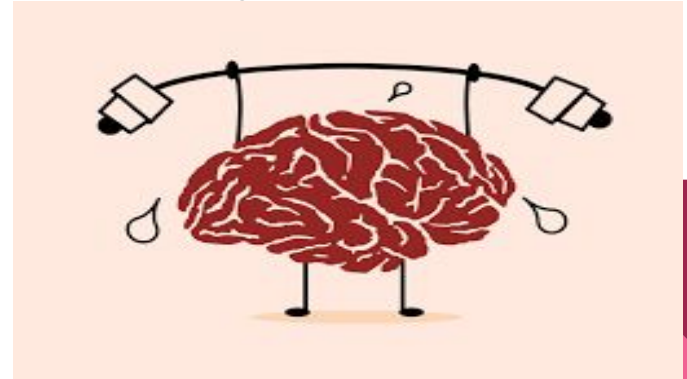
Resource: [Teen Stress: 10 Stress Management Skills for Teenagers](#)

Benefits of Physical Activity and Mental Health

- El ejercicio mejora la salud mental al reducir la ansiedad, la depresión y el estado de ánimo negativo y al mejorar la autoestima y la función cognitiva.
- También se ha encontrado que el ejercicio alivia síntomas como la baja autoestima y el aislamiento social.
- Se ha demostrado que los ejercicios aeróbicos, como trotar, nadar, andar en bicicleta, caminar, hacer jardinería y bailar, reducen la ansiedad y la depresión. Estas mejoras en el estado de ánimo son causadas por el aumento inducido por el ejercicio en la circulación sanguínea al cerebro, lo que ayuda a reducir el estrés.

IMELDA

Resource: [National Library of Medicine](#)



Benefits of Physical Activity

Being physically active can improve:

- Brain health
- Help manage weight
- Reduce the risk of disease
- Strengthen bones and muscles
- Improve your ability to do everyday activities.



Physical Activities in Skagit County

Skagit Skate Hockey league

- Fall & Winter Registrations
 - Ages: 6 -12 years old
 - Mondays 4:30pm to 6:30pm
 - Ages 13 to 19 years old
 - Mondays 6:30pm to 8:30pm

Skagit County Parks & Recreation

- Variety of Sports available
 - Ages 17 and under

YMCA Programs

- Many programs to choose from
- Ages 3 - 18+
- Scholarships available



Physical Activities in Skagit County

Swish Basketball League

- Largest boys basketball league in the area
- Different grade levels and divisions

Trek for Treasure

- A hiking adventure for people of all ages
- Complete the hikes, gather the clues, solve the puzzle, and compete in the final treasure hunt



Physical Activities at **No Cost**

State Parks Free Days: Free days to get outside and have access to Washington State Parks.

Little Mountain: Hiking Trails, Nature Area, Picnic Table, Scenic Lookout, Walking Paths.

Bakerview Park & Hillcrest Park: Basketball Court, BMX Track, Grass Play Area, Playground, Sand Volleyball Court, Walking Paths, Picnic Area.



When to Seek Help for your Child or Young Adult

- If you feel as though your child is suffering from more than day to day stressors.
- If you notice the warning signs listed in previous slides, consistently.
- If you are unsure of if your child needs to speak to a professional - it is better to ask for help and not need it, than not ask at all.



Christina



Immediate Help

When people call, text, or chat **988**, they will be connected to trained counselors that are part of the existing Lifeline network. These trained counselors will listen, understand how their problems are affecting them, provide support, and connect them to resources if necessary.

The previous **Lifeline** phone number (**1-800-273-8255**) will always remain available to people in emotional distress or suicidal crisis.

BTG



References

[National Institute of Mental Health](#)

[Centers of Disease Control and Prevention](#)

[World Health Organization](#)

[Healthy Young Minds in Heart](#)

[Teen Depression: More than just moodiness](#)

[CDC - Children's Mental Health](#)

[Pediatric Success Series](#)

[National Library of Medicine](#)

[Discovery Mood & Anxiety Program](#)

