



Crisis in Youth Mental Health

Kaz J. Nelson, MD

kjnelson@umn.edu

Facebook: [Kaz.J.Nelson](#)

theminddeconstructed.org

**me giving
mental health
advice**

**my mental
health**

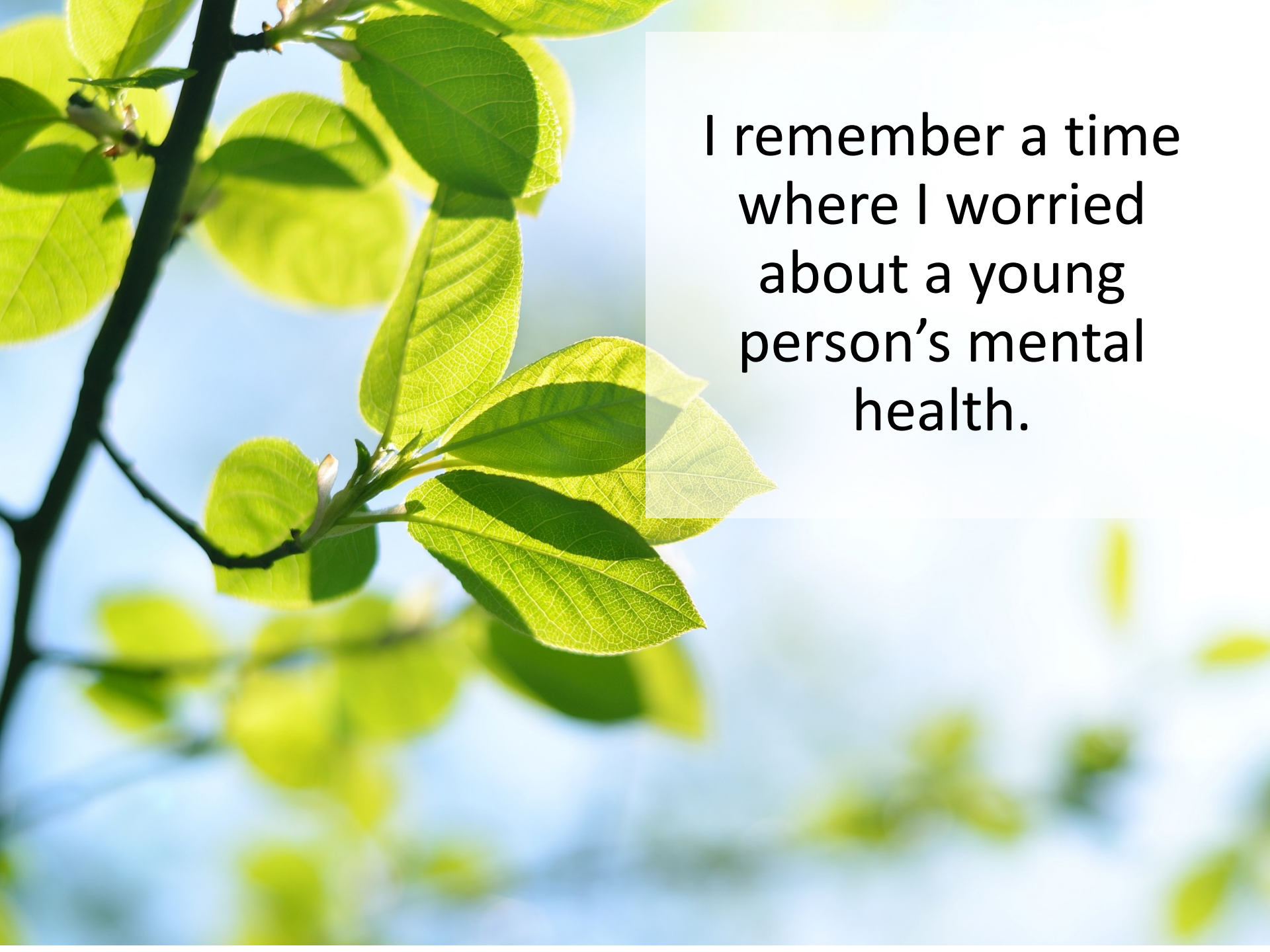


As a result of our discussion today, you will:

- 1) Describe the impact of acute and chronic stress on cognitive function.
- 2) Examine the nature and degree to which stress impacts young people.
- 3) Apply a framework to identify specific skills to address and meet developmental needs.



I remember...



I remember a time
where I worried
about a young
person's mental
health.

DEMANDS

resources

- Mental health disorders are common, consequential, and largely untreated on college campuses.
- Pre-COVID, 46% of students were experiencing clinically significant symptoms
- The prevalence of problems is growing
- Almost half of students with a diagnosable problem are not receiving treatment
- Among students seeking treatment at counseling centers, the percent of students who report having seriously considered attempting suicide rose from 24% in 2010 to 37% in 2019

Maslow's Hierarchy of Needs



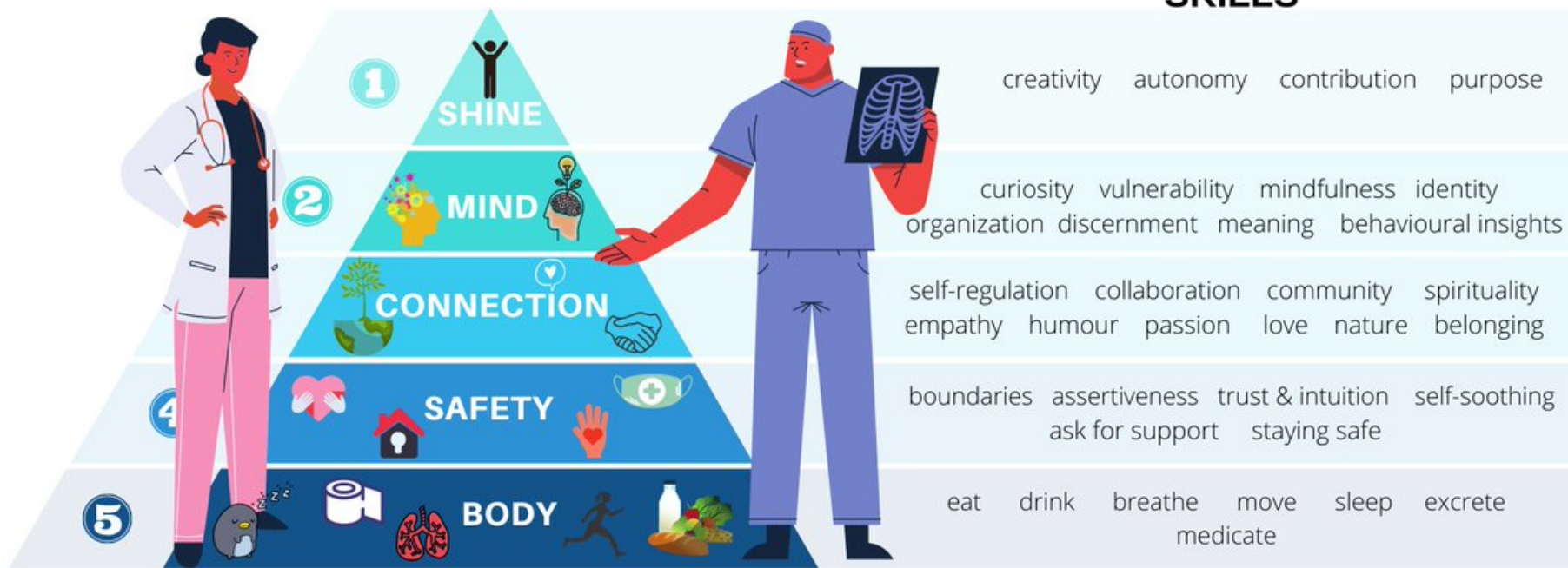
By Nathalie Martinek with Khurram Jahangir. Model originally adapted by Eva Migdal.



CORONA WELLBEING

Wellbeing during COVID19
using Maslow's Hierarchy of Needs

SKILLS



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Questions?

Kaz J. Nelson, MD

Twitter: @kazjnelson

Facebook: Kaz.J.Nelson

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Stimulate your vagus nerve!

Paced Breathing:

In – 2 – 3 – 4

Out – 2 – 3 – 4 – 5 – 6 – 7 – 8

Repeat

Ice or ice-water on the face