Crisis in Youth Mental Health

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my mental health

me giving mental health advice
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.

(1-4: Sara Abelson, MPH, Healthy Minds Study, 5: Center for Collegiate Mental Health)
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**

- creativity
- autonomy
- contribution
- purpose
- curiosity
- vulnerability
- mindfulness
- identity
- organization
- discernment
- meaning
- behavioural insights
- self-regulation
- collaboration
- community
- spirituality
- empathy
- humour
- passion
- love
- nature
- belonging
- boundaries
- assertiveness
- trust & intuition
- self-soothing
- ask for support
- staying safe
- eat
- drink
- breathe
- move
- sleep
- excrete
- medicate

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Questions?

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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