The Moon & Stars and What Is Ours

Maggie Steele

Feel the Beat - the heartbeat was the original sound

We have felt the pain of loss
We are reminded of the need for HEALING

Ble in

Breed is LIFE

Art Heals

Babies know how to self comfort after they cry, they inhale

A Corn medicine turning poison into nourishment

DUCT TAPE YOUR HEART

GRAPHIC RECORDING BY RAVEN@DRAWYOUOUT.COM
End the Silence

Speak for the Silent, Stand for the Broken

Mike Smith

My Story

1 Year Ago... Everything Changed
Take Care of Your Crew
"They're taking away FUN!"

1 SCREEN at a TIME
KID at a time
Moment at a time

SIGNIFICANT MOMENTS OF IMPACT

MISFIT moments!

BIG THING:

Gen Z—PLEASE BE A KID!!

Bringing the mobile half pipe to people!

Who is the loudest voice in your head?

Hippy jumps

Distracted?

What's your number?

The # of hours you spend on your device

10,000 hours makes you an expert
Are you an expert at watching other people live their lives?

How will you rebound out of this pandemic?
End the Silence
Matt Reddam

Youth Mental Health & Suicide Prevention Summit
April 22, 2021

Video Diary — "Wandering"...
Why didn't anyone ask?
Need for connection led to trauma
"Woke up with pain; pain put me to bed"
It wasn't a PLAN... could have died
SHAME & STIGMA prevented me from telling anyone.

Isolation greatly increases IDEATION
Isolation also hinders the ability to help.

Hope is an Insistent Creature

More than "Moodiness"

Persistent
Cuts Across Contexts
Noticeable Change
Gets in the Way

LGBTQ+ is higher
Anxiety
Avoidance, fear of social situations, reminders of a scary event. Poor sleep, agitation, excessive worry, tears.

Depression
Irritability/Anger
Loss of interest in fun things. Withdrawing, low self-esteem, sadness, hopelessness.

Range: 14-100%
9 or 10 groups over 50%

Why?
Fear of judgement
"Don't want to be embarrassed"
"Don't want people to think less of me"
"I'll just keep it to myself"
Not Comfortable Asking for Help?
"I think if a friend talked to me about it, I'd feel better"
"I'd be embarrassed"
"I don't want to be a burden"
"I'm not weak"

Judgement
Stigma
Fear

76% agree
"70% of people who take their own life have no contact with mental health services"
"One out of seven kids has a mental illness"
"Mostly no"

Not Committed
"I don't want to look weak"
"I don't want to do something wrong"
"I don't want to be judged"
"I don't want to be thought less of"

Not Trust
"People will just think I'm making things up"
"I don't want people to think I'm crazy"
"They will judge me"

Not Confidential
"If we talk about it, it will never stop"
"I don't want people to know"

STIGMA

Doing a Good Job?
"One teacher out of 7 cares"
Stigma: "I'm just keeping it to myself"
"They will think I'm crazy"
Need better mental health education.
"Reaching people late or at all"
Plenty of awareness, not enough CARING

Ideas for "Ending the Silence"

Now/More Groups!
LGBTQ+ More Groups!
More conversations with counselors/teachers
Be more confidential, make sure more people feel safe to talk
"More inclusive, making sure everyone feels comfortable"
"More conversations with counselors/teachers"
"More support for young people"

Why? Where?
Smart younger kids - 6th grade
"Love my teacher"
4-H teams, sports teams
Axiom

One Thing
3

Be there
Don't fix
Don't pressure
Listen
More caring
Be SAFE
Be OPEN

Experience a Mental Health Disorder
6-17
11 years
2d Death
50%
17%
100-300%
Average delay from trauma to showing up
Finding Your Voice  Stan Collins

Why I do this work... Jessie ... how could I not have seen this?

what could I have done to prevent his death?

Dealt with it in silence, no support.

"Hey Stan, what are you going to say?"

The Poem
"The Attendance Lady, "I have a Gift for you"
SARA "thank you for your pain"
and for sharing your HOPE

Don't underestimate your ability to help.

Suicide Prevention is not about convincing people not to die.

Use the Power of your VOICE

Use "Died by"

"Committed"

Your Language Matters.

Don't Use

You do not have to be the one in crisis to use the help lines!

"I know someone... here's what's going on..."

Do you have a plan? Are you thinking about suicide?

BE DIRECT

ask the questions
CPR for the Soul
CARE, PROTECT, RESPOND

"We are in this together"
IT'S PERSONAL

We are born to engage
Experiment!
Default: DANGER.

Beliefs - challenging the "I am an Artist" belief

Pack for your Journey
You will need to mix the colors - BLEND

Team Mosaic
- Do your best!
- Work together
- Take your time
- Your piece matters
- Short Video

"The Big Reveal!"

End the Silence
World Café: Student Voices

What are the biggest challenges and struggles young people are facing right now?

- A lot of older people don't LISTEN
- "They think things are easy because of technology."
- School + COVID

What are the things causing the most stress for young people?

- "I can't touch my friends"
- Social media - people fabricate an image
- Not knowing the effect on others
- Connections with friends hard during lockdown

What do you wish there was more of to support you?

- It's better for a friend to be mad at you than to lose them
- "We don't access resources for fear of judgment"
- School may be the only option

What do you want adults to know about what you are experiencing?

- LISTEN
  - Be gracious - not everyone has the same situation at home - may have a lot going on
  - Adults, be OPEN and Approachable
  - Make small talk, build the relationship before the need

Resources are under-used, students reserved about asking for help, help people know what the program is; what it's about.

More resources for kids turning into adults. I didn't prepare for adulthood, I didn't think I'd make it this far.

Finding a good friend is the best for us.

Aware of resources available?

- Resources are underused
- Students are reserved about asking for help
- Help people know what the program is, what it's about
- Most schools offer services students don't know exist
- Need reminders
Embrace the Uncomfortable, Ignite the Possibilities
Aaron Davis

You gotta 
Breathe
Don’t hold in the anxiety.

Treat yourself as you would a BEST FRIEND.

“Your self-talk is your most important conversation.”

Comfort

Joy & Happiness

Trouble can become our transportation to GROWTH

5:35 - 5:30 AM then again at night

Find something to DISTRACT you.

When you fear your struggles, your struggles consume you. When you face your struggles, you overcome them.

Have faith and DOUBT your DOUBTS

No Pain - No Gain
Get Comfortable with discomfort

Say something, no deals re: secret help is available

Know your allies, resources

Offer your support

Listening = learning

Unpack their pain

It’s real to them

Tell them they are loved, needed, and valued

Keep loving, leading, and learning!

graphic recording by raven@drawyouout.com
Video Diaries

Naomi
- School Pressures
- Racial Micro-Aggressions
- College - Panic Attacks
- My Mother is "My Person"

"Be that Person!"

Victor
- The 'Black Sheep' - not a jock
- Academic Pressure
- FRIENDS were key
- Family stress - led to self injury
- "Didn't want to be a problem"
- Therapy for 2 years helped

"Once you ask for help, you're not alone."

Mackenzie
- Younger sister; medical and financial stress
- Mom's medical condition
- Emotional abuse
- Didn't seek help - didn't want to be a burden
- Job in behavioral health was a major turn-around
- Mental health improved after seeking help, support
- "Everything is going to be okay in the end. If it's not okay, it's not the end."

"My Mom is now my best friend."

GRAPHIC RECORDING BY RAVEN@DRAWYOUOUT.COM
Taming the 'Monkey Mind'

- Sit upright
- PBS - Pause/Breathe/Smile
- Bell - Let it bring you back to the present moment

Mindful Movements
- Reach
- Shrug
- Accept
- Forgive
- Remove afflictions, let go of attachments

Breathe...
- Notice and relax
- Peace in ourselves
- Peace in the world

Be aware: Breathing in...
- Breathing out
- Be aware of and relax each part of your body
- "Now is the Gift, that's why we call it the PRESENT" Name it... "Hello... it will subside.

Breathe...
- Let it go by...
- "My mind is a clear blue sky"

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