



# Supporting Youth Mental Health A Guide for Adults

Know the signs. Get help. Find hope.

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# Guide Contents

Conversation Starters for Parents and Teens	3
Local Resources from Communities for Youth	4
C4Y Adult Tip Sheet	5
Resources for Students & Families of Ada County School Districts from BPA Health	6
Information on Mental Illness and Treatment from the National Alliance on Mental Illness (NAMI Idaho)	7
Mental Health First Aid Training for Youth	8
Resources to Engage with Your Teens from BeTheParents.org	9
How to Build Positive Childhood Experiences in Your Family	9
Youth Empowerment Services (YES) for Children Under 18	10
St. Luke’s Community Skill-Building and Conversations Playbook	10
How to Cultivate Resiliency in Adolescents	11
Recursos para Familias	13

## Learn More with QR Codes

Throughout this booklet you will find QR codes that will take you to additional resources. To use the QR codes, simply scan the box with your phone or tablet camera.



## Conversation Starters for Parents and Teens

### Start the conversation.

If you're wondering how to get started, and get past one-word answers, these conversation starters can help. **Download** a digital deck of 30 conversation starters at [optum-conversation.com/youth-conversations](https://optum-conversation.com/youth-conversations).





# Local Resources from Communities for Youth



Communities for Youth enables Idaho parents, schools, and kids to recognize and address youth mental health with the goal of helping youth to thrive.

They use an approach they call “Upstream Prevention” to work directly with young people in order to identify the risks and protective factors in their lives to prevent crises before they start.

Active in these Idaho communities: Boise/Kuna, Blaine County, Marsing, Twin Falls/Kimberly **Online** resources available for anyone.



Visit [www.communitiesforyouth.org](http://www.communitiesforyouth.org) to see how you can join the Boise initiative today!

# ADULT TIP SHEET



## Why Connection?

One of the main drivers of mental health struggles among Boise's youth is a lack of connection. If a large group of adults in Boise work on increasing connection opportunities for youth, we can make a real impact on the youth mental health crisis. Consider how you can be a trusted adult and create supportive relationships with the youth in your life.

## How Can I Start Building Better Connections?

**Make time to check in with your kids, your kids' friends, and other young people. A quick "Hey, how have you been?" can go a long way.**

**Plan weekly family and multi-family meals. Pizza night, taco night, ice cream sundae night---all are great opportunities to connect.**

**Create hobbies and rituals . It can be as easy as going for a walk or bike ride, watching a specific show, or having a themed movie night.**

**Encourage young people to join activities, attend events, and extend their social circle. These can be through school or through places like the Boise library, Parks & Rec, or other organizations.**

**Invite youth to volunteer with you. Volunteering has many mental health benefits and can take some of awkwardness out of building a connection.**

**Get creative together. Arts, crafts, building projects, you name it. You do not need to be an expert.**

# Students & Families of the Ada County School Districts



Enjoy **FREE** access to short-term and solution focused counseling, community, and well-being services for enrolled students and household family members at no cost to your family.

A dedicated team of professionals are available to assist you in-person and virtually.

- Mental and Behavioral Health
- Academic Pressure
- Stress Management
- Family and Relationship Conflict
- Parenting Challenges
- Alcohol and Drug use
- Legal and Financial Consultations
- Crisis Counseling Available by phone 24/7

**Our Service Navigators** are ready to help you every step of the way.

Call (833)-935-3816  
Text (208)-336-4275 or

Get started online at  
[www.bpahealth.com/portal-login/](http://www.bpahealth.com/portal-login/)



**Username:** your school district (West Ada School District, Boise School District, or Kuna School District)  
**Password:** 8339353816



**Free for Students and Their Family**



**Virtual and In-person Appointments**



**Service Providers in Your Area**

[bpahealth.com](http://bpahealth.com) | (833)-935-3816

# Information on Mental Illness and Treatment from the National Alliance on Mental Illness (NAMI Idaho)

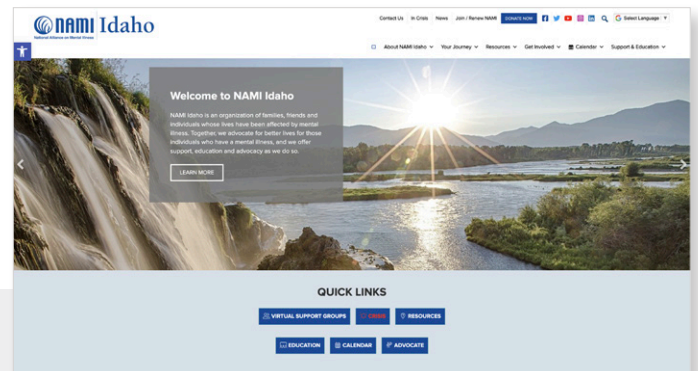


Our goal at NAMI Idaho is to improve the quality of life for all those affected by mental illness through support, education, advocacy and research across the state. We provide classes to educate families, and individuals, about mental illnesses, such as Family-to-Family and Peer-to-Peer.

**Online** resources available for anyone.



Visit [namiidaho.org](https://namiidaho.org) for more information about their programs.



## Resources



**Family Members and Caregivers Resources** – NAMI Idaho’s Family Members and Caregiver Resources offer comprehensive support, empowering individuals to effectively support their loved ones, prioritize self-care, prevent crises, and access additional assistance.



**Recursos en Español**



**NAMI on Campus** – NAMI on Campus clubs are student-led organizations advocating for mental health awareness, education, and support, aiming to improve services and policies while offering NAMI programs to peers.



**NAMI Basics** – A 6-session education program for parents, caregivers and other family who provide care for youth (ages 22 and younger) who are experiencing mental health symptoms.

Nearly  
**1 in 5**  
in the U.S. live  
with mental  
illness.

Source: National Institute  
of Mental Health



## Mental Health First Aid Training for Youth



**Gain skills to support someone experiencing a mental health or substance use issue with this FREE training**

Youth Mental Health First Aid is designed to teach adults how to help an adolescent (age 12-18) who is experiencing a mental health or addictions challenge or is in crisis. The course introduces common mental health challenges for youth, reviews typical adolescent development, and teaches a 5-step action plan for how to help young people in both crisis and non-crisis situations. Topics covered include anxiety, depression, substance use, disorders in which psychosis may occur, disruptive behavior disorders (including AD/HD), and eating disorders.



Find upcoming classes at  
[idahoresilienceproject.org/resources](https://idahoresilienceproject.org/resources).



# Resources to Engage with Your Teens from BeTheParents.org



The Idaho Office of Drug Policy's **BeTheParents.org** has created some great parent resources that include conversation starters, Family Dinner Project Conversation Ideas, a 30-day parent challenge along with other resources. Check them out and use some of them today!

Visit **BeTheParents.org** or scan the QR code below.



# How to Build Positive Childhood Experiences in Your Family



This resource answers the questions what are positive childhood experiences? How to practice positive childhood experiences? And what creating a difference with positive childhood experiences looks like?

Visit **positiveexperience.org/blog** to learn more.

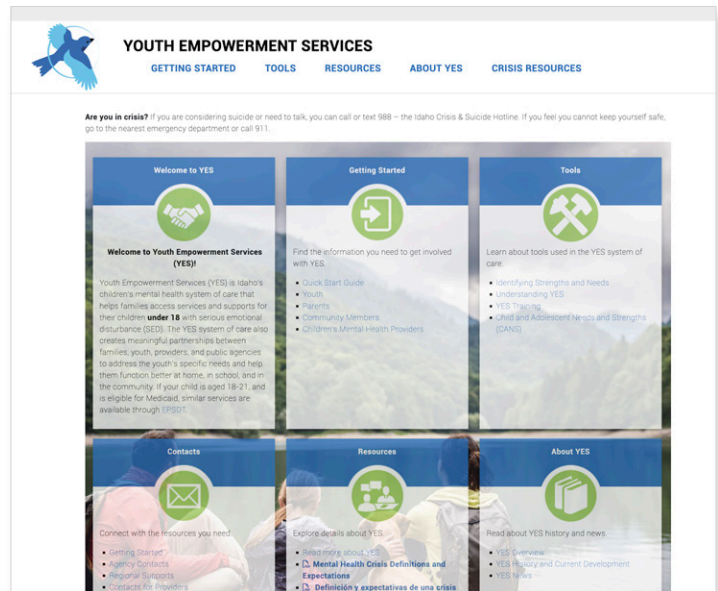


# Youth Empowerment Services for Children Under 18 with Serious Emotional Disturbance



Youth Empowerment Services (YES) is Idaho’s children’s mental health system of care that helps families access services and supports for their children under 18 with serious emotional disturbance. The YES system of care also creates meaningful partnerships between families, youth, providers, and public agencies to address the youth’s specific needs and help them function better at home, in school, and in the community.

Visit [yes.idaho.gov](https://yes.idaho.gov) for more information.



## St. Luke’s Community Skill-Building and Conversations Playbook

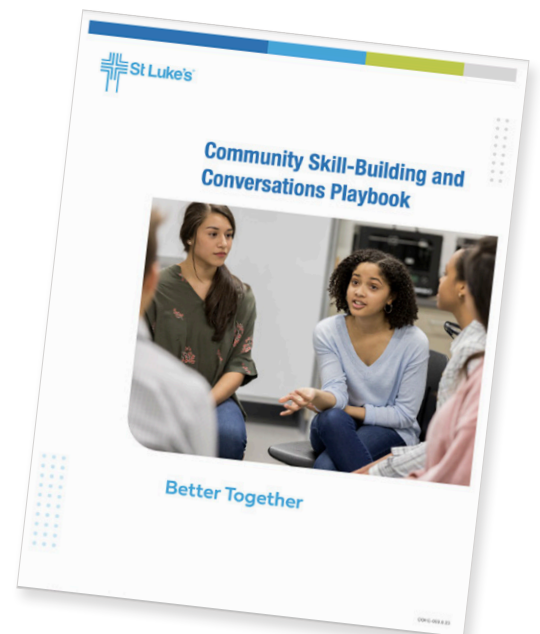


The playbook includes:

- An outline of a community-event approach. Recommendations and considerations for participants, speakers and facilitators.
- Skill-building videos with exercises that discuss and demonstrate those skills.
- An appendix with practical tools, such as marketing materials, a sample agenda and event resources.

While this playbook was built with St. Luke’s events on youth mental health in mind, their hope is anyone can find it helpful, insightful and inspiring as you hold important conversations and promote well-being in your community and home on a variety of topics.

**Download** the playbook by scanning the QR code.



# Cultivating Resiliency in Adolescents



**Resilience is built on a combination of factors that are both internal and external.**

**Individual Resilience:** This includes adaptability, self-efficacy, and positive coping skills.

**Community Resilience:** This includes supportive relationships and the availability of community-based resources

Internal resilience can be strengthened at any age, adolescence poses an opportune time to build resilience because of the brains adaptability during this time.

**Support from adults is an essential element to building adolescent resilience.**

## 7 C's Model of Resilience

Components of Individual Resilience

Published by the American Association for Pediatrics

**1 Competence**  
The ability to know how to handle situations effectively.

**2 Confidence**  
The belief in one's own abilities.

**3 Connection**  
Promotes a stronger sense of security and belonging.

**4 Character**  
Strong core values contribute to an individual's sense of self, and secure healthy relationships.

**5 Contribution**  
Provides individuals with a sense of meaning and purpose in their lives.

**6 Coping**  
Individuals with many positive coping skills are more effective at overcoming life's challenges.

**7 Control**  
When individuals realize they have control over their decisions and actions, they are more likely to know how to make choices that allow them to bounce back from challenges.

# Tangible Tips:

- **Encourage your child to help others through age-appropriate volunteering.**
- **Find opportunities for your child to contribute around the house.**
  - Chores
  - Helping pick out dinners for the week
- **Recognize and point out when your child does something well.**
- **Emphasize, and model, the importance of self-care.**
  - Getting adequate sleep
  - Nutrition
  - Exercise
- **Create opportunities to engage in meaningful conversation.**
  - Family Dinners
  - Conversations in the car
- **Promote trying new things, even if they result in failure.**
- **Allow your child to make safe mistakes and allow them to correct them.**
- **Encourage your child to consider right vs wrong.**
- **Model positive coping strategies.**
  - Asking for help
  - Problem solving
  - Taking responsibility for ones actions
  - Practicing optimism
- **Model generosity.**
- **Encourage your child to problem solve and come up with their own solutions.**
- **Encourage your child to participate in activities that foster connectedness.**
  - Church Youth Groups
  - Sports Team
  - After school programs & Clubs
- **Reward responsibility with increased freedom.**
- **If you have more than one child, recognize their strengths individually and avoid drawing comparisons.**
- **Encourage your child to plan for the future, including goal setting.**
- **Model healthy relationships with friends and family**

## Remember: Resilience is Modeled

Adolescents Learn From the Adults Around Them





## Recursos para Familias



The Idaho Resilience Project (IRP) (el proyecto de resiliencia de Idaho) se dedica a brindar las comunidades de todo el estado con estrategias basadas en evidencia para la prevención y la intervención. Nuestra misión es fomentar la resiliencia y el bienestar proporcionando oportunidades de capacitación profesional en salud mental y trauma, desarrollando recursos y ofreciendo apoyo de facilitación a nuestras organizaciones socias y comunidades.

¡Recursos en Español! Entendemos la importancia de la inclusión y la accesibilidad. Es por eso hemos seleccionado una colección especial de recursos diseñados para familias que hablan el español. Ya sea usted madre, padre, cuidador/a, adolescente o joven, nuestros recursos están diseñados para empoderarla/o y apoyarla/o en su jornada hacia el bienestar mental.

Nuestros recursos en español incluyen:

- Libros
- Vídeos
- Pódcasts
- Enlaces directos a servicios y apoyos de salud mental.

Explore nuestra amplia gama de recursos hoy y descubra el apoyo que está disponible. Visite [www.idahoresilienceproject.org/recursosparafamilias](http://www.idahoresilienceproject.org/recursosparafamilias) para revisar los recursos y únase a nosotros en la creación de comunidades resilientes en todo Idaho.





This guide is sponsored by the Idaho Resilience Project (IRP) and Optum Idaho.  
Visit us online to find additional resources for you and your family.

[idahoresilienceproject.org](http://idahoresilienceproject.org)



[optumidaho.com](http://optumidaho.com)



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