



parents meeting

cbc youth ministry
04.13.19

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UPCOMING CALENDAR

Senior Banquet

May 26, 2019

- ▶ Celebrating our Seniors % 2019
- ▶ Purchase tickets from CBC Youth Admin team
- ▶ 5:00-8:30pm

Costa Rica Missions

June 19-26

- ▶ Super last minute registration available per request.
- ▶ First training April 27 (9-11:30am) @ CBC

DCAMP/IMPACT

- ▶ DCAMP (Middle School)
 - ▷ Entering 6th grade to existing 8th grade.
 - ▷ August 4-7
- ▶ IMPACT (High School)
 - ▷ Existing 9-12th grade.
- ▶ Registration opens April 28
 - ▷ DCAMP early registration (\$240.00) ends May 31
 - ▷ DCAMP reg. registration (\$280.00) ends June 30
 - ▷ IMPACT early registration (\$290.00) ends May 31
 - ▷ IMPACT reg. registration (\$330.00) ends June 30.

More information visit: CBCHOUSTON.ORG/YOUTH or follow us on [@cbc youth of houston](https://www.facebook.com/cbcyouthofhouston) on social media.



A close-up photograph of a hand holding a blue pen, poised to write on a piece of paper. The hand is wearing a grey, textured sweater. The background is blurred, showing more of the paper and the pen.

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HELLO!

1. **Introductions**
2. **Yikes! & 3 Things**
3. **Prayer**
4. **Mental Health**

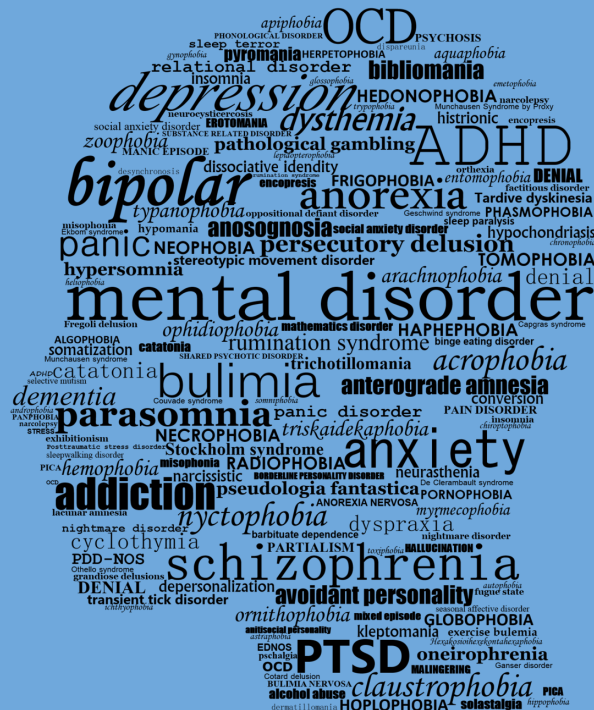


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Some Questions:

1. What were your initial thoughts after hearing Amanda's testimony?
2. What were some of examples of mental illness that Amanda was struggling with?
3. What was the turning point for Amanda in her journey through mental illness?
4. When students like Amanda show up in our homes, churches, and communities, how do we/should we engage them?

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MENTAL HEALTH

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What is Mental Health?

What is Mental Health?

Mental health includes our **emotional**, **psychological**, and **social** well-being and affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices.

What **factors** contribute to mental health?

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What is Mental Illness?

What is Mental Illness?

Mental illnesses are medical conditions that disrupt a person's thinking, feeling, mood, ability to relate to others and daily functioning.



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Examples of Mental Illness

Anxiety Disorders: Anxiety disorders are the most common mental health issues in America. They can cause both an emotional and physical reaction. Psychological symptoms are unexplained or unreasonable feelings of fear and obsessive or negative thoughts. (ex: generalized anxiety disorder, separation anxiety disorder, social anxiety disorder, panic disorder, obsessive-compulsive disorder)

Attachment Disorder: Attachment disorders are psychiatric illnesses that can develop in young children who have problems in emotional attachments to others.

Attention Deficit Hyperactivity Disorder (ADHD): ADHD symptoms include difficulty staying focused and paying attention, difficulty controlling behavior, and very high levels of activity. Any child may show inattention, distractibility, impulsivity, or hyperactivity at times, but the child with ADHD shows these symptoms and behaviors more frequently and severely than other children of the same age or developmental level.

Bipolar Disorder: Bipolar disorder is a serious medical condition that causes dramatic mood swings from overly “high” and/or irritable (mania) to sad and hopeless (depression), and then back again, often with periods of normal mood in between

Depression: is a common but serious mood disorder. It causes severe symptoms that affect how you feel, think, and handle daily activities, such as sleeping, eating, or working. To be diagnosed with depression, the symptoms must be present for at least two weeks.

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Examples of Mental Illness

Eating Disorder: Eating disorders are characterized by extremes in eating behavior—either too much or too little—or feelings of extreme distress or concern about body weight or shape. Eating disorders frequently occur in people with other mental illnesses, including depression, anxiety disorders and substance abuse issues. (Ex: Anorexia Nervosa, Bulimia Nervosa, Binge Eating disorder)

Post-Traumatic Stress Disorder (PTSD): Children and teens could have post-traumatic stress disorder if they have lived through an event that could have caused them or someone else to be killed or badly hurt. Such events include sexual abuse, physical abuse or other violent crimes.

Self-Injury: Self-injury is the act of deliberately hurting oneself, often to change a way of feeling. Much self-injury becomes a pattern of behaviors that are ritualistic (use the same tool, cut in the same places, etc).

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Research shows that half of **all** mental illnesses start by age 14 and three-quarters start by age 24.

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1/5

However, only 1 in 5 of these children is receiving appropriate **treatment**. Before young people get help an average of 6 to 8 years pass after the onset of mood disorder symptoms and 9 to 23 years for anxiety disorder symptoms.

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What is Mental Health?

Anxiety and **Depression** was the highest ranked **concern** among teens ages 13 to 17 as of 2018 surpassing bullying, drug and alcohol use, poverty, teen pregnancy, and gangs

Anxiety & Depression

Bullying

Drugs & Alcohol

Poverty

Teen Pregnancy

Gangs

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What do
studies
show?



When it comes to the pressures youth face, academics is the highest source of stress for American teenagers: 61% of teens across all racial and socioeconomic groups say they feel a lot of pressure to get good grades (Pew Research 2018)

By comparison, about three-in-ten say they feel a lot of pressure to look good (29%) and to fit in socially (28%), and one-in-five feel pressured to be involved in extracurricular activities (21%) and to be good at sports (also 21%)

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What do
studies
show?



Asian American youth are more vulnerable to these pressures than ever, as a result of the immigrant culture's tendency to emphasize work ethic, top grades, and getting into a top university or college, all beginning at an early age. (American Journal of Psychiatry)

It has been found that only **17%** of Asian Americans dealing with mental health issues seek professional health services, contributing to the increased risk of suicide.

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What do
studies
show?



QUESTION TIME:

How do you and your family deal with, handle, work through the issue of academics, anxiety, responsibility, and stress?

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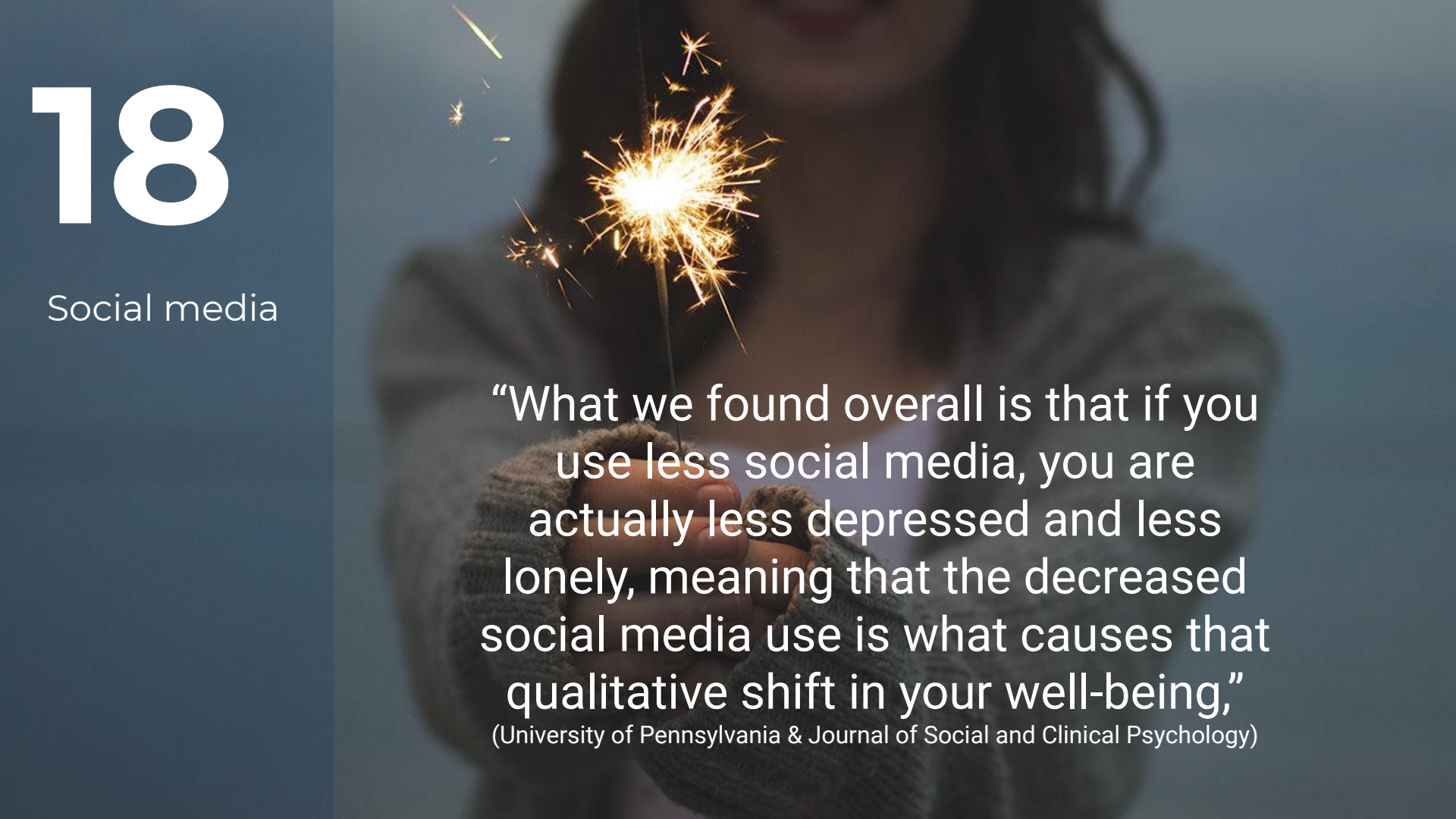
Not so
subtle
source of
depression
& anxiety



Another source of depression and anxiety for teenagers is **social media**. Teenagers look to Facebook and other social networking sites as a **social barometer** to gauge their popularity and social acceptance

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Social media

A person is holding a lit sparkler, with bright sparks emanating from the tip. The person's face is partially visible in the background, looking down at the sparkler. The background is dark and out of focus.

“What we found overall is that if you use less social media, you are actually less depressed and less lonely, meaning that the decreased social media use is what causes that qualitative shift in your well-being,”

(University of Pennsylvania & Journal of Social and Clinical Psychology)

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7% of youths ages 3 to 17 suffered from **anxiety disorder** in 2016-2017 according to the National Survey of Children's Health. A 2015 report from the Child Mind Institute found that only about 20 percent of young people with a diagnosable anxiety disorder receive treatment.



An increasing number of kids are committing acts of **self-harm** such as cutting, burning, and striking themselves. Girls tend to engage in self-harming more often than boys. 36 percent of girls in America have been or are depressed by the time they reach 17.



Between 2006 and 2014, the **suicide** rate among Americans 19 and under rose from 2.18 to 2.75 per 100,000 people. At least 36 states have experienced an increase

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**GOSPEL & GOSPEL
IMPLICATIONS**

**WHAT
DO WE
DO?**

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COUNSELING



**WHAT
DO WE
DO?**



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