

A Culture that Damages Mental Health

Report on Google Alerts for Mental Health Month 2022 (May)

Brooklyn Paper says, “one in four NEW YORKERS report depression and financial stress; suicide has increased by 30 percent among 10-24-year-olds.”

“The common theme is trauma, neglect, physical or sexual abuse.” “It’s unsafe to be outside.”

“Economic fear, being unable to afford groceries, transportation, and education “triggers” many in Brooklyn,” so it is unsafe to be outside.

NYC Health Press Release says, a new pilot moves beyond.

We must address the **social**. It can be difficult for someone to address their mental health (if they are worrying about how they will eat, or where they will sleep), a step-down will serve 900 clients, stepping down to individual and group interventions at soup kitchens, for lower-income New Yorkers, those with serious mental illness.” Del Cerro, Ximena. (2022, Jun 1). *City wraps up Mental Health Awareness Month with a new care program and more work to be done.* Brooklyn Paper. <https://www.brooklynpaper.com/City-wraps-up-Mental-Health-Awareness-Month-with-a-new-care-program-and-more-work-to-be-done> • Brooklyn Paper

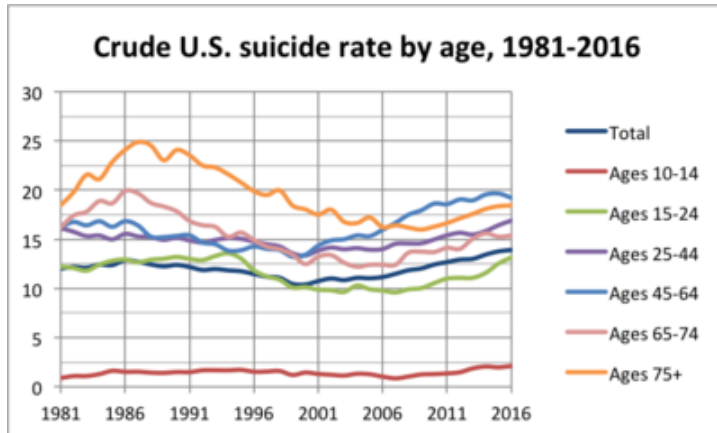


Will that change things in New York?

1. A culture that damages mental health

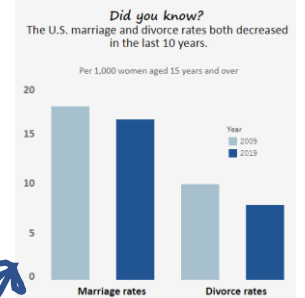
Kansas Reflector says, in Kansas, “suicide is the second leading cause of death for people ages 15-24.” “Testimony before a Senate Committee said that smartphones and social media are contributors...” “Being a little fish in a big pond threatens self-image explains the surge in suicide rates,” she says. Younis, Inas. (2022, May 29). *OPINION: We must build a better path through a culture that damages Kansas teens’ mental health.* Kansas Reflector.

KANSAS REFLECTOR



<https://kansasreflector.com/2022/05/29/We-must-build-a-better-path-through-a-culture-that-damages-Kansas-teens-mental-health-Kansas-Reflector>

It appears to have risen for 15-24 sharply since 2013. All have risen since 2000. What happened in 2000? 45-year-old suicides have risen A LOT, more than the little rise



in 15-24-year olds. (Wikipedia) Census divorce/marriage 2009/2019

A. Is it cell phones or is it single-parent homes?

Beatty Cohan of the Hamptons says, “Suicide rates for females are highest among those ages 45–54. Men and women between the ages of 45 and 64 are at the highest risk of suicide. Cohan, Beatty. (2022, May 22). *Ask Beatty: May is Mental Health Awareness Month.* Dan’s Papers **This is the Hamptons!** <https://www.danspapers.com/2022/05/Ask-Beatty-May-Is-Mental-Health-Awareness-Month-danspapers.com>

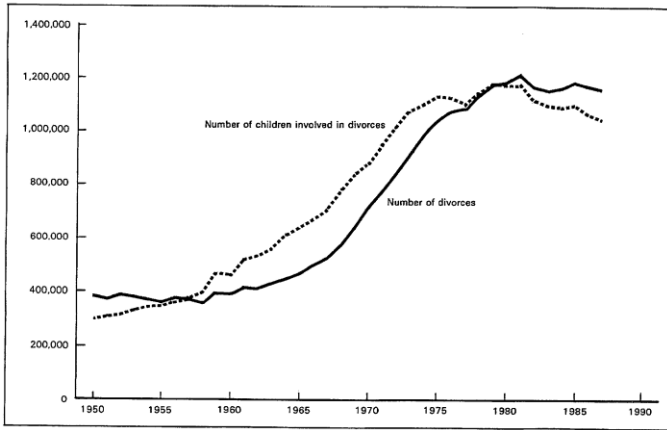


Figure 1. Estimated number of divorces and children involved in divorce: United States, 1950-87

The problem is big when the boundary around the family is evaporated with all parents working

(no one is at-home or paying attention to anyone),

then cell phones make an individual in that family even more a part of the big pond, and less a part of a small pond.

Mothers have been the provider of love, emotional support and nurturing. Children are not getting attention, today.

A baby is socialized by his parents, taught rules of behavior. Society expects parents to socialize children like potty training. To the extent a baby is cared for by someone else, more than a 20-hour work week, the baby is socialized by that other person or organization. There is not selfless love in other-person caretaking, as with a parent. Most family are now ½ divorced, and with working moms, and, as a result, there is harsh parenting, and people ignored.

Culture has to do with social “mores”. “Mores” are rules, social norms, that are observed within a culture, what is morally acceptable. There are rules, and there are wants and needs of a child. A child seeks to fill his needs and wants, a parent teaches the rules. Through being loved and receiving attention, children learn rules. Children look through their mother’s eyes to see what is important in the world. The bible rule, Moses lawgiver, teaches, Honor your parents. They are selfless love or the closest thing to God. Children are being socialized by those not interested in them, selflessly. No one is caring about, nurturing their spirit.

B. The younger generations are being raised by society in the big pond, and no longer by parents.

Spencer Rich of *Single-Parent Families Rise Dramatically in 1982* said, “one of five children under 18 in America today lives in a one-parent family, ... according to new Census Bureau reports.” Rich, Spencer. (1982, May 3).

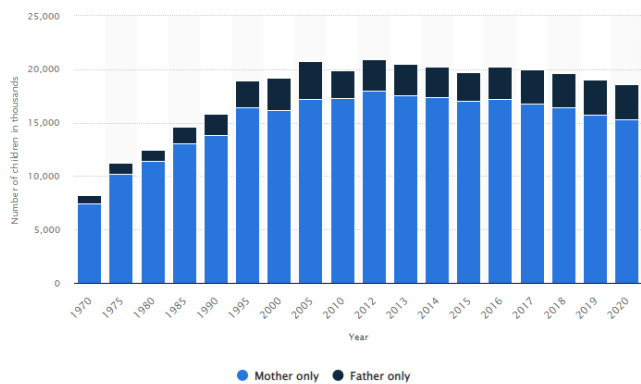
Single-Parent Families Rise Dramatically. **The Washington Post**. <https://www.washingtonpost.com/archive/politics/1982/05/03/Single-Parent-Families-Rise-Dramatically-The-Washington-Post>

C. We are putting into effect legislation to pay to replace the provider of love, emotional, social support and nurturing, with “ways that work” (but don’t). How do you replace a nurturing mother?

Committee Scott and DeSaulnier introduced “the Mental Health Matters Act to confront mental health for children, students,

workers, and families.” (2022, May 17). *Press Releases: Chairs Scott, Desaulnier Introduce Mental Health Matters Act. Congressman 11th District Mark DeSaulnier*. <https://desaulnier.house.gov/media-center/press-releases/Chairs-Scott-DeSaulnier-Introduce-Mental-Health-Matters-Act-Congressman-Mark-DeSaulnier-house.gov>





Robert King of Fierce Healthcare says, legislation introduced by Senators Chris Murphy and Bill Cassidy, would offer a Block Grant and “expand federal



government’s Pediatric Mental Health Care Access Program.” King, Robert. (2022, May 10). *Senators seek to reauthorize mental health reforms, grants in latest bid to improve access.* **Fierce Healthcare.** <https://www.fiercehealthcare.com/payers/Bipartisan-senators-aim-for-mental-health-reforms-grants> (fiercehealthcare.com)

USA Today Network Pennsylvania, May 27, 2022, says, State Rep. Dan Miller, “means no disrespect because he genuinely appreciates the sentiment, but it's frustrating that the universal, bipartisan support evaporates in the face of bills that actually do something tangible. Legislation must follow," Miller has now introduced this bill four times.



Norm Ornstein and Steve Leifman of the Atlantic say, Locking People Up Is No Way to Treat Mental Illness, “using prisons to warehouse psychiatric patients.” Ornstein, Norm, and Steve Leifman. (2022, May 30). *Locking People Up Is No Way to Treat Mental Illness.* **The Atlantic.** <https://www.theatlantic.com/ideas/archive/2022/05/Locking-People-Up-Is-No-Way-to-Treat-Mental-Illness-The-Atlantic>.



Clara Harter, of SMDP, May 28, 2022, says, “Officials want Medicaid payments for inpatient mental health facilities as rates of suicide, homelessness and mental illness continue across the County, Los Angeles is targeting new strategies.

Washington Post said, Max Tillitt was finally making progress with addiction and mental illness when word arrived cutting to 21, 45 days at [his] residential treatment center. Two months later, Tillitt was dead of an overdose. Bernstein, Lenny. (2022, June 2). *Equal mental health insurance coverage elusive despite legal guarantee.* **The Washington Post.** <https://www.washingtonpost.com/health/Equal-mental-health-insurance-coverage-elusive-despite-legal-guarantee-The-Washington-Post>



SHRM Workplace says, “54 percent of working parents reported seeking out professional help for their children's mental and emotional well-being.” Goth, Greg. (2022, June 1). *Don't Overlook the Mental Health of Workers' Children.* **SHRM Society for Resource Management.** <https://www.shrm.org/Don't-Overlook-the-Mental-Health-of-Workers-Children-shrm.org>



The Vice President said, “... our administration has invested more than \$100 million to expand mental health resources...” (2022, May 23). *Briefing Room: Remarks by Vice President Harris on Mental Health and Wellness.* **The White House.** <https://www.whitehouse.gov/Remarks-by-Vice-President-Harris-on-Mental-Health-and-Wellness-The-White-House>



The fact sheet said two in five American adults report anxiety and depression, more than half of parents are concerned with their children. Over forty percent of teenagers state they struggle with persistent feelings of sadness or hopelessness. The Administration has invested nearly \$4 billion to expand mental health and substance use services proposing over \$27 billion and another \$100 billion over 10 years to implement national strategy.

This month they are taking new actions to:

- integrate more robust mental health messaging.
- establish a federal research plan on brain health. “The underlying causes of most mental health conditions remain largely unknown.”
- \$25 million to farmers

- The Department of Education is promoting mental health, social and emotional well-being among children and students. The CDC invested \$15 million in K-12 students.
- The Surgeon General issued a new Advisory on the impact of social media. HHS announced \$2 million in funding to disseminate information on social media use. (2022, May 31). *FACT SHEET: Biden-Harris Administration Highlights Strategy to Address the National Mental Health Crisis*. The White House. <https://www.whitehouse.gov/> [FACT SHEET: Biden-Harris Administration Highlights Strategy to Address the National Mental Health Crisis | The White House](https://www.whitehouse.gov/fact-sheets/2022/05/31/biden-harris-administration-highlights-strategy-to-address-the-national-mental-health-crisis)

Mothers of Shooters

Arlene Holmes mother of James who shot people in Aurora, Colorado, speaks with San Diego 10News a day before the shooting in Texas. A registered nurse and single mother, she says she didn't realize he was having trouble when he came back from



school. She was angry he did not get a job. He got good grades. She didn't think there was a problem. Hunt, Kimberly. (2022, May 26). *May is Mental Health Awareness Month - 10News speaks with Arlene Holmes*. ABC10 News Sand Diego.

<https://www.10news.com/news/local-news/sand-diego-news/may-is-mental-health-awareness-month-10news-speaks-with-arlene-holmes>



The mother of Ramos, who shot people in Texas says her son probably had his reasons and not to judge him. He had been made fun of in school. He got guns following his 18th birthday. He asked when the kids at school got out for lunch a week before. His mother does not speak English, and may have been under a threat to move out of a property owned by the grandmother recently who Ramos shot first. His mother would be a high stressed immigrant single mother living in survival mode. *Gunman's mother speaks out: 'Forgive me, forgive my son'*. CNN.

<https://www.cnn.com/videos/us/2022/05/27/valde-texas-shooting-gunman-mother-newday-sot-vpx.cnn>

Drugs, fluids, guns, touching, lockdown, the health standards taught by the school are nothing like when I was in school. Parents are now told not to be stressed. Kids are now told to be fine with peace of mind products, apps, and TV shows. I'm seeing people different who have gone through the school health standard system and enter college. I've noticed a difference in youth entering college.

Sensitive to stressors, coping, anxiety lowering strategies, warning signs of depression, interpreting harmful relationships warnings and making it known, connecting, working in teams as a rule, connection and peer victimization, being positive mores (culture rules), sensitive to others feelings, not being hard on self, helping peers feel valued and included, are what I am seeing.

This must be Department of Education/CDC wellbeing standards of the government the government fact sheet talks about.

D. Is it working?

Scientific America says, "Young people in the United States are experiencing a mental health crisis.... severe emotional distress "from TEN YEARS" AGO. "Warnings from the surgeon general, the American Academy of Pediatrics, and the American Psychological Association ..."highlight parents struggling to help their children". Science has "identified effective", "school-based emotional regulation training". Ethier, Kathleen A.). (2022, May 31). *Opinion: Science Shows How to Protect Kids' Mental Health, but It's Being Ignored*. Scientific American. <https://www.scientificamerican.com/science-shows-how-to-protect-kids-mental-health-but-its-being-ignored>

Is it working?

I knew there was a problem when I took the Elementary Education Health Standards class a few years ago. As I was passing SLC before Covid a few years ago I felt from the spirit, impressions, that 5-year-olds were supporting older sibling peers with severe emotionally traumatic situations involving drugs, guns, and associations in the SLC schools.

After studying the Old Testament this year in my church I've thought a lot about the 10 Commandments, Bible Moses rules, the law giver laws. 1. Thou shalt not lie against thy neighbor.

Is there lying today?

2. Thou shalt not steal, thou shalt not covet thy neighbor's things.

3. Thou shalt not kill, and the second, like unto it,

4. Thou shalt not commit adultery.

We've pretty much given permission for that one, and as a result, students in schools are suffering psychologically in relationships, and with guns, and drugs, also now permitted, or legalized starter drugs. We can't give them back their moms, but we can teach them this CDC approved material.

Arizona's Family said, "In the last month, a student from Brophy College Preparatory and one from Mountain Ridge High School died by suicide". What can parents look for? If their child loses interest in hobbies, that nothing is fun anymore." Cortez, Alexis. (2022, May 16). *Mental health town hall held in Phoenix to address increase of youth suicides*. Arizona's Family 3 CBS5. <https://www.azfamily.com/2022/05/17/Mental-health-town-hall-held-in-Phoenix-to-address-increase-of-youth-suicides> (azfamily.com)



Orlando, Fla, says, Listen to teens. (2022, June 3). *The state of mental health in teens*. KSAT. <https://www.ksat.com/news/local/2022/06/04/The-state-of-mental-health-in-teens-ksat.com>

Annie Reneau of Upworthy, Los Angeles positive storytelling website, says, "Teens of today live in a totally different world than the one their parents grew up in.



According to Mental Health America, nearly 14% of youths ages 12 to 17 experienced a major depressive episode in the past year.

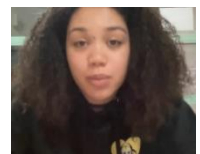
The youth mental health crisis was alarming before the pandemic." Reneau, Annie. (2022, May 13). *Finding hope, healing and help to support youth mental health*. Upworthy. <https://www.upworthy.com/Finding-hope-healing-and-help-to-support-youth-mental-health-upworthy.com>

EdSource of California says, "school shooting, wildfires and increasing political polarization", has been a problem. Jones, Carolyn. (2022, May 31). *Counselors not part of one California district's plan to tackle student mental health*. EdSource. <https://edsources.org/2022/Counselors-not-part-of-one-California-districts-plan-to-tackle-student-mental-health-EdSource>

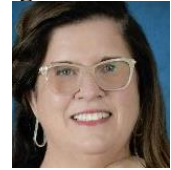


E. What can you do about it?

Bridgerton star Ruby Barker has been hospitalized from intergenerational trauma. Owoseje, Toyin. (2022, May 27). *'Bridgerton' star Ruby Barker says she's hospitalized due to mental health problems*. CNN Entertainment. <https://www.cnn.com/2022/05/27/entertainment/Bridgerton-star-Ruby-Barker-says-she-s-hospitalized-due-to-mental-health-problems-CNN>



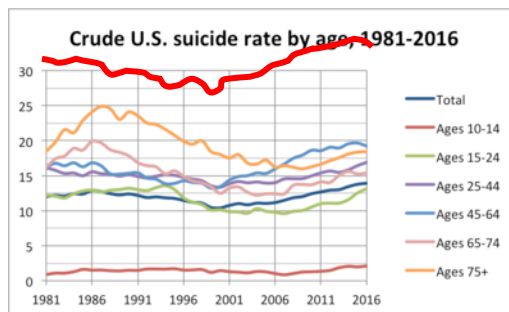
Bradenton Times says, “Nurture good relationships. Relationships are the foundation of our world. Nothing is more important than our family and friends. Help others. Practice gratitude and self-awareness. Servia, Misty. (2022, May 29). *Opinion: Mental Health Awareness Month. The Bradenton Times.* <https://thebradentontimes.com/Mental-Health-Awareness-Month> (thebradentontimes.com)



How was it in 1950 and 1960? The new generations don't know what it was like. 45-65-year-olds are not happy. There is a huge surge in suicide since 2000 for 45-65-year-olds, more than the little blip with cell phones. Are single-parent homes the problem?

F. Did people have hope in the 2nd Coming 2000, then nothing happened?

A woman in Seattle in a park told me in 1997 that they were looking for the coming of Christ (to solve all the evil everywhere). Hope.



Jackson Hole talks with the best therapist in Jackson Hole who explained Maslow's Hierarchy



and that “many online therapy apps are free of charge and easy to download. “

- Best Overall: [Moodfit](#)
- For Learning Coping Skills: [MoodMission](#)
- For Therapy: [Talkspace](#)
- For Stress Relief: [Sanvello](#)
- For Meditation: [Calm](#)
- For Fun: [Happify](#)
- For Depression: [Depression CBT Self-Help Guide](#)
- For BIPOC: [Shine](#)
- For Bipolar Disorder: [eMoods](#)
- For Symptom Tracking: [Bearable](#)
- For ADHD: [Todoist](#)
- For PTSD: [PTSD Coach](#)

“Another free and accessible program is the Mindstrength Challenge, a 30-day challenge that introduces varying mental health themes. “

Most struggle with basic needs like housing. “The foundation of mental health is the practice of self-care, and if you're stressed ..., be aware. Chapman, Caroline. (2022, May 23). *Jackson, let's talk mental health. Buckrail.* <https://buckrail.com/jackson-lets-talk-mental-health/>



2. Being Alone (Wyoming, Alaska, and Montana)

Wyoming teaches us about the problem of being alone, Alaska is second in suicide to Wyoming. Cold causes stay at home, winter, people are depressed.

The University of Arkansas says, “one in five adults [live] with mental illness. ... one in five children ... have experienced ... mental illness, and one in 25 Americans live with a severe mental illness ... , according to the National Institute of Mental Health release.” ...factors: may be



- use of alcohol or drugs;
- (chronic) medical conditions;
- a traumatic life experiences (child abuse, violence or sexual assault), or
- **FEELINGS OF ISOLATION OR LONELINESS**

Henson, Teresa. (2022, May 20). *Awareness urged on mental health*. *Arkansas Democrat Gazette*. [https://www.arkansasonline.com/news/2022/Awareness urged on mental health \(arkansasonline.com\)](https://www.arkansasonline.com/news/2022/Awareness%20urged%20on%20mental%20health%20(arkansasonline.com))

Margaret O’Hara of the Sheridan Press talks of a PBS on the Cowboy Code, ... 2021: suicide rates CDC. The Cowboy Code is to tough it out.

“It’s hard, it’s cold, you get up and do what you don’t want to do. Winter is hard.”

US states ranked by suicide rate

Ayla Ellison (Twitter) - Wednesday, July 21st, 2021



Wyoming has the highest rate of suicides among U.S. states, according to the Kaiser Family Foundation.

The Kaiser Family Foundation used resident population data from the U.S. Census Bureau and data from the CDC’s National Center for Injury Prevention and Control to calculate age-adjusted suicide rates.

Here are the suicide rates for each state and the District of Columbia in 2019 (the most recent data available):

1. Wyoming: 29.6 suicides per 100,000 individuals
2. Alaska: 28.5
3. Montana: 26.2
4. New Mexico: 24.1
5. Colorado: 22.1
6. Utah: 21.2
7. South Dakota: 21
8. Oklahoma: 20.5
9. Idaho: 20.3
- T-9. Oregon: 20.3
11. Nevada: 19.8
12. Maine: 19.4
13. Arizona: 18.6
- T-13. West Virginia: 18.6
15. North Dakota: 18.5

[https://www.thesheridanpress.com/news/local/Wyoming PBS presents documentary series on mental health crisis in Wyoming | Local News | thesheridanpress.com](https://www.thesheridanpress.com/news/local/Wyoming-PBS-presents-documentary-series-on-mental-health-crisis-in-Wyoming-Local-News-thesheridanpress.com)

CNN says, “anxiety, depression and attention issues” are “getting worse”. Duffy, John) (2022, June 3). *The pandemic: Has it caused mental illness in kids or made it worse?* *CNN Health*.

[https://www.cnn.com/2022/06/03/health/Has pandemic exacerbated teens' mental health problems? in kids or made it worse? | CNN](https://www.cnn.com/2022/06/03/health/Has-pandemic-exacerbated-teens-mental-health-problems-in-kids-or-made-it-worse-1-CNN)

A lot of unemployment from coal, and energy fields being shut down. It’s a small town. People get sad, down, things happen. They should not stay in that place.

People know each other’s business, so they stay to themselves. Protect others business. They don’t seek help, depressed from winter, cold, not getting out.

Native Americans were taught to stay silent.

Do something about being sad, don’t ride the lows too long, make yourself happy with whatever will work. Telehealth is offered Wyoming is remote. **Keep talking**. Native spiritual beliefs help, Wind River Reservation.

Alaska is also high. It is alone, cold, ...**not the activity**. It will get better. **Keep going. Hope.** O’Hara, Margaret. (2022, may 21). *Casting off ‘the cowboy code’ Wyoming PBS presents documentary series on mental health crisis in Wyoming*. *The Sheridan Press*.



3. High Performance, Athletes, and Games of Chance

Performance failure is associated with depression in sports. It is a game of chance like Las Vegas. The highest suicide rate is in the city of Las Vegas. I spoke with a person working there in the casinos. He talked about passing

people who had lost everything on the sidewalk. There is a high level of suicide from that. It is typical, he said. It is a game of chance. Spending money is not a game of chance, but gambling is. The same is with performance sports, a person is gambling their time and health to win, to win against everyone in the world. There is a lot of depression from not winning against everyone in the world. Sports came from the need for exercise with students sitting in a classroom. Athletics came from exercise and professional sports came from that, I learned in my Sport PR Class.

A. Athletes

Psychiatric Times says, “*What will society do to children in order to make them win? .. a 15-year-old Olympic figure skater ... they are pressured to take drugs, vitamins, and supplements, limit their diets, wear skin-tight costumes, and compete under a global microscope. There, the whole world watches them shine...or delights in their failures.*”

Kamila Valieva is a 15-year-old Olympic figure skater who competed for the Russian Olympic Committee (ROC) in the 2022 Olympic Winter Games, held in Beijing. During the team event, Valieva became the first woman ever to land a quadruple jump on Olympic ice. Days later, reports of a failed drug test came to light.

“Athletes train many hours, days, and years in order to perform at their peak at competition, which can last for only minutes at a time during their time to perform.”

Increased pressure—particularly on high-level athletes—may contribute to the risk of depression or anxiety (Table 1).

Table 1. Anxiety and Depression Risk Factors in Athletes⁸

- Injury
- Competitive failure
- Retirement from sport
- Overtraining
- Concussion

In a study of elite Canadian swimmers. The depression prevalence doubled among the top 25% of athletes.”

Performance failure is significantly associated with depression: If an athlete does not win or at least do extraordinarily well in their competition, they feel increasingly depressed.

Simone Biles, gymnast, 4 Olympic gold medals withdrew from the US women’s gymnastic team in Tokyo in 2021. She put mental health first..

“Harry Miller, a former offensive lineman on Ohio State University’s football team, recently announced his retirement after struggles with suicidal ideation.” “being more open” “This could have helped Katie Meyer, the star goalkeeper and captain of Stanford University’s women’s soccer team, who died from suicide in March 2022.

Following her death, her mother said: “There’s so much pressure I think on athletes...especially at that high level, balancing academics and a high competitive environment. And there is anxiety and there is stress to be perfect, to be the best, to be number 1.””

Sports provide exercise, perseverance, teamwork, ... Multiple sports can ... prevent burnout...Kuntz, Leah. (2022, June 1). *On Thin Ice: Competitive Sports & Youth Mental Health*. **Psychiatric Times**. [https://www.psychiatrictimes.com/view/On Thin Ice: Competitive Sports & Youth Mental Health \(psychiatrictimes.com\)](https://www.psychiatrictimes.com/view/On-Thin-Ice-Competitive-Sports-&-Youth-Mental-Health-(psychiatrictimes.com))

South Carolina says, **In the last couple of months several high-profile student-athletes around the country took their lives. Closer to home, earlier this year, South Carolina track alumna and former Miss USA Chelsie Kryst took her own life as well."**

"I was a long way away from everybody that I knew, and I wasn't able to play soccer."

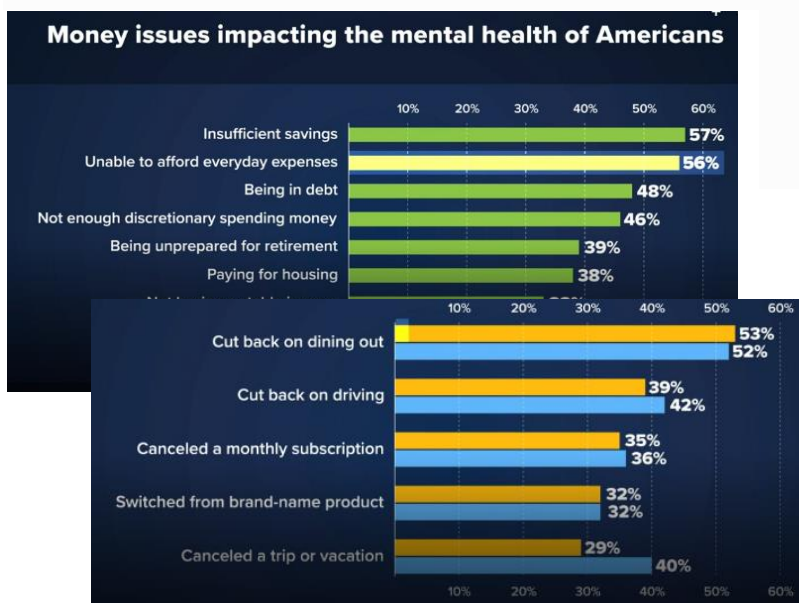
Muller, Brad. (2022, May 17). Mental Health Awareness Month – Part 1: Providing Hope to Cope. Columbia Metropolitan Airport. <https://www.gamecocksonline.com/news/2022/5/17/Mental-Health-Awareness-Month-Part-1-Providing-Hope-to-Cope-University-of-South-Carolina-Athletics-gamecocksonline.com>

Timberwolf Josh Okogie, talks about mental health and basketball. Stuter, Bret. (2022, May 31). *Minnesota Timberwolves: Mental Health Awareness month ending*. Fansided. <https://dunkingwithwolves.com/Minnesota-Timberwolves-Mental-Health-Awareness-mon-dunkingwithwolves.com>



B. Las Vegas and being out of debt

CNBC says, being in debt, over 80% of Americans 18-43 have stress from money. Men say it affects them more.



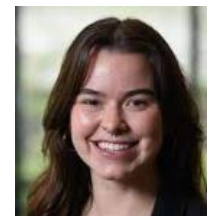
Hope is opposite of poor mental health. Stay socially active, eat, sleep. Hope is thinking things will get better, and they usually do.

Morabito, Charlotte. (2022, May 18). *Americans are more stressed about money than ever, and it's hurting our mental health*. CNBC. <https://www.cncb.com/2022/05/18/Americans-are-stressed-about-money-and-finances-hurting-mental-health-cncb.com>

C. Pregnancy is another high -performance activity where new mothers can become depressed

It is the hardest job in the world, that of being a new mother

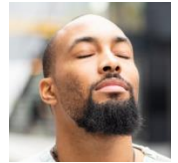
Las Vegas Sun said, “during or after” **pregnancy** “1 in 5 mothers meet the criteria for a mental health disorder”. Hailey, Jennifer. (2022, May 29). *A mental health crisis is impacting pregnant people and new parents*. Las Vegas SUN. <https://lasvegassun.com/news/2022/may/29/A-mental-health-crisis-is-impacting-pregnant-people-and-new-parents-Las-Vegas-Sun-Newspaper>



Tennessean Gov Bill Lee is proposing Medicaid births be covered and dental care for mothers and children. “In Tennessee, mental health conditions contributed to 27% of pregnancy-related deaths from 2017-2020, ...” Davis, Molly. (2022, May 20). *5 things to know about maternal mental health in Tennessee*. Tennessean. <https://www.tennessean.com/story/news/health/2022/05/20/Maternal-Mental-Health-Month-in-Tennessee-5-things-to-know-tennessean.com>

D. Leaders

Forbes: Melanie Fine says, **half of our leaders 24 and up have problems.** Fine, Melanie. (2022, May 19). *How Leaders Can Prioritize Their Mental Health.* Forbes. <https://www.forbes.com/sitttttes/melaniefine/2022/05/19/How-Leaders-Can-Prioritize-Their-Mental-Health-forbes.com>



4. Sports – Exercise (school and exercise, caring for self), firefighters

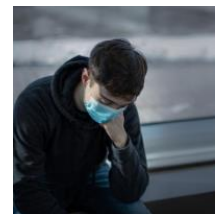
The Suburban Times in Washington talks about firefighters and first responders. **They have an irregular schedule.** (2022, May 28). *Mental Health Awareness Month. The Suburban Times.* <https://thesubtimes.com/2022/05/28/Mental-Health-Awareness-Month-The-Suburban-Times-thesubtimes.com>

Kentucky says, “If someone is working long hours, caring for a relative, or experiencing economic hardship, they may experience poor mental health.

- Being physically active.
- Getting plenty of sleep
- Choosing not to drink alcohol, or drinking in moderation.
- Avoid misusing prescription opioids and avoid using illicit opioids.
- Avoid smoking and the use of tobacco products, including e-cigarettes. People can and do quit smoking for good.
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- Making time to unwind. Try to do activities you enjoy.
- Connecting with others. Talk with people you trust about your concerns and how you are feeling.
- Connecting with your community- or faith-based organizations. King, Shaundra. (2022, May 20). *Heath and Mind: Mental Health Month.* The Winchester Sun. <https://www.winchestersun.com/2022/05/20/Heath-and-Mind-Mental-Health-Month-Winchester-Sun-Winchester-Sun>

Recent data from the American College Health Association National College Health Assessment shows that 65% of college students feel hopeless. Sports came from college and high school athletics or the need for exercise for students sitting in a desk.

Forbes says, 34 percent of college students “had anxiety disorder and 41 percent ... depression”. Krislov, Marvin. (2022, May 26). *In National Mental Health Awareness Month, What We Can All Do For The Mental Health Of College Students.* Forbes. <https://www.forbes.com/site/marvinkrislov/2022/05/26/In-National-Mental-Health-Awareness-Month-What-We-Can-All-Do-For-The-Mental-Health-Of-College-Students-forbes.com>



Madison Kneuppel of Cat’s Eye View of Becton High School in New Jersey, says, “With the stress of school work, part-time jobs, friends, and adjusting to new circumstances, it is easy to oversight taking care of your mind and body. Kneuppel, Madison. (2022, June 2). *Mental Health Awareness Month: No Wildcat is alone. The Cat’s Eye View.* <https://brhscatseyeview.org/12794/news/topstories/Mental-Health-Awareness-Month-No-Wildcat-is-alone.-The-Cat-s-Eye-View-brhscatseyeview.org>



Herald Banner of Greenville, TX, Liz Jones talks about lack of **physical exercise** and low access to healthy foods. Found at: [TO YOUR HEALTH: Mental health benefits from exercise | Lifestyles | heraldbanner.com](https://www.heraldbanner.com/2022/05/26/TO-YOUR-HEALTH-Mental-health-benefits-from-exercise-Lifestyles/)

Lancaster Eagle-Gazette says, NAMI (National Alliance on Mental Illness) tips are:

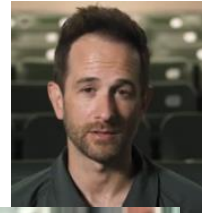
- Deep Breathing
- Breathe in for 5 seconds
- Hold the breath for 3 seconds

- Breathe out for 7 seconds
- Exercise Daily
- Eat Well
- Get Enough Sleep
- Avoid Alcohol and Drugs
- Notice the Positive
- Gather Strength from Others

(2022, May 16). *News briefs: May is National Mental Health Awareness Month.* **Lancaster Eagle Gazette.** <https://www.lancastereaglegazette.com/story/news/2022/05/16/16/News-briefs: May-is-National-Mental-Health-Awareness-Month-lancastereaglegazette.com>

Michigan State University, says: walk in green spaces, take a different perspective on things, journal. (2022, May 17). *Ask the Expert: Mental Health Awareness Month and how you can help.* **MSUTODAY.**

<https://msutoday.mus.edu/news/2022/Ask-the-Expert-Mental-Health-Awareness-Month-and-how-you-can-help-MSUToday-Michigan-State-University>



Entrepreneur Deanna Ritchie says for anxiety, depression, or bipolar disorder: Take care of yourself.

- Getting 8 hours of sleep per night
- Waking-up 30 minutes earlier
- Meditating
- Maintaining a healthy diet consisting of whole grains, lean protein, and fruits and vegetables
- Exercising for 30-minutes
- Journaling
- Saying no to something you don't want to do
- Decluttering your home, workspace, and even your online calendar
- Learning a new skill or engaging in an enjoyable hobby
- Calling or texting a friend or family member
- Writing "thank you" cards
- Scheduling an appointment with your doctor, dentist, and mental health professional



Ritchie, Deanna. (2022, May 18). *May is Mental Health Awareness Month, How You Can Be an Ally.* **Entrepreneur.** <https://www.entrepreneur.com/article/427844/May-is-Mental-Health-Awareness-Month-How-You-Can-Be-an-Ally-entrepreneur.com>

Integriss says, “whatever version you see in the [mirror] reflection is your body image. (2022, May 26). *How Does Body Image Affect Mental Health?.* **Integriss Health.** <https://integrissok.com/Resources/How-Does-Body-Image-Affect-Mental-Health-|INTEGRIS-Health-integrissok.com>



5. Social media’s attack on self-concept (body image)

Body image, teenagers can’t be not chosen by peers. Without family, they have support from peers. To be rejected, hated, not chosen, stories in the past have told of kids killing themselves.

Halloween was dead, dressing up in 2013, I noticed, so, it was very odd everyone began dressing up but not for Halloween. Why? It can be explained from the Senate hearing committee telling about social media’s attack on self-concept. It was the year 2013, the sudden rise in suicides for 15-24-year-olds began.

They permanently altered their look to become a socially accepted character. I just noticed a woman going to Lagoon Amusement Park in a group with blue hair, a mask, and a Grecian warrior skirt. To be socially supported is what I saw in the situation. I asked parents in Centerville, Utah, door-to-door in 1999, what they wanted for their kids. It was a study for my work in parenting. I was professionally trained as a door-to-door surveyor by the Roper Reports. They did not want happiness or health, but success for their kids, to make money and be liked.

A. Social Media and Body Image

Selena Gomez, problems with bipolar, says, she is happier for not being on the internet for 4 years. Klein, Betsy. (2022, May 18). *Selena Gomez joins Biden for a conversation on mental health.* CNN politics. <https://www.cnn.com/2022/05/26/politics/Selena-Gomez-joins-Biden-for-a-conversation-on-mental-health-CNNPolitics>



B. Movies



Boston TV station manager says, “Kids today *see* more – more negativity, more unhealthy stereotypes, more they are developmentally not able to process. Much of this is thanks to the solitary and relentless feedback loop of social media, which continually reinforces negative information, and repeatedly bombards them with alarming imagery that instills deep fear and anxiety.

There is now consensus around the idea of a mental health crisis among young people, and a veritable army of experts calling for action.”

(2022, May 27). *Editorial: May. 27, 2022: Mental Health Awareness.* WCVB-TV. [https://www.wcvb.com/article/Editorial: May. 27, 2022: Mental Health Awareness \(wcvb.com\)](https://www.wcvb.com/article/Editorial: May. 27, 2022: Mental Health Awareness (wcvb.com))



Likes on a picture, teens, media has led to a lot of disengagement.” [not being with people, in person]

Cleveland Clinic says, “**Talk.**

Exercise. Sleep. Limit social media. (2022, May 17). *Overthinking Disorder: Is It a Mental Illness?.* Cleveland Clinic Health Essentials. (<https://health.clevelandclinic.org/Overthinking-Disorder-Is-It-a-Mental-Illness?—Cleveland-Clinic>)

6. Brain Research, NIMH

Kera says, “understanding the mind and treating that—is still elusive.” New York Times Magazine writer Daniel Bergner joins host Krys Boyd to discuss. (2022, June 6). *What we still don't know about mental illness*. KERA. [https://think.kera.org/2022/06/06/What we still don't know about mental illness](https://think.kera.org/2022/06/06/What-we-still-don-t-know-about-mental-illness) | [Think \(kera.org\)](https://think.kera.org)



Marco Ramos of the Boston Review said, over several decades “the U.S. government poured billions of dollars into science,” brain research. “Thirty years later ... nothing “is in the pipeline.” “We failed to understand.”



We have pharmaceuticals, but “no evidence that they are ... effective.” “People with serious mental illness today are more likely to be homeless or die prematurely ...”

“... the National Institute of Mental Health (NIMH), Thomas Insel, crystallized this disillusionment: I spent 13 years at [NIMH] pushing on the neuroscience and genetics of mental disorders, and when I look back . . . I realize that while . . . I succeeded at getting lots of really cool papers published by cool scientists at fairly large costs—I think \$20 billion—I don't think we moved the needle in reducing suicide, reducing hospitalizations, improving recovery for the tens of millions of people who have mental illness...All the “cool papers” on neurobiology have won academic grants and helped professors get promoted, but they have not meaningfully impacted the diagnosis and care of the millions of people suffering psychic distress.”

Sigmund Freud is the medical approach.

“In the 1990s drug companies invested millions to create direct-to-consumer advertisements that capitalized on the biological fervor of academic psychiatrists. These ads claimed, misleadingly, that their drugs targeted “chemical imbalances” in the brain that cause everyday feelings of depression and anxiety in Americans.” It is not chemical imbalances.

We have “no breakthroughs in drug treatment” ...

“Insurance advocated for faster ... cognitive-behavioral therapy (CBT) ... “automated dialogue and manualized programs defined in workbooks and computer programs written for each disorder...” “Psychologists and social workers today ... work” “across growing digital platforms like Talkspace ... “unregulated”.

They do not know how to solve the problem.

Insel, his successor at the NIMH, Joshua Gordon. “The DSM-V is not valid.”

...Around 40 percent ... with serious mental illness face incarceration...”

[So, Custom Lives is what I found studying to become an expert on parenting. I was impressed to become an expert on whatever I'd done with my life. I got textbooks and memorized them. I had graduated in Social Work from Weber State in Utah. I went to graduate school in SLC in Educational Psychology. I got 9 textbooks from BYU in Human Growth and Development, everything I could find on what I'd done. I had, had 7 children. I memorized. I had 19 hours of word-for-word memorized text in different topics when I finished and a module program for parents. I found, accidentally, something that accounts for things like autism, ADHD, bi-polar, etc. I have not found one person that didn't say, it makes sense. People said, everyone needs to know this material and that they wished they had been taught it in school.]

...Over a third of students at Yale, many of whom come from privileged backgrounds, seek mental health services for psychic distress.

We do not need to be neuroscientists to know that psychological and emotional suffering is "real" or "legitimate," and that a pill, ... cannot abolish the ...source of ... trauma. Ramos, Marcos. (2022, May 17). *Mental Illness Is Not in Your Head*. Boston Review. <https://bostonreview.net/articles/Mental-Illness-Is-Not-in-Your-Head-Boston-Review>

7. mental strength products



Cleveland Clinic says, "You may lose a loved one." "give yourself "Practice self-compassion.." (2022, May 20). *How to build mental strength and toughness*. Cleveland Clinic Health Essentials.



lose your job or might be dealing with the space to breathe and think..." "Talk."

<https://health.clevelandclinic.org/How-To-Build-Mental-Strength-and-Toughness-Cleveland-Clinic>

Waco, TX, talks about building mental strength, ... journal about it, talk, do a video diary. Roy, Bary. (2022, May 19). *(Mental Health Awareness Month | Building your mental strength*. KCEN-TV CBS6. <https://www.kcentv.com/article/news/health/How-to-build-up-your-mental-strength-everyday-from-home-kcentv.com>

Erie PA says, "put your life together in a different way, ... have a productive activity during the day," and "have hope". Belales, Katerina. (2022, May 30). *Recognizing Mental Health Awareness Month*. Erie News NOW. <https://www.erienewsnow.com/story/Erie-News-Now-WICU-and-WSEE-in-Erie-PA>



12 News West Palm Beach supports, "gratitude journal", "sleep stories to guided meditation", and "fear is the basis of anxiety" [which are] Apps like: Calm, Headspace, Moodfit, and Simple Habit,..." . Kerrigan, Samantha. (2022,



Building Your Mental Strength
Source: Psychology

Identify 3 Things Your Grateful For
Count your blessings as opposed to your burdens. Could be as simple as clean drinking water from the faucet.

Practice Mindfulness
Stay present in the moment. Focus on what's going on around you, what do you see, hear and smell, how does your body feel in that moment.

Act "As If"
Behave like the person you want to become and don't wait until you feel different. When you change your behavior, your thoughts and emotions will follow.



Gonzalez, Yadira. (2022, May 18). *Mental Health Awareness Month-How Brands Are Supporting the Cause.* ADAGE. [https://adaage.com/article/ Mental Health Awareness Month—how brands are supporting the cause | Ad Age Marketing News](https://adaage.com/article/Mental-Health-Awareness-Month—how-brands-are-supporting-the-cause)

Washington County says, "...suicide rose 2010 and 2020,..." Burgettstown Area School District [we have a mental health day, they have a mental health room] Mansfield, Karen. (2022, May 23). *Mental health awareness month: Time to acknowledge the kids are not all right.* **Observer-Reporter.** [https://observer-reporter.com/news/localnews/ Mental health awareness month: Time to acknowledge the kids are not all right | Local News | observer-reporter.com](https://observer-reporter.com/news/localnews/Mental-health-awareness-month:Time-to-acknowledge-the-kids-are-not-all-right)



Shootings

KSAT 12, Gov Greg Abbott of **Uvalde, TX** talks. Patton, Mary Claire. (2022, May 30). *Gov. Abbott attributes mass shootings to mental health issues a month after cutting \$211 million from mental health commission.* **KSAT.com.** [https://www.ksat.com/news/local/2022/05/30/ Gov. Abbott attributes mass shootings to mental health issues a month after cutting \\$211 million from mental health commission \(ksat.com\)](https://www.ksat.com/news/local/2022/05/30/Gov.-Abbott-attributes-mass-shootings-to-mental-health-issues-a-month-after-cutting-$211-million-from-mental-health-commission-(ksat.com))



NBC News says, **shootings** and Texas politicians, ... experts ... warn that there is no fully effective solution to stop these shootings before they happen, with some saying that blaming mental health is a deflection from the fact that gun control is a necessary part of prevention.

"We can do all the things we can to help students, but at the end of the day, if a student has the notion to go shoot up a school and has access to the weapons to do that, I'm not sure any measures that may or may not have taken place would necessarily prevent it," said Jill Cook, the executive director of the American School Counselor Association. "If somebody comes to a door with a semiautomatic weapon," Cook said, "that's it then." Although Texas Gov. Greg Abbott said Wednesday that a "mental health challenge" had played a role in the massacre, the gunman had no known criminal history or mental health issues.

Dr. Ziv Cohen, a forensic and clinical psychiatrist based in New York City, said boosting mental health services in communities and making them more affordable could help reduce gun deaths, particularly suicides, but there is no fully effective mental health solution to stop mass shootings.

That is largely because they can be hard to predict. Mass shooters rarely show obvious signs of severe mental illness, such as having hallucinations or being completely out of touch with reality, Cohen said. Instead, of those who do exhibit signs of mental illness, the vast majority share commonalities with many people who do not go on to become shooters.

A 2015 article in the American Journal of Public Health notes that "psychiatric diagnosis is largely an observational tool."

"Largely for this reason, research dating back to the 1970s suggests that psychiatrists using clinical judgment are not much better than laypersons at predicting which individual patients will commit violent crimes and which will not," the authors

wrote. Chan, Melissa and Elizabeth Chuck. (2022, May 28). *Mass shootings are difficult to prevent with mental health resources alone, experts say.* NBC News.

<https://www.nbcnews.com/news/us-news/Mass-shootings-are-difficult-to-prevent-with-mental-health-resources-alone-experts-say-nbcnews.com>