



It's Up To Us[®]

to Create a Healthy & Supportive San Diego

A special bulletin covering mental health topics for San Diegans.



Edition Fourteen | Winter 2014

About the Campaign

The "It's Up to Us" campaign is designed to empower San Diegans to talk openly about mental illness, recognize symptoms, utilize local resources and seek help. By raising awareness and providing access to local resources, we aim to inspire wellness, reduce stigma and prevent suicide.

Recovery is possible and help is available. It's Up to Us to make a difference in the lives of San Diegans experiencing mental health challenges by offering support and providing opportunities.

This campaign is developed through the County of San Diego Health and Human Services Agency, and supports the County's "Live Well, San Diego!" plan to promote a community that is healthy, safe and thriving.

Up2SD.org[®]
LINK UP FOR INFORMATION AND MENTAL HEALTH RESOURCES

Access & Crisis Line
(888) 724-7240

COMMUNITY RESOURCES
2-1-1

COUNTY OF SAN DIEGO
 **HHSA**
HEALTH AND HUMAN SERVICES AGENCY
Funded by the Mental Health Services Act

Read Up: The Bully Factor – Play It Safe



Bullying is not a new problem, but it is certainly top of mind when it comes to the challenges young people face today. According to the Centers for Disease Control's Youth Risk Behavior Surveillance Survey, 1 out of 5 students reported experiencing bullying. Not only does this interfere with their academic progress, but also their well-being.

Children who are bullied are more likely to experience emotional challenges including depression, anxiety and loneliness. As parents, how do we know if our child is being bullied and, if he or she is, what is the right action to take? As a first step, review the following warning signs.

For resources and more information about bullying visit: www.stopbullying.gov

Warning signs to look for:

Your child...

- Comes home with unexplained injuries or with damaged or missing clothing or other belongings
- Has a change in eating habits
- Makes excuses not to go to school
- Has fewer friends
- Feels helpless
- Talks about suicide
- Acts out of character
- Avoids certain places or playing outside alone
- Feels like they are not good enough
- Has trouble sleeping
- Blames themselves for their problems

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In San Diego, **PlayItSafe** offers a 2-hour training for children ages 5 to 11 years. Using role play, children gain confidence, learn to set boundaries and to appropriately respond and take action when faced with bullying, teasing and mean behaviors. Classes are taught individually or through community and school-based programs such as the Boy Scouts, Girl Scouts, after-school programs and the YMCA.

For more information visit: www.playitsafedefense.com

Did You Know?

Just one friend or family member reaching out to a person experiencing mental illness can make all the difference.

Shine a Light On... Schizophrenia



When we think of schizophrenia, the first people that come to mind are not necessarily Nobel Prize winners such as John Nash, star athletes such as Lionel Aldridge, who played for the Green Bay Packers, or the person next door. Yet more than 2 million Americans, or 1 in 100, experience this disorder each year. With treatment and support, many live active lives among us: they have families, play sports, own a home and work.

Schizophrenia is a thought disorder characterized by a false perception of reality. It is not a “split personality.” Typically people with schizophrenia experience auditory and/or visual hallucinations and delusions which are often paranoid in nature. Their thinking can be illogical and emotions can sometimes be flat or inappropriate. Few people, however, are totally out of touch with reality. Their symptoms are generally sporadic and effective treatment options are available.

Listen to Angie’s personal experience with schizophrenia:
www.Up2SD.org/personal-stories.

For more information about symptoms, treatment options and local resources visit: www.Up2SD.org.

Liven Up Your Health: Give Your Brain a Workout!

Along with proper nutrition and supplements, our brain needs constant stimulation to create new cells that can help us fight disease and boost our memory.

Puzzles, trivia games and forming new habits exercise our brain muscles; the more we exercise our brain the stronger it will get.

Try, enjoy, repeat:

- Text with the hand you normally do not use.
- Brush your hair with your eyes closed.
- Discover a new route for your daily commute.

Look for the bolded words in the word search:

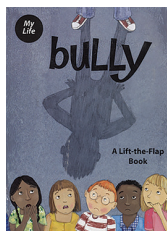
- **RECOVERY** is possible.
- Mental **WELLNESS** is a key part of a healthy lifestyle.
- Show your **SUPPORT** for a loved one by reaching out.
- Understanding breeds **ACCEPTANCE**.
- Read up about local mental health **RESOURCES** at www.Up2SD.org.

WORD SEARCH

R W I U P P K X T O A Z P O R T A
S E D H L V P S E C C A R S O Y O
T L C K T S D Y L N O P Z P U R T
P L D O A D P A C C E P T A N C E
K N H K V S C U J I O A Z K R R P
L E U M J E P E U E I M W S O R E
D S E K F S R E J E N A Z R W C V
S S C W J H P Y I O U L Q D O R F
T N N I F S P E F E L I Z E Q O R
I Y M K U S R E S O U R C E S R T
O L W P R E T R O P P U S U O R P
T L D K F S T E I E O A U Y O P K

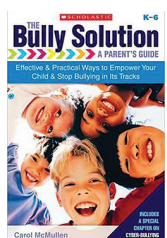
Read Up: The Bully Factor — Play It Safe

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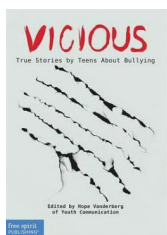
Bully: A Lift-the-Flap Book By: *Sheri Safran and Naomi Tipping*

Fun illustrations allow for a direct approach to a practical discussion between parents and young children on how to recognize bullying behavior, including cyber bullying.



The Bully Solution: A Parent's Guide By: *Carol McMullen*

The author offers practical ways for parents to assess bullying behavior in terms of what to look for and how to help children cope with it. The book also includes a chapter on cyber bullying.



Vicious: True Stories by Teens about Bullying Edited by: *Hope Vanderberg*

This book presents snapshots of real accounts shared by teenagers who faced a situation in which they were bullied or they bullied others. Topics covered include physical, verbal and cyber bullying.

How do you put a stop to bullying?

Explain to your children what bullying is and that it is **NEVER** acceptable. Express your concern and make it clear you want to help.

Teach your child how to take a stand against bullying. Identify trusted adults who can help and what to say when asking for help.

Talk to your child's teacher instead of confronting the bully's parents. If no action is taken, talk to the principal.

Teach your child nonviolent ways to deal with bullies, like walking away or talking it out. Role-play bullying scenarios with your child.

Help your child act with self-confidence. Practice walking upright, looking people in the eye and speaking clearly.

Don't encourage your child to fight. He or she could get hurt, get in trouble or start more serious problems with the bully.

Involve your children in activities outside of school. This way they can make friends in a different social circle.

Source: Children's Safety Network
<http://www.childrenssafetynetwork.org/injurytopic/bullying-prevention>

Growing Up: Who's Keeping Score?

Participating in sports can develop positive traits in our children such as good health, discipline, teamwork and dedication. But what happens when a child is frustrated or disappointed with the outcome of the game? Children learn to measure disappointment based on comments made about their performance by parents and coaches. How kids learn to cope with the pressure of sports not only affects their performance and enjoyment of the sport, but can also have a lasting impact on how they deal with similar challenges throughout life.

Instead of focusing on the score, parents can:

- Praise sportsmanship
- Support dedication
- Focus on the overall experience

Information courtesy of <http://kidshealth.org/parent>

SUICIDE IS PREVENTABLE

Risk Factors

- ▶ Previous suicide attempt
- ▶ Mental illness and/or substance abuse
- ▶ Recent losses (e.g., job or loved one)
- ▶ Access to lethal means
- ▶ Barriers to care

Warning Signs

Call 9-1-1 or seek immediate help from a mental health provider when you hear or see any of these behaviors:

- ▶ Someone threatening to hurt or kill themselves
 - ▶ Someone looking for ways to kill themselves: seeking access to pills, weapons or other means
- If you are concerned about someone because their behavior has changed and they are exhibiting any of the warning signs of suicide listed below, seek help by calling the Access & Crisis Line at (888) 724-7240.
- ▶ Withdrawing from family and friends
 - ▶ Acting reckless, feeling hopeless, angry or anxious
 - ▶ Increasing their use of alcohol or drugs

What to Do

If someone you know exhibits warning signs of suicide:

- ▶ Do not leave the person alone
- ▶ Remove any firearms, drugs, alcohol or sharp objects that could be used in an attempt
- ▶ For life-threatening emergencies or immediate response, call 9-1-1
- ▶ Contact the Access & Crisis Line at (888) 724-7240

Link Up: The Trevor Project



The Trevor Project is a national organization providing crisis intervention and suicide prevention services to LGBTQ youth and young adults, ages 13–24, over the phone, online and via text.

Trevor Lifeline (24/7): (866) 488-7386

TrevorText: Text the word “Trevor” to (202) 304-1200 to text with a trained counselor on Fridays from 1–5 p.m.

TrevorChat: Confidential chat service with a trained volunteer counselor available 7 days a week, from 12 noon–6 p.m. Visit www.thetrevorproject.org.

Access and Crisis Line Chat Services

Need to talk to someone? Unsure of where to go for help? Chat with a counselor today!

- Free confidential support
- Crisis intervention and suicide prevention
- Referrals for mental health and drug and alcohol needs

Live chat services available **Monday–Friday, 4–10 p.m.**

Visit: www.optumhealthsandiego.com or www.Up2SD.org

NEED HELP IMMEDIATELY?

Access and Crisis Line – (888) 724-7240

Free, confidential support in all languages 7 days a week/ 24 hours a day

COMMUNITY RESOURCES

2-1-1

