



IT'S UP TO US

to Create a Healthy & Supportive San Diego

A special bulletin covering mental health topics for San Diegans.



Edition One | Fall 2010

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, educating the community, and providing easy access to local organizations and services, the goal is to initiate change in perception, inspire wellness and reduce the stigma surrounding mental health challenges.

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 funded by the Mental Health Services Act. Watch for our TV, radio and print ads, or visit our Web site to learn more!

www.Up2SD.org



Need help immediately?

SD CRISIS HOTLINE

800-479-3339

Community Resources

2-1-1

Read Up: Learn More About Mental Illness

IS YOUR TEEN MOODY OR DEPRESSED?

Seemingly overnight your once "sweet child" is slamming doors, rolling eyes at everything you say (that is, if you are not simply ignored), discovering a unique sense of style, and experiencing mood swings – the teenage years have arrived! And although phases of irritability, volatile displays of anger and tears, rebelling against rules and even experimenting with drugs and alcohol can be part of the teenage experience, it is important to stay vigilant for warning signs that your teen is seriously troubled and not just causing trouble.

One of the reasons parents often don't recognize signs of depression is because it expresses itself differently in teens than in adults. For example, irritability rather than sadness is often the predominant mood in depressed teens. Teens may seem perfectly happy while out with their friends, but will pull away from their parents, and act depressed and angry at home.

So how do you know when your teen is just being a teen and when it's time to worry?

Ask Yourself These Questions:

1. Has your teen lost interest in activities such as school, sports, hobbies or friends?
2. Does your teen seem less energetic and unmotivated? Unusually tired or exhausted? Does your teen sleep too much or not enough?
3. Does your teen seem to feel guilty, sad, worthless or devalued?
4. Is your teen extremely sensitive to criticism?
5. Does your teen have trouble concentrating?
6. Has your teen's appetite changed? Do you notice weight loss or gain?
7. Have you noticed increased indecisiveness?
8. Is your teen angry, agitated or irritable and/or shows signs of serious hostility and animosity?
9. Has your teen been experimenting with alcohol or drugs? Having problems in school? Engaging in reckless behavior?
10. Has your teen been talking, joking, and/or writing about death?



If any of these behaviors persist for more than two weeks, it may not be normal teen moodiness, but signs of a more serious issue such as depression.

Trust your instinct: if you feel something is wrong, chances are you are right and it's time to seek a second opinion.

Continued on page 3...

Did You Know: One in four adults in San Diego are affected by mental illness.

Shine A Light On... Depression



IT'S NOT A NORMAL PART OF AGING

Each year about 18.8 million American adults experience a depressive illness that involves the body, mood and thoughts. Depression affects the way a person eats and sleeps, the way one feels about oneself, and the way one thinks about things. People with a depressive illness cannot just “pull themselves together” and get better. Without treatment, symptoms can last for weeks, months, or years.

However, depression is treatable and there are many different treatment options. With help, people recover and live full, active and productive lives.

The most common type of depression is Major Depressive Disorder, which involves a pervading sense of sadness and/or loss of interest or pleasure in most activities. It often interferes with the ability to work, study, sleep, eat and enjoy once pleasurable activities. Older adults sometimes believe these symptoms are a normal part of aging, but they are not. With the right help, older adults can remain happy and vibrant throughout the golden years.

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

Information courtesy of stopstigma.samhsa.gov

Liven Up Your Health:

ESSENTIALS FOR A HEALTHY MIND & BODY

Mental health is part of our overall health and well-being.

Being mentally and physically fit allows us to handle life's inevitable challenges, build strong relationships and bounce back when life throws us a curve ball. When we take care of our body, we'll automatically experience greater mental and emotional well-being. For example, exercise not only strengthens our heart and lungs, but also releases endorphins, powerful chemicals that energize us and lift our mood. Our body responds to the way we think, feel and act. When we are stressed, anxious or upset, our body tries to tell us that something isn't right by showing signs such as back pain, change in appetite, chest pain, dry mouth, extreme tiredness, general aches and pains, headaches, stiff neck, upset stomach and many others.

One way many people neglect their body and mind is by not getting enough sleep. It is recommended that adults get seven to nine hours of sleep a night, yet most people get a lot less. A recent study found that those who slept less than five hours a night were three times more likely than normal sleepers to become psychologically distressed in the next year.

Tips to Better ZZZZs

Here are a few tips from the “Live Your Life Well” campaign from Mental Health America:

- **Set a regular bedtime.** Your body craves consistency, plus you're more likely to get enough sleep if you schedule rest like your other important tasks.
- **De-caffeinate yourself.** Drinking caffeine to stay awake during the day can keep you up at night. Try resisting the coffee and colas starting six to eight hours before bed.
- **De-stress yourself.** Relax by taking a hot bath, meditating or envisioning a soothing scene while lying in bed. Relieve work day anxiety by finishing any next-day preparations about an hour before bed.
- **Exercise.** Working out can improve sleep in lots of ways, including relief of muscle tension. However, resist working out right before bed because exercise may make you more alert. Instead, try gentle upper-body stretches to help the transition into sleep.
- **Make your bed a sleep haven.** Stop paying bills or writing reports in bed. If you can't fall asleep within 15 minutes try turning on some soothing music. If you remain alert, experts recommend getting up until you feel more tired.

For more information about sleep, visit the National Sleep Foundation at www.sleepfoundation.org. For additional wellness tips visit www.liveyourlifewell.org.



Link Up:

2-1-1 SAN DIEGO COUNTY

2-1-1 is an information and referral hotline that connects San Diego County residents to more than 2000 community agencies who provide over 5000 health and human service programs. Every call is answered by a highly trained resource specialist who will listen to you, assess your needs, then match you to the best resource in the community. Call 2-1-1 or visit www.211sandiego.org.

Read Up: Learn More About Mental Illness

IS YOUR TEEN MOODY OR DEPRESSED?

Continued from front page

Here are some things you can do to help your teen:

- Better safe than sorry: It's natural for parents to think the behavior is "just a phase" and will pass, but if you sense something is wrong don't delay getting help!
- Continue to talk to your kids, even if they are unresponsive. Be gentle and persistent.
- Be supportive. Ensure them that you are there for them and listen without lecturing or judging.
- Validate their feelings.
- Visit www.Up2SD.org for more information and local resources.

If you are worried – seek help! Call the Crisis and Access Hotline on the front page. You can also connect with Yellow Ribbon, a local community-based teen suicide prevention program, at yellowribbonsd.org. In an emergency call 9-1-1.

When we speak to parent groups about the warning signs for depression and suicide, parents often make the observation that the signs seem like typical teen behaviors. While somewhat true, the key to getting help for their teen is to identify which behaviors are being exhibited and ask themselves if these behaviors are different than how their teen typically acts. A change in behavior that persists for two weeks or longer needs to be professionally evaluated.

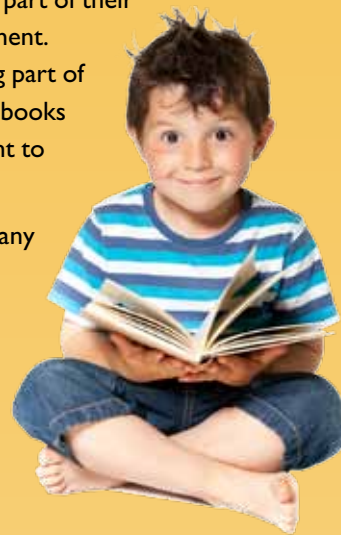
– Carol Skiljan

Executive Director, Yellow Ribbon Suicide Prevention Program
San Diego Chapter

Growing Up:

NURTURING CHILDREN'S EMOTIONAL HEALTH

Reading to children is an important part of their emotional and intellectual development. Here are a few tips to make reading part of your daily routine along with three books that address different topics relevant to children's emotional health.



- Point out printed words you see any place you go, for example street names or product names in the supermarket.
- Bring along children's books and writing materials whenever you leave home.
- Create quiet, special times and spaces for reading to children.
- Turn off the TV and cuddle with your child and a good book.
- Take your child to the library to pick out favorite books.

Don't Know Why... I Guess I'm Shy: A Story About Taming Imaginary Fears

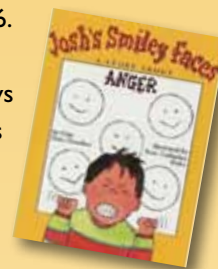
by Barbara S. Cain. Ages 4-8. This lighthearted story will show children that shy feelings don't have to get in the way of having fun and making friends. The book includes a list of practical tips to help foster a child's social comfort and confidence.



Josh's Smiley Faces: A Story About Anger

by Gina Ditta-Donahue. Ages 3-6.

When Josh is angry, he throws his toys, breaks things, and even hits his little brother. Mom says it's time for Josh to learn better ways to get his mad feelings out. Using a chart of smiley faces, Josh gets along better with others—and feels more "smiley" himself!



No One Is Perfect and You Are A Great Kid

by Kim Hix. Ages 6 and under. This book is about Zack, a young boy who struggles with ever changing moods. He tries to understand why he gets very sad, upset, discouraged and angry in response to seemingly insignificant events. Available at: www.youaregreatkid.com



Check your local library. Books also available at www.amazon.com or from the American Psychiatric Association. www.apa.org/pubs/magination.

Get Up & Participate!

SAVE A LIFE 5K WALK

Date: November 14th, 2010

Location: Balboa Park (6th & Laurel St.)

There is no fee to participate!

The Save a Life 5K Walk is presented by Optum Health Access and Crisis Line and benefits the Yellow Ribbon Suicide Prevention Program and Survivors of Suicide Loss.

Why You Should Walk ... In the United States, a suicide attempt is made every minute, and a person dies by suicide every 15 minutes, claiming over 35,000 lives each year. From 2000 to 2009, suicide took the lives of 3,361 San Diegans.

When you participate in the Save A Life San Diego Community Walk, you are helping to save lives by raising funds to support suicide outreach, prevention, and survivor support programs in San Diego County. You are also helping to reduce the stigma associated with mental illness and suicide.

For more ways to Get Up and Participate, visit www.Up2SD.org.



Event Schedule

Registration: 6:30 - 8:00 am

Opening Ceremonies: 8:00 am

Walk Starts: 8:15 am

To Register: www.savealifewalk.kintera.org

Need Help Immediately?

SD CRISIS HOTLINE

800-479-3339

COMMUNITY RESOURCES

2-1-1



www.Up2SD.org