

STAY
AMAZING

NewYork-
Presbyterian

WITH WORLD-CLASS DOCTORS FROM
 COLUMBIA  Weill Cornell
Medicine

Adolescent Mental and Sexual Health Promotion

Presented by: Jae S. Cha, PsyD

The background of the top half of the image is a waving transgender flag with horizontal stripes of light blue, pink, and white. The bottom half of the image has a dark blue background with the text.

HONORING TRANSGENDER AWARENESS WEEK

#TransAwarenessWeek | HRC.im/TransAwarenessWeek



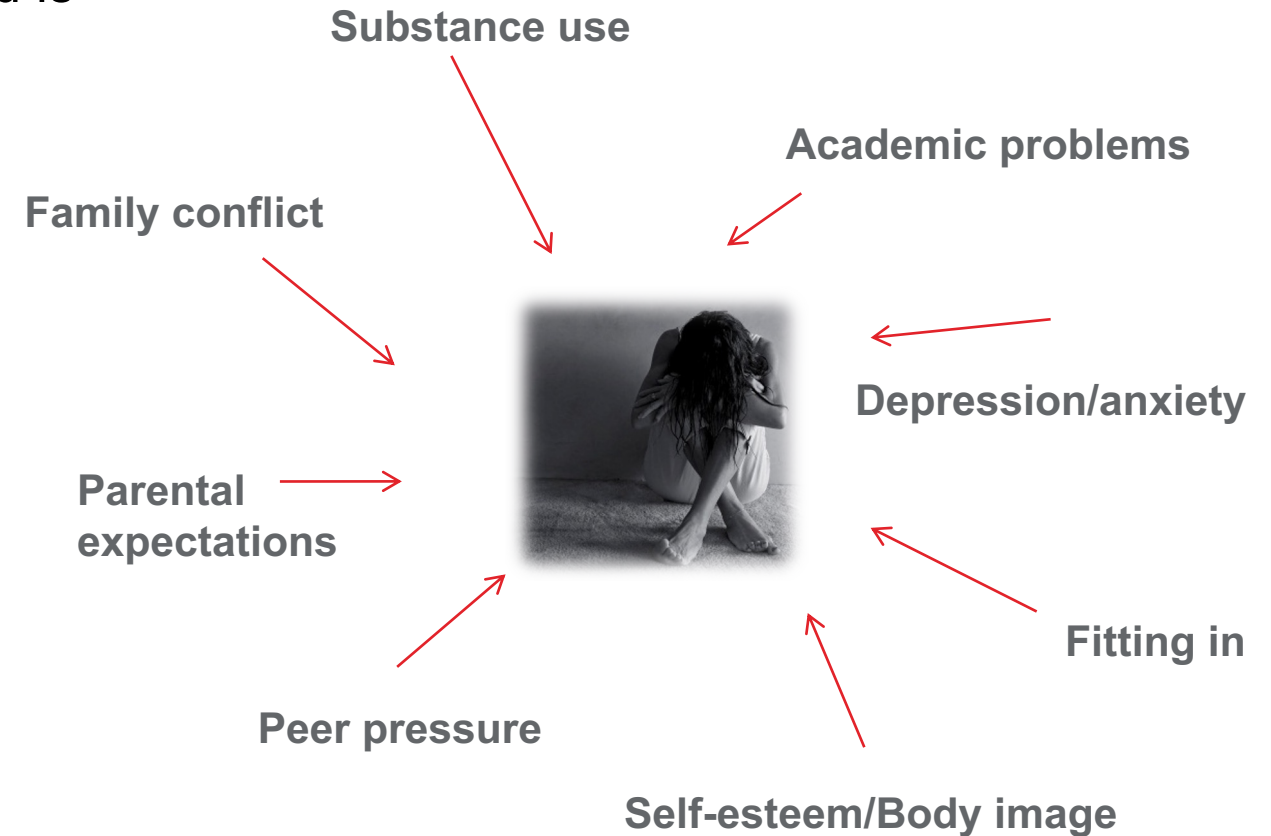
HUMAN
RIGHTS
CAMPAIGN®

Objectives

- Support healthcare providers working with adolescents and young adults
- Highlight and discuss challenges presented in adolescence and young adulthood
- Learn to incorporate youth mental health in sexual and reproductive health education
- Provide resources for promoting positive adolescent sexual health
- Engage in dialogue

Adolescence and emerging adulthood

- Period of enormous development and change.
- Features of emerging adulthood (Arnett & Tanner, 2006)
 - Identity exploration
 - Instability
 - Self-focus
 - Feeling “in-between”
 - Possibilities
- Transition to adulthood is complex.



What do we know about young adults?

Zerrate Parra, M.C., Ortin-Peralta, A., Erban, R., Reyes-Portillo, J., Schonfeld Reichel, E., Desai, P. & Duarte, C.S. Providing Evidence-based and Culturally Competent Care to Racial/Ethnic Minority Young Adults with Anxiety Disorders: The Experience of an Urban Medical Center Clinic (2020)

- Challenges navigating systems
 - Obtaining insurance, preparing college or vocational school applications; FAFSA; resume prep

- Challenges navigating the “adulthood” process
 - Recognizing and planning for short- and long-term goals
 - Organization
 - Scheduling and managing appointments (e.g., mental health, medical, etc.)
 - Budgeting and money management

- Loss of networks that facilitate access to mental health services

- Engagement difficulties

These areas of challenges/opportunities are not mutually exclusive. They are often overlapping and compounding, and create difficulties with engagement (e.g., overwhelming)

Youth mental health crisis

- Real and global crisis!
 - Among US high school students (NIH, 2022):
 - 37% reported feeling persistently sad or hopeless
 - 15% of adolescents (12-17 yo) had a major depressive episode
 - 20% seriously considered suicide
- Homicide and suicide are second and third leading causes of death 12-19-year-olds (CDC, 2021)
- Pandemic disrupted all aspects of life, leading to increased stress, isolation, uncertainty, trauma

Healthcare disparities

- Estimated 70% to 90% go without care (NIH, 2022)
- COVID-19 further exacerbated disparities and access to services for already vulnerable population
 - Nearly half (45%) of LGBTQ+ students seriously considered attempting suicide
 - Black students more likely to attempt suicide than students of other races and ethnicities
- Disparities are highest among minority populations (Bailey, Mokonogho, & Kumar, 2019)
- Youth without access to resources and support systems are at an increased risk for the following issues (WHO, 2022):
 - Homelessness
 - Suicidal ideation
 - Sexually transmitted infections

Early warning signs

- Deterioration in personal care
 - Changes in sleep routine
- Increased risk-taking
 - Substance use
 - Problematic sexualized behaviors
- Self-harm
 - Expressing thoughts of suicide
- Emotional indicators
 - Unprovoked anger
 - Expressing hopelessness or worthlessness
 - Irritability
- Hyperactivity or inability to control impulses

Sexuality and mental health in young adults

- Period characterized by increased risk-taking and experimentation with sex; evolving sexuality (CDC, 2021)
- Mental health disorders often emerge
- Poor mental health in adolescence is predictive of high-risk behaviors (WHO, 2020; Hagedorn & Olfert, 2018; Norris et al., 2019)
 - Self-harm
 - Alcohol and other substance use
 - Risky sexual and reproductive behaviors
- Some mental health issues may directly affect sexuality

Sexual Health Promotion

Considerations for providers

▪ Comprehensive sexuality education (NYS Department of Health)

- Anatomy and physiology
- Pregnancy and reproduction
- Contraception
- Disease prevention
- Personal rights, safety, and protection
- Adverse Childhood Experiences (ACEs)

▪ Acknowledge society and culture

- Promote healthy relationships and gender roles

▪ High quality healthcare

- Inclusive, trauma-informed, free of discrimination
- Mental health care also supports sexual health
 - Prevention for sexual violence abuse
 - Unhealthy sexual behaviors
 - Healing process for those with ACEs and other barriers

What is a sexually healthy adolescent able to do?

A sexually health adolescent is able to realize their individual potential around critical developmental tasks related to sexuality. These tasks include: accepting his/her body; gender identity and sexual orientation; communicating effectively with family, peers, and partners; possessing accurate knowledge of human anatomy and physiology; understanding the risks, responsibilities, outcomes, and impacts of sexual actions; possessing the skills needed to take action to reduce his/her risk; knowing how to use and access the health care system and other community institutions to seek information, and services as needed; setting appropriate sexual boundaries; acting responsibly according to his/her personal values; and, forming and maintaining meaningful, healthy relationships.

New York State Department of Health (<https://www.health.ny.gov/publications/0206/>)

So, how do we help young people?

- Early intervention and focus on prevention and promotion!
- Cultivate caring, consistent, and responsive relationships.
- Recognize your biases
- Have conversations!
 - Ask respectful questions to show you are interested
 - Use open-ended questions
 - Be sensitive and curious
 - Be reassuring
 - Be open-minded
 - Don't assume

So, how do we help young people? (continued)

- Empower youth to help develop skills
- Youth-friendly sexual and mental health care
 - Be comfortable with talking about sexual health, including relationships, sexuality, and gender identity
 - Be able to discuss positive sexual relationships and consent
- Destigmatize mental health concerns
- If you don't know, seek consultation
- Support your own wellness!

Guiding Principles for Sexual Health Education for Young People: A Guide for Community-Based Organizations

New York State Department of Health (<https://www.health.ny.gov/publications/0206/>)

- Youth-centered
- Strength-based
- Comprehensive
- Evidence-based
- Skills-driven
- Developmentally appropriate
- Culturally appropriate
- Supported by parents, families, and communities
- Facilitate access to health and support services
- Measurable outcomes

Helping teens to manage stress

- Get moving!
- Sleep well
- Learn mindfulness
 - Belly breathing
 - Guided imagery
 - Progress muscle relaxation
- Cope ahead; rehearse and practice situations likely to cause stress
- Ask for help when you need it!
- Plan your day
- Avoid alcohol and other substances; excessive caffeine
- Gratitude journal
- Reframe stress; decrease negative self-talk; challenge negative thoughts

The Uptown Hub

Mission and Impact

The Hub works with young people between the ages of 14 and 24 helping them launch from adolescence to adulthood

- A team of Hub Advocates work one-on-one with youth
- Programming covers the areas of education, creative youth development, health & wellness, and employment readiness
- A behavioral health team of psychologists and a psychiatrist offer individual and group therapy
- The Hub runs various paid internships to youth to develop their professional skills and ready them for the workforce



1,000 Youth enrolled since 2017

800 Youth connected to internships, part-time jobs, and full-time employment

1/3 Actively engaged youth also receive treatment from our psychologists

Resources

- Jae S. Cha, PsyD
 - 917-409-7712
 - drjaecha@gmail.com
- National Institute of Mental Health, 1-866-615-6464, (www.nimh.nih.gov)
- National Mental Health Association, 1-800-969-6642 (www.nmha.org)
- 988 Suicide and Crisis Lifeline, 988 (call or text), <https://988lifeline.org/>
 - Ayuda en Español: Llame a 1-888-628-9454
- Crisis Text Line (www.crisistextline.org)
 - Text HELLO to 741741
- Trevor Project
<https://www.thetrevorproject.org/get-help/>
- [NYC Metro Area Transgender and Gender Non-Binary Community Resources](#) (Callen-Lorde and Mt. Sinai)
- [LGBTQ Resources in NYC](#) (NYC Health+ Hospitals)
- [Mental Health Resources for New Yorkers in the LGBTQI+ Community](#)

Additional resources

- Mental Health Provider Locator (<https://findtreatment.samhsa.gov>)
- Find a Psychiatrist/Psychologist Tool (<https://finder.psychiatry.org>)
- [Mental health providers: Tips on finding one - Mayo Clinic](#)
- [Youth Mental Health | Managing Stress | We Think Twice \(hhs.gov\)](#)
- [Youth Engaged 4 Change](#)
- [GirlsHealth.gov: Your Feelings](#)
- [For Young People Looking for Help | SAMHSA](#)
- [How Right Now | Centers for Disease Control and Prevention \(cdc.gov\)](#)

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Resources

Information on Youth Mental Health for Adults

- [What is Mental Health? | SAMHSA](#)
- [Know the Warning Signs | NAMI: National Alliance on Mental Illness](#)
- [NIMH » Children and Mental Health: Is This Just a Stage? \(nih.gov\)](#)
- [Mental health of adolescents \(who.int\)](#)
- [Safeguarding student mental health \(apa.org\)](#)
- [Rates of Mental and Behavioral Health Service Providers by County, 2015 | CDC](#)
- [Stress Management and Teens \(aacap.org\)](#)
- [Learn About Children's Mental Health | CDC](#)

Questions?

