

# Young Adults and Mental Health Recovery: Perspectives on Social Inclusion and Acceptance



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# Statistics

- Mental health problems are more widespread than most people realize. According to SAMHSA, in 2005 there were an estimated 24.6 million adults age 18 or older who experienced serious psychological distress (SPD) which is highly correlated with serious mental illness.
- Among 18 to 25 year olds, the prevalence of SPD is high, yet this age group shows the lowest rate of help-seeking behavior.

# Some More Statistics

- Nearly 1 out of 5 persons 18-24 report having a mental health problem.
- Major depression and anxiety disorders are the most prevalent mental health conditions experienced by young adults.
- Young adults experience serious mental illnesses at a higher rate than the general population.

# Facts

- Mental health problems can happen to anybody regardless of race, ethnicity, gender, age, or background.
- People with mental health problems can and do recover.
- There are more services, strategies, and community support systems available than ever before.

# Some More Facts

- One of the main reasons why people don't seek help is because of the stigma associated with mental health problems.
- Young adults are more likely than the general population to know someone with a mental health problem.
- Targeting young adults with public education programs is likely to have a broader impact on increasing acceptance and social inclusion.

# Campaign for Mental Health Recovery

- The campaign objective is to encourage, educate, and inspire 18-25 year olds to step up and support friends they know are experiencing a mental health problem.
- The campaign looks to young men and women to serve as the mental health vanguard, motivating a societal change towards social acceptance and decreasing the negative attitudes that surround mental illness.

# Campaign State Implementation Awards

- Through a competitive process, 23 organizations were awarded funds in 2007 and 2008 to support and enhance the Campaign.
- The organizations have developed outreach and community based efforts, mental health education, and social inclusion activities.

# Campaign State Implementation Awards cont.

- These activities target the 18-25 year old audience and particularly focus on the mental health awareness among Hispanic American, African American, Asian American, and Native American populations.
- Some organizations such as South Carolina SHARE and the Mental Health Association of Central Florida appointed young adult representatives to help in their efforts.

# Presenters

- These young adult representatives live the life of recovery.
- They actively work in their communities to educate their peers on the importance of mental health and to promote social acceptance of those with mental health problems.
- Lloyd Hale has worked closely with South Carolina SHARE and Ashley Panaggio has worked with the Mental Health Association of Central Florida.

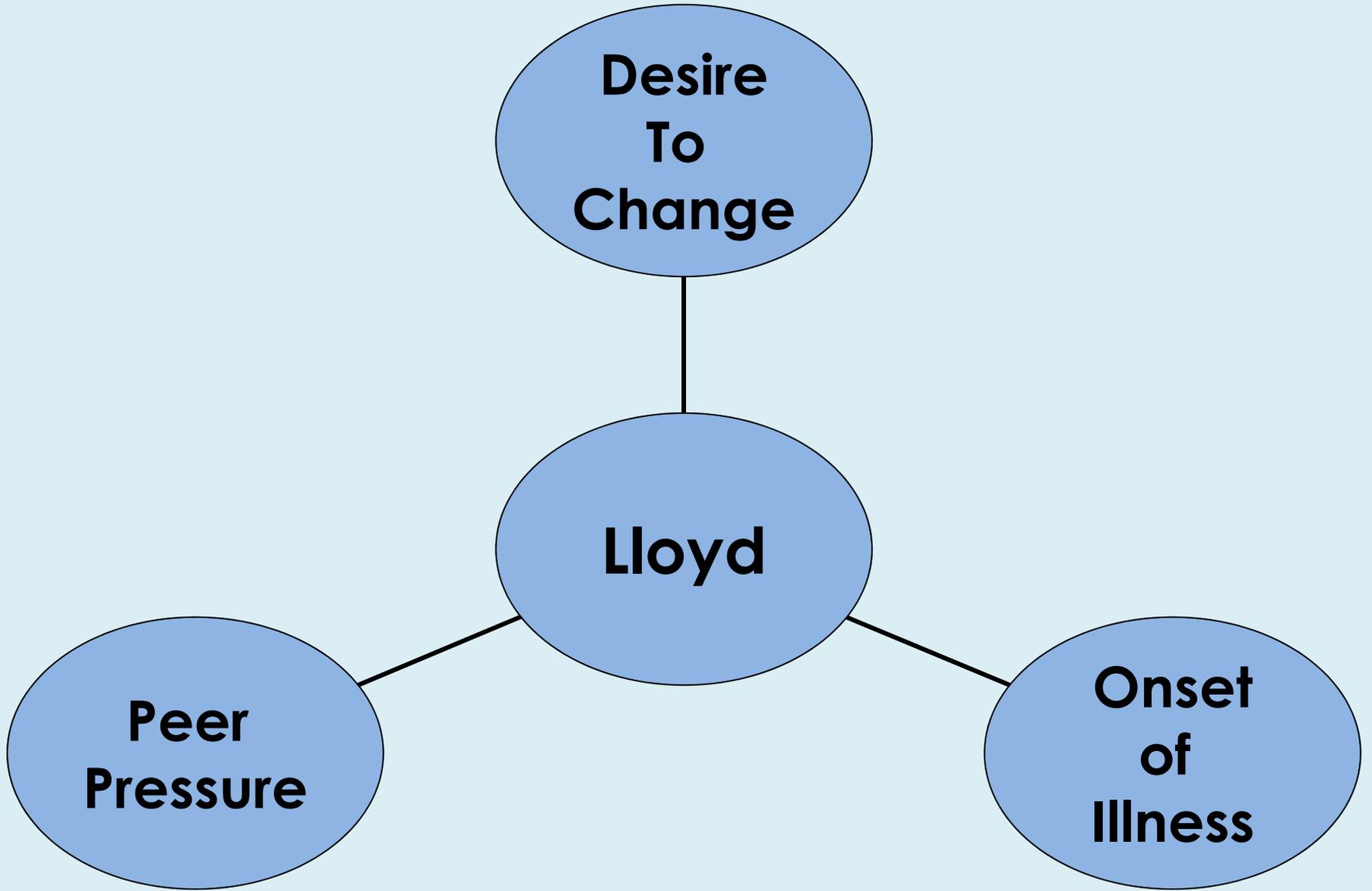
# **Ready For Life**

**A Presentation Designed To  
Stir About The Idle Mind,  
and Prepare The Unprepared**

**Presented by: Lloyd Hale**

# Teen Trials: My Journey

- Fitting in sometimes overshadows reasonable thinking.
- Choices made and the ignorance of consequences.
- Environmental support?



**Desire  
To  
Change**

**Lloyd**

**Peer  
Pressure**

**Onset  
of  
Illness**

# Moving Forward

- My new idea of normal.
- The world around me is changing, I noticed I'm staying the same.
- Realizing change was necessary for recovery.

# There is a Starting Place for Everyone!

## Lloyd Hale

*Motivational Speaker*

*Ready For Life!*

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# **Young Adults and Mental Health Recovery:**

**A Personal Perspective on  
Social Inclusion and  
Acceptance**

**Presented by: Ashley Panaggio**

# Personal Experience

- Growing up, I did not believe that mental illness was real and thought that people dealing with a mental illness were “choosing” to be unhappy.
- When I was a sophomore in college, I went through major depression following some unfortunate events in my family.
- I had severe anxiety, lost a lot of weight, and was unable to function in school. I felt hopeless and didn't want to live with that emotional pain.

# What Helped?

- Support of family members
- Support of friends
- Medication
- Researching and understanding depression and mental illness
- Learning to control my thoughts and think positively
- Living a balanced lifestyle
- Utilizing relaxation techniques

# How am I Working to Counter Stigma?

- Bringing awareness to the issue of social inclusion in regard to mental illness.
- Increasing awareness of the causes and symptoms of mental illness so that parents, teachers, and peers can recognize an individual who is dealing with a mental illness.
- Informing individuals as to where they can get help and services, bringing awareness to what worked for me and the possibility of full recovery with treatment and supports.

# What Can You Do if a Friend is Dealing with a Mental Illness?

- Listen:

Sit down with your friend and ask them questions about what they are feeling and listen carefully to what they say with an understanding attitude.

- Empathize:

Understand and accept your friend the way they are. Do not pity them, but empathize with them about how they feel and where they are coming from.

# What Can You Do cont.

- Respond:

Once you have listened carefully, let your friend know that you will be there for them during their recovery. If they choose to seek help, offer to help them find supports and services.

- Get Involved:

During the recovery process, assure your friend that what they are going through is normal and that you will get through this hard time together.

# What Can You Do cont.

- Stay Involved:

Invite them to stay involved and do things that they normally would have enjoyed. Encourage them to exercise.

- Help Prevent Recurrence:

Help your friend understand what it means to live a balanced lifestyle and try to live that lifestyle with your friend.

# Supporting Your Friend

- One of the most important factors in recovery is the understanding and acceptance of friends.
- Friends make a difference by offering reassurance, companionship, and emotional strength.
- Help your friend in living a balanced lifestyle.

# Contact Information

- To learn more about or to become involved with the Campaign for Mental Health Recovery, contact the Campaign Liaisons:

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# Additional Information

- To obtain more information on social inclusion or the Campaign for Mental Health Recovery , access the following Web sites:

SAMHSA Resource Center to Promote Acceptance, Dignity, and Social Inclusion Associated with Mental Health

<http://www.promoteacceptance.samhsa.gov>

Campaign for Mental Health Recovery

<http://www.whatadifference.samhsa.gov>