

END the SILENCE



The Moon & Stars and What Is Ours

Maggie Steele



Feel the Beat—
the heartbeat was
the original sound

Art Heals



We have felt the pain of loss
We are reminded of the need for
HEALING



Babies know
how to self comfort
after they cry, they inhale

Breathe
Breath is LIFE

ACORN
medicine
turning poison
into nourishment



END the SILENCE



Speak for the Silent, Stand for the Broken

Mike Smith

My Story

1 Year Ago... Everything Changed

Take Care of Your Crew

"They're taking away FUN!"

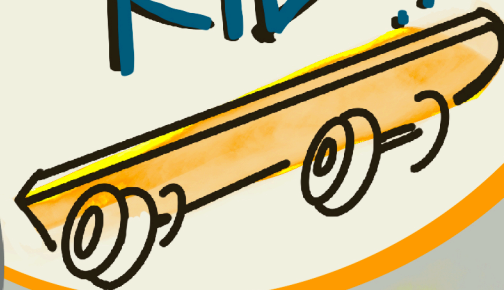
1 SCREEN at a TIME
KID at a time
Moment at a time

SIGNIFICANT MOMENTS of IMPACT

MISFIT moments!

BIG THING:

GEN Z - PLEASE BE A KID!!



Bringing the mobile half pipe to people!



Hippy jumps

+ - x ÷ ?

DISTRACTED!



50/60/70
what's your number?

The # of HOURS you spend on your DEVICE

10,000 HOURS makes you an EXPERT

Are you an expert at watching other people live their lives?

Who is the LOUDEST voice



in your HEAD?

How will you REBOUND out of this pandemic?



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End the Silence Matt Reddam



Video Diary — "Wandering"... Why didn't anyone ASK?

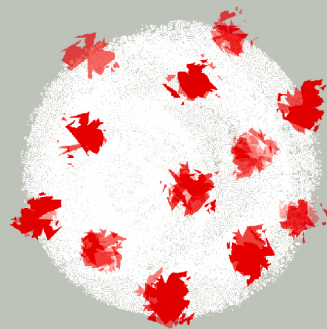
Need for Connection led to trauma

"Woke up with PAIN; Pain put me to bed"

It wasn't a PLAN... could have died

SHAME & STIGMA prevented me from telling anyone.

drinking + pills...



Isolation greatly increases IDEATION
Isolation also hinders the ability to help.

More than "Moodiness"

Persistent 	Gets in the Way
Cuts Across Contexts 	Noticeable Change

How many Know Someone? who is Struggling?

76% Average

Range: 14-100%
9 of 13 groups over 80%

Why Not Comfortable Asking for Help?

Fear "Weak if you ask, weird if you go!"

Judgement "Belittle our feelings." "Don't understand our generation"

SHY "My problems aren't big enough"

NO TRUST "Don't have REAL problems"

Not CONFIDENTIAL "Relationship not there"

ANGRY "Don't want to be a burden."

STIGMA

Hope is an Insistent Creature

We limit our capacity for healing when we are silent.

Are schools & COMMUNITY mostly **NO.** some "yes"

Doing a Good Job? educating youth about mental health

"One teacher out of 7 cares."

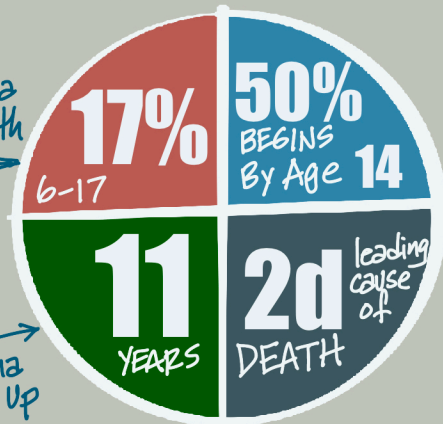
Stigma "They just keep piling it on"

Need better mental health education.

"Reaching people late or not at all"

Plenty of awareness; not enough CARING

Experience a Mental Health Disorder →



Average DELAY from trauma to showing up →



Anxiety
Avoidance of school, social situations, reminders of a scary event.
Poor sleep, appetite
Excessive worry, fears

Depression
Irritability/Anger
Loss of interest in fun things
Withdrawing, low self-esteem, sadness, hopelessness

Ideas for "Ending the Silence"

- How?** More Groups!
Build relationships - Trust
Counselors/teachers
Be confidential checking in more
- Who? / Where?** Start younger - 6th grade
- LGBTQ+ ASB / NCL**
- 4H** Cheer/Sports Teams
After School Programs **Axiom**

Be there **Don't Fix** Don't pressure **Listen** More Caring **Be SAFE** Be OPEN

One thing **3**

Finding Your Voice Stan Collins



Why I do this work...

Jessie ... how could I not have seen this?

What could I have done to prevent his death?
Dealt with it in silence, no support.

"Hey Stan, what are you going to say?"



The Poem

The Attendance Lady,
"I have a Gift for you"

SARA

"Thank you for your pain"
and for sharing your HOPE



Don't underestimate your ability to help

Suicide Prevention is not about convincing people not to die.

BE DIRECT
ask the questions

Do you have a plan?
Are you thinking about suicide?

Use the Power of your VOICE

Use
"Died by"

Your Language Matters.

Don't Use
"Committed"

You do not have to be the one in crisis to use the help lines!

"I know someone... Here's what's going on..."



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Team Mosaic

Lain Hensley



CPR for the Soul

CARE, PROTECT, RESPOND

"We are in this together"
It's PERSONAL



We are born to engage

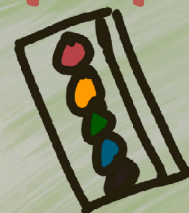
Experiment!



Default: DANGER.

Beliefs - challenging
the "I am
an Artist" belief

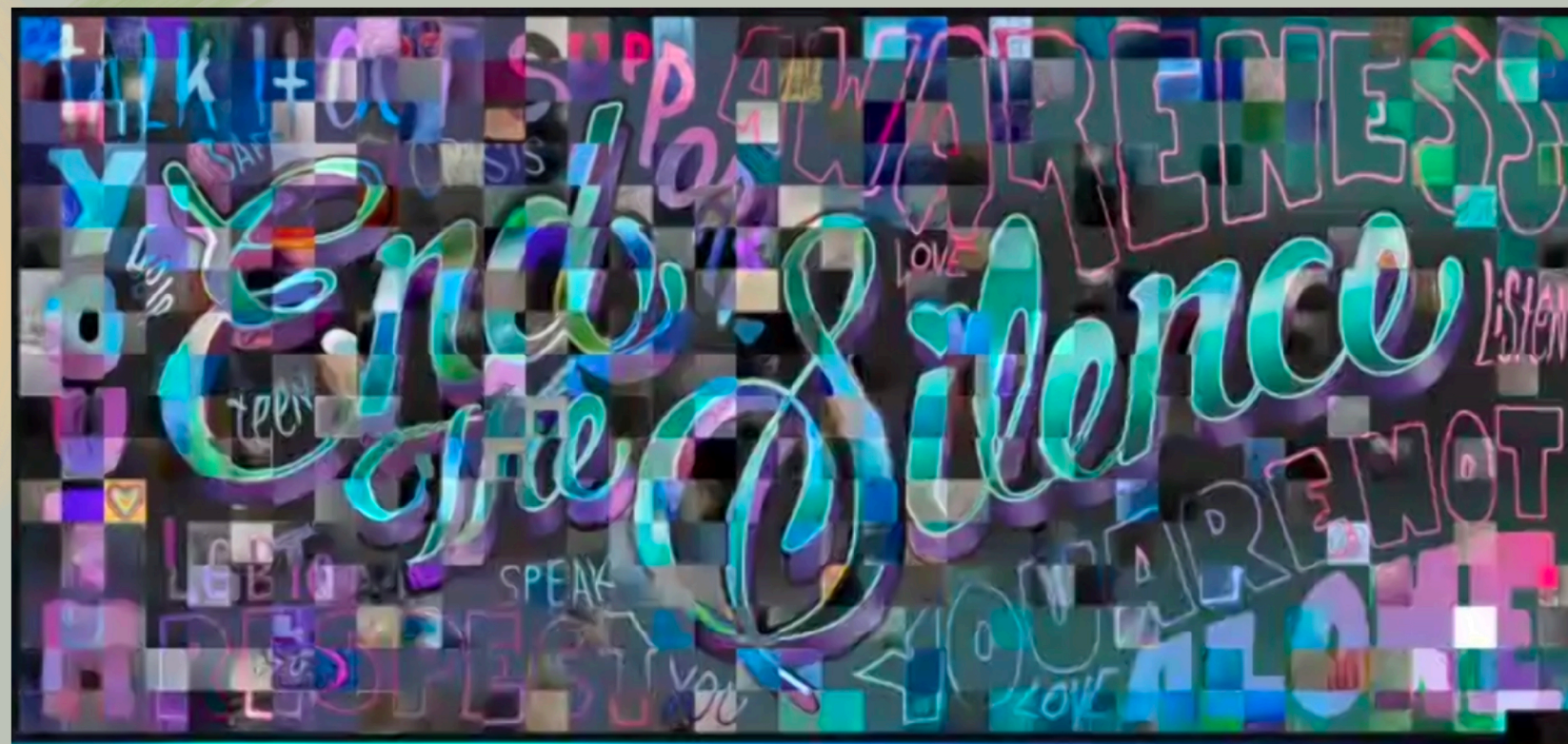
Pack for your Journey



You will need to
mix the colors - BLEND

Team Mosaic

- Do your best!
- Work together
- Take your time
- Your piece matters
- Short Video



"The Big Reveal!"

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World Café

STUDENT VOICES

What are the biggest challenges and struggles young people are facing right now?



What are the things causing the most stress for young people?

What do you want adults to know about what you are experiencing?

"I can't touch my friends"

Social media - People fabricate an image.

→ not knowing the effect on others.
"Connections with friends hard during lockdown."

LISTEN

Be gracious -

Not everyone has the same situation at home - may have a lot going on.

Adults, be OPEN and Approachable

Make small talk, build the relationship before the need.



A lot of older people don't LISTEN

"They think things are easy because of technology."

School + COVID

Aware of resources available?

Resources are under-used
Students reserved about asking for help
Help people know what the program IS; what it's about.
Most schools offer services students don't know exist.
Need reminders

It's better for a friend to be mad at you than to lose them.



"We don't access resources for fear of JUDGMENT."

What do you wish there was more of to support you?

Prioritize / advertise to students
School may be the only option
Have counselors do regular check-ins
Know about other ways to support - walks, yoga, animals, journaling

More resources for kids turning into adults. I didn't prepare for adult hood because I didn't think I'd make it this far.

"Finding a good friend is the best for us."



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Embrace the Uncomfortable, Ignite the Possibilities

Aaron Davis

You gotta **Breathe**

Don't hold in the anxiety.

Trouble can become our transportation to **GROWTH**

535 -

5:30 AM then again at night



Treat yourself as you would a **BEST FRIEND.**

"Your self-talk is your most important conversation."

Comfort



Joy & Happiness

When you fear your struggles, your struggles consume you. When you face your struggles, you overcome them.

"Have faith and **DOUBT** your **DOUBTS**"

No Pain - No Gain

Get Comfortable with discomfort



SAY something
NO DEALS re: Secret
HELP is available
Know your allies, resources
OFFER your Support
Listening = Learning
UNPACK their pain
It's REAL to them.
TELL them they are
loved, needed,
and valued

Keep Loving, Leading and Learning!

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Video Diaries



Naomi

- School Pressures
- Racial Micro-Aggressions
- College - Panic Attacks
- My Mother is "My Person"

"Be that Person!"



Victor

- The 'Black Sheep' - not a jock
- Academic Pressure
- FRIENDS were key
- Family stress - led to self injury
- "Didn't want to be a problem"
- Therapy for 2 years helped

"Once you ask for help, you're not alone."



Mackenzie

- Younger sister: medical and financial stress
- Mom's medical condition
- Emotional abuse
- Didn't seek help - didn't want to be a burden
- Job in behavioral health was a major turn-around
- Mental health improved after seeking help & support
- "Everything is going to be okay in the end. If it's not OK, it's not the end."

"My Mom is now my best friend."



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CHAU YODER MINDFULNESS MEDITATIONS

Taming the 'Monkey Mind'



- Sit upright
- PBS - Pause/Breathe/Smile
- Bell - Let it bring you back to the present moment

breathe...
notice and relax

Peace in ourselves
PEACE in the World

breathe
let it go by...
My mind is a clear blue sky

BE AWARE
Breathing IN...
Breathing OUT

Be aware of and relax each part of your body
"Now is the Gift, that's why we call it the PRESENT"
Name it... "Hello..."
it will subside.

Mindful Movements

