

#### 22nd Annual Community Mental Health Conference





## Land Acknowledgment

Before colonization and settlement by people of European descent, the place we know as Evanston was home to the Potawatomi, Odawa (Ottawa) and Ojibwe Tribes, also known as the Niswi-mishkodewinan (Council of the Three Fires), an alliance of Anishinaabeg peoples.













# American Foundation for Suicide Prevention

Endeavor Health...

Illinois















corner bakery.





## NRCI by the Numbers Since June 1, 2021

- Almost 5000 participants
- 167 events

- •1677 Suicide Prevention Gatekeepers
- •898 Mental Health First Aiders, including 192 teens



## Please describe your workplace in one or two words

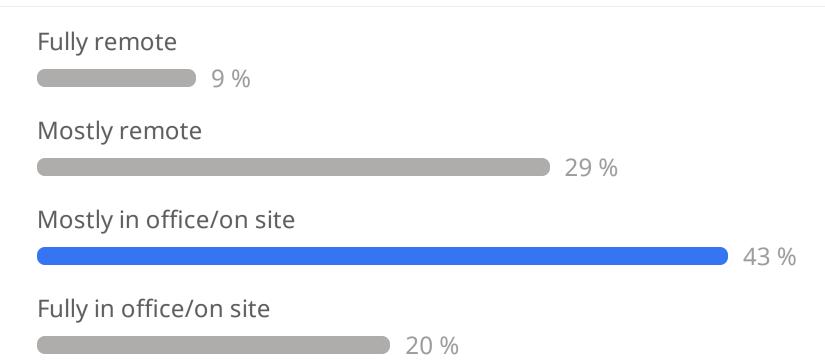






#### My mode of work is best described as:







## **Panel Presentation**



About 75% of employees have struggled with an issue that affected their mental health.

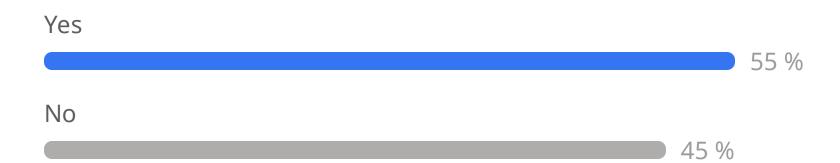
8 out of 10 workers with a mental health condition say shame and stigma prevent them from seeking mental health care.





#### I have signed up for a meditation app







#### I use the app



Daily



A few times a week

2 %

A few times a month

12 %

Forgot all about it

84 %

## PRODUCTIVITY

**BRAIN TRAINING** 

# WELLNESS

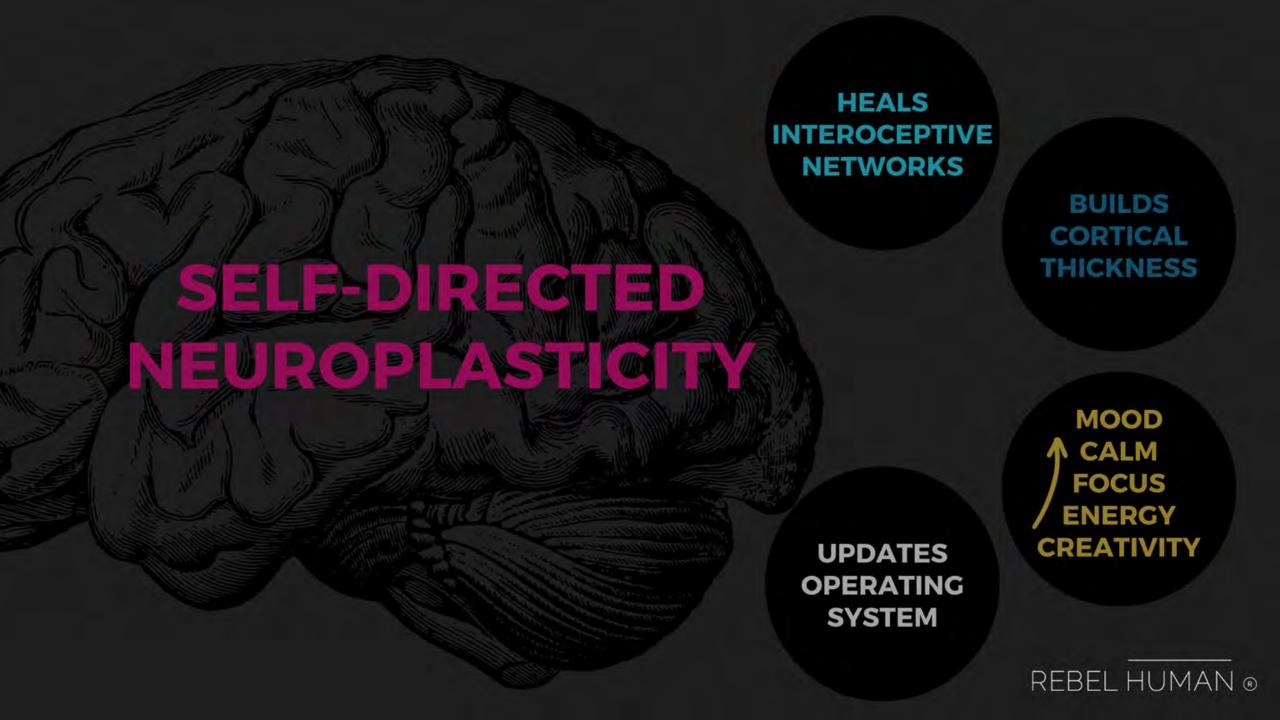
HEALING REWIRING

## **ECOLOGICAL MOMENTARY ASSESSMENT**

## JUST-IN-TIME ADAPTIVE INTERVENTION

## SELF-DIRECTED ADAPTIVE NEUROPLASTICITY





## MOVEMENT

FOCUS FIVE DIALS

BREATH

SELF-TALK

"Enciroting .... a thought protoking journey into emotion science." - Wall Street Journal HOW EMOTIONS ARE MADE The Secret Life of the Brain "A singular book, remarkable for the freshness of its ideas and the boldness and chriticwith which they are presented." - Scientific American. LISA FELDMAN BARRETT

**NOT ALL** ANXIETY, RUMINATION, **OVERWHELM** AND **DEPRESSION** REQUIRES **THERAPY** 



## How You Impact Your BRAIN + BODY BUDGET

## Deposits

- √ Sleep
- √ Non-Sleep Deep Rest
- √ Positive Self-Talk
- √ Diaphragmatic Breaths
- √ Nourishing Food / Water
- √ Nourishing People
- √ Massage
- √ Time in Nature
- √ Leisurely Walk
- √ Sunshine
- √ Laughter
- √ Any thought, action, emotion that is nourishing

### Withdrawals

- √ Rumination
- √ Negative Self-Talk
- √ Task Switching
- √ Multitasking
- √ Disrupted Sleep
- √ Processed Food
- √ Screen Time
- √ Social Media
- √ Toxic People
- √ Alcohol
- √ Any thought, action, emotion that is depleting

## Investments

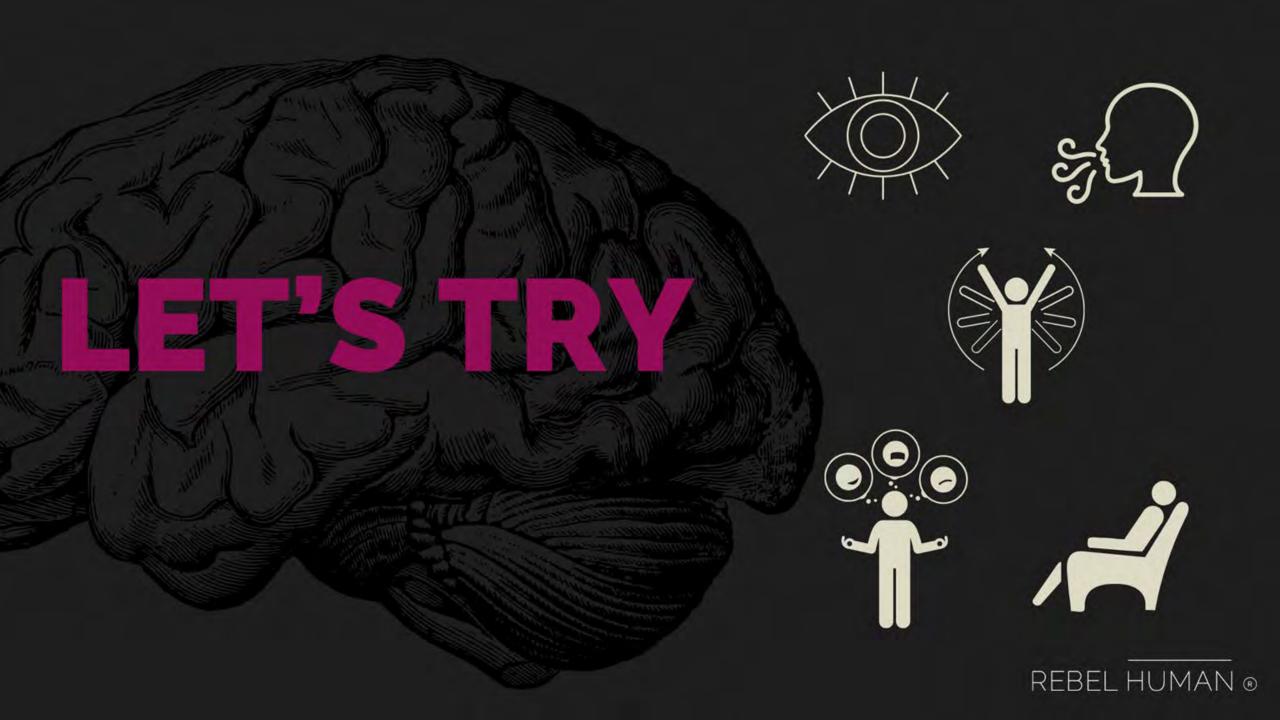
- √ Learning
- √ Exercising
- √ Meditating
- √ Self-Care / Hygiene
- √ Brisk Walk
- √ Focused Work
- √ Deep Listening
- √ Deep Work
- √ Any thought, action, emotion that takes effort but is an investment in your health / wellbeing or is connected to your values

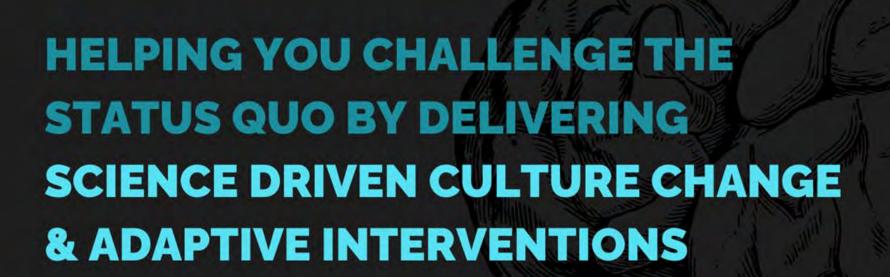


## HYPOTHETICAL

IN A WORLD WHERE THERE IS NO LONGER ANY
MENTAL HEALTH STIGMA

STILL NEED ADAPTIVE INTERVENTIONS EVERY DAY FOR EVERYONE

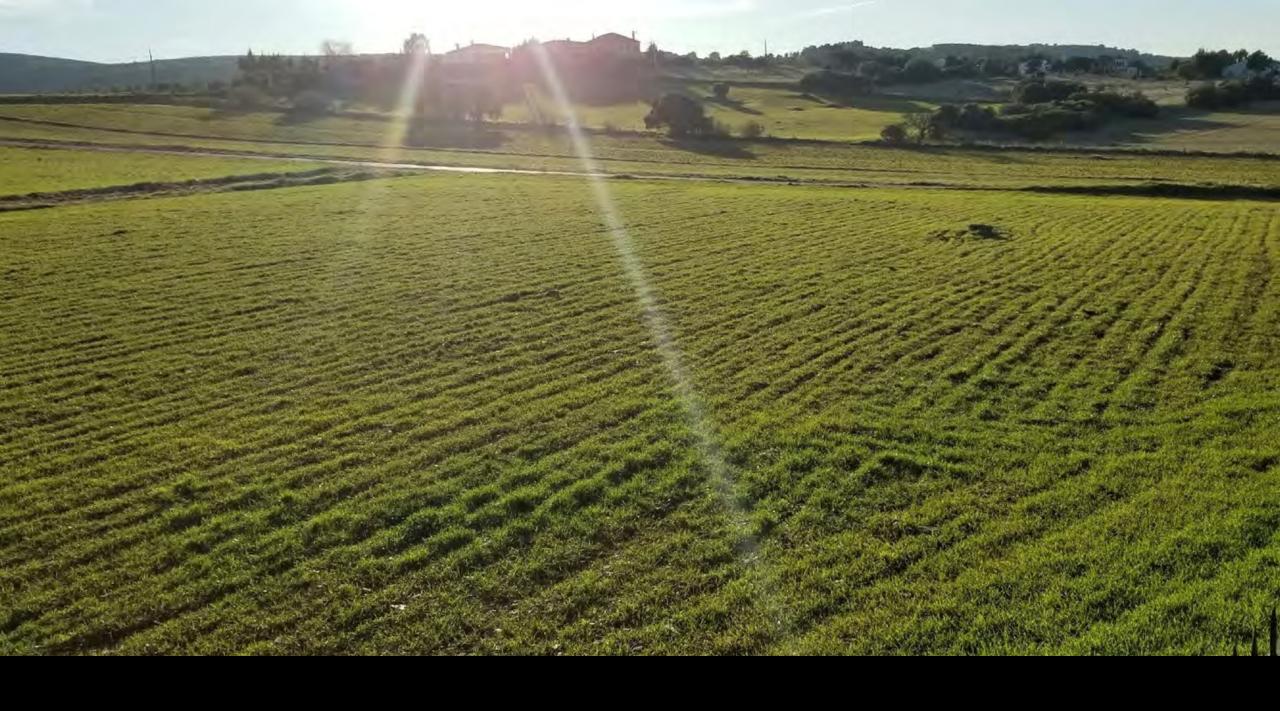




therebelhuman.com jenny@therebelhuman.com









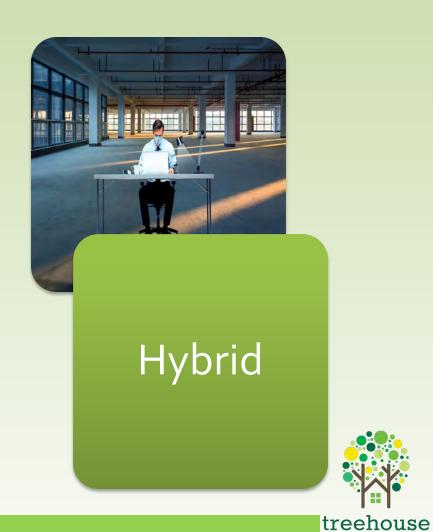
## A Cultural Shift



## A Cultural Shift at Work

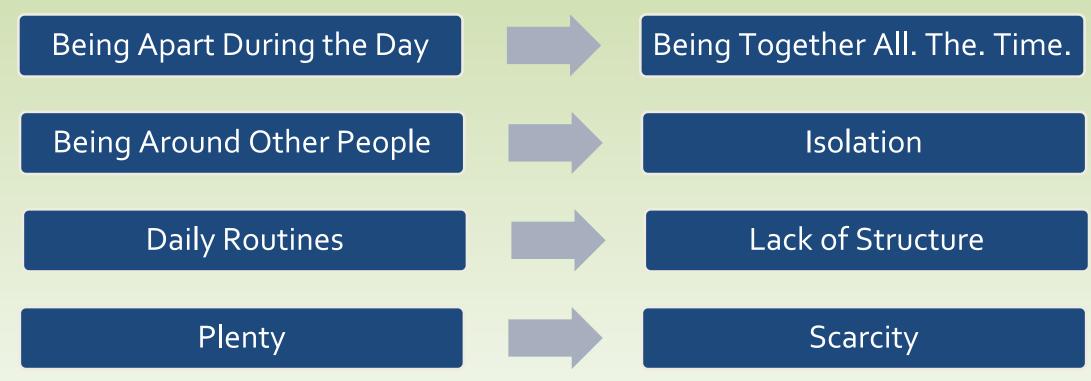






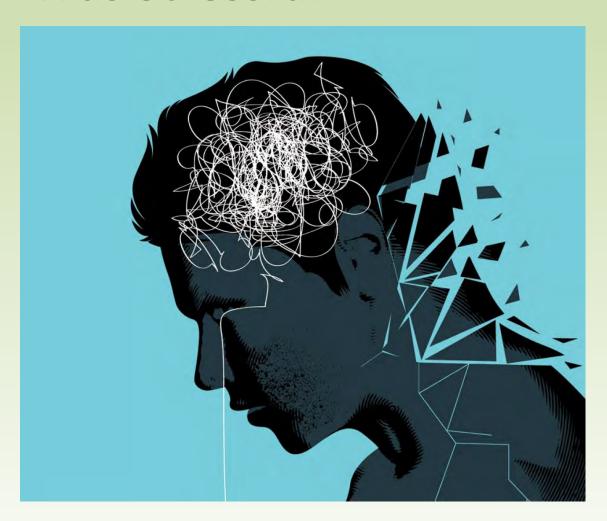
health

#### A Cultural Shift at Home





### Was Stressful

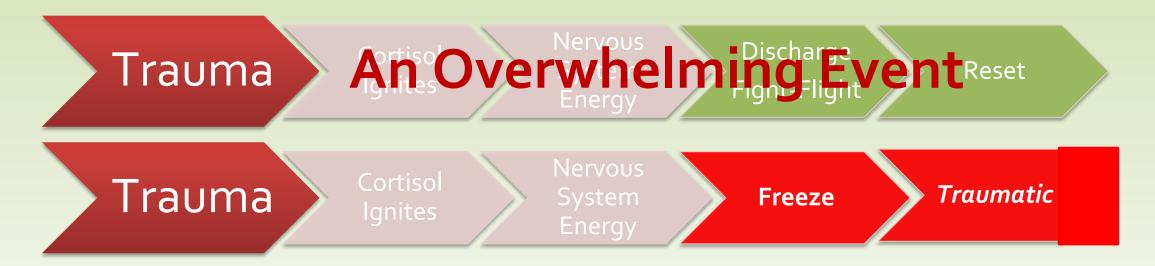


## **Anxiety**

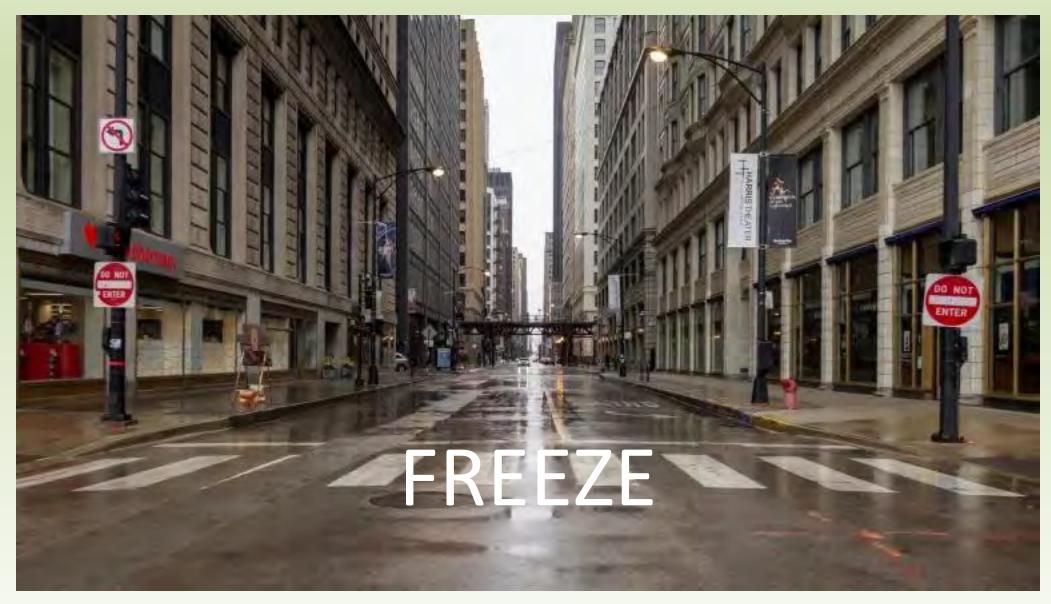
is the expression of unrecognized and unexpressed stress, especially worry and fear, built up in our bodies and minds as nervous system energy



### Was the Pandemic a Trauma or Traumatic?



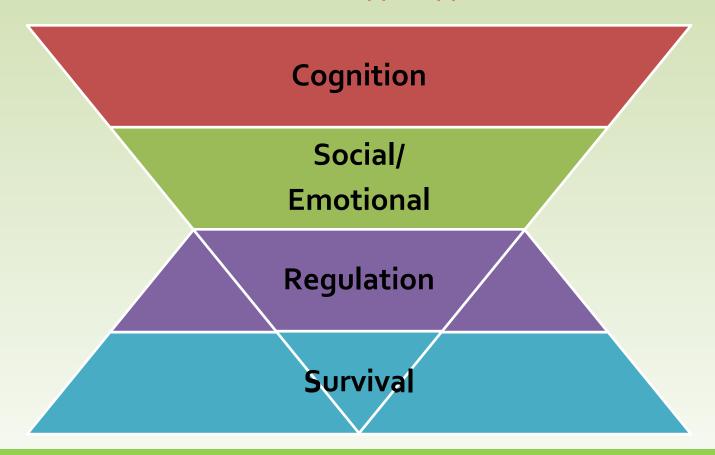






## Ongoing Stress Reorganizes our Brains

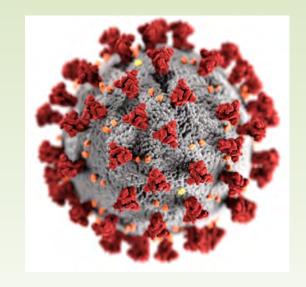
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### Thinking of Mental Health Differently

- Post-Traumatic Stress Disorder (PTSD)
  - Traumatic Symptoms Can Release Well After a Trauma
- Pandemic Traumatic-Stress Response (PTSR)
  - Traumatic Experiences
    - Isolation
    - Ongoing Fear & Confusion
    - Developmental Freeze
  - Responses
    - Social Anxiety
    - Depression
    - Reduced Capacity/Over Capacity





#### Our Future Workers



# The Pandemic Generation: 1996 to 2015

#### **Two-Year Developmental Freeze**

#### **Symptoms of Anxiety**

- 1. They are worrying a LOT
- 2. They are having trouble sleeping and they are restless
- 3. They are tired ALL the time
- 4. They are having trouble concentrating
- 5. They are irritable & tense

"Nationally (in the 2022-2023 school year)... 26% of public school students were considered **chronically absent**... up from 15% before the pandemic." NY Times

"Nearly 70% of educators surveyed last fall said **behavioral disruptions** had increased since the 2019-20 school year"

Could the Developmental Freeze Gap widen?



### Messages We Gave Kids During the Pandemic

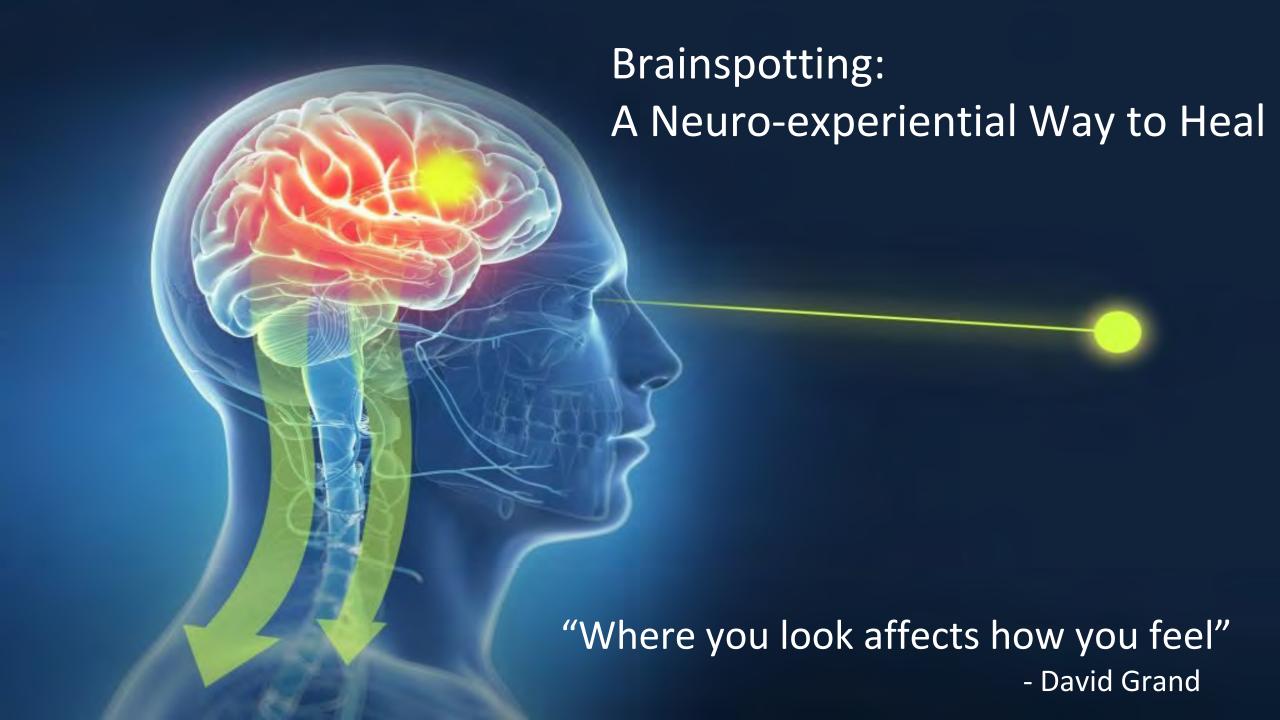
- Stay away from everyone or you might get sick and die
  - "Connect to others only with a device"
- It's okay now. You can be around other people.
  - "But get off those devices!"





### How do We Regain Mental Wellness?

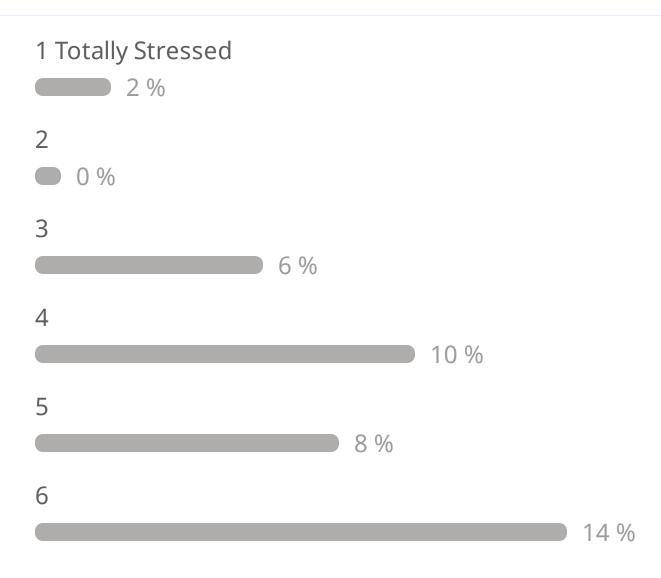






## How Stressed are you right now? (1/2)

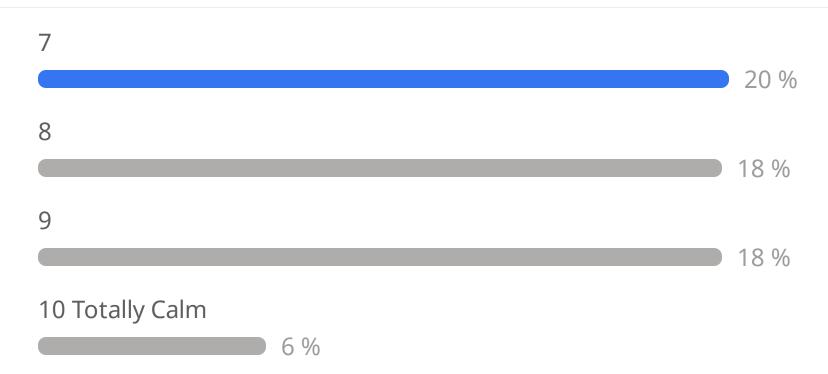






## How Stressed are you right now? (2/2)





















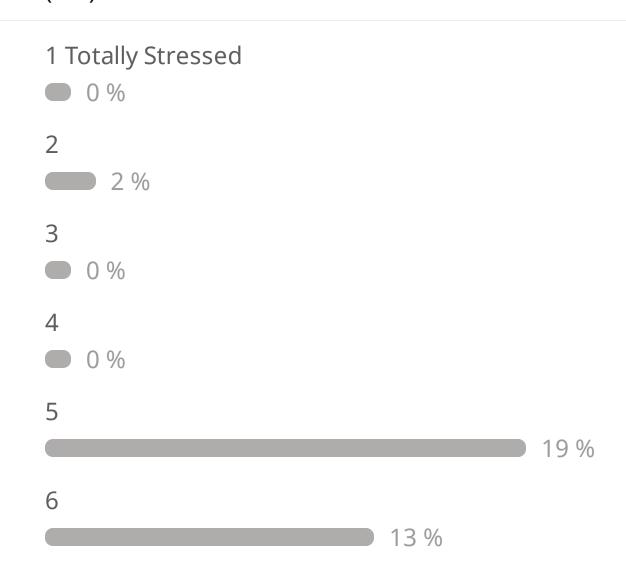






## How Stressed are you now? (1/2)

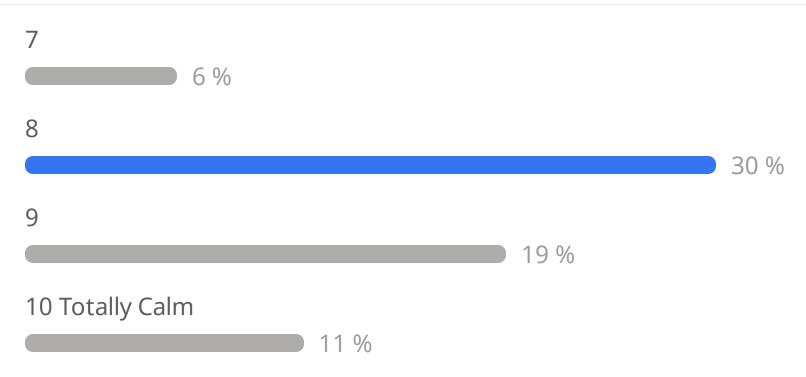
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## How Stressed are you now? (2/2)







Psychotherapy – Adults, Children & Teens
Parenting in SPACE® – Therapeutic Parent Coaching
Parenting in SPACE® Facebook Group
Training & Consulting

In Network with Aetna, BCBS, Cigna, & UBH Accepting New Clients

TreeHouseHealth.net 847-256-2000



## Raise your hand if...



## The Four Categories

#### 1. Open Book

You talk about mental health frequently. You are open to sharing your own experiences and hearing about what others are living with.

#### 2. You, Not Me

You are happy to listen when someone wants to share about their mental health, but when it comes to your own, that's a private matter.

#### 3. Me, Not You

You are willing to share about your own experiences, but it can be quickly overwhelming to hear about what others are living with.

#### 4. Nope, Not today

This topic is not on the table for you. You don't feel comfortable sharing and you don't feel equipped to hear about someone else.



#### Which category fits you best?





## Why don't we talk about it?

## STIGMA (and bias)

## What shapes our personal bias?



Education Faith Geography Media Family/Friends **Experiences** Identity

## 11 Million per second



## Million per second 40 - 50

### How do we put words to what we are feeling?



## THE MIND-BODY CONNECTION & VAGUS NERVE



## Name an emotion and describe how it shows up in your body



## Words, words, words...



## Self-Disclosure

#### **EXPERIENCE**

What are you experiencing? This is the diagnosis or situation. The topic.

#### **APPEARANCE**

How does it show up in your body, in your life, in your work?

#### REQUEST

What kind of support are you looking for and how do you see it playing out?

## Get specific. The magic is in the details.



## The Approach

#### WORDS

The actual language you use.

#### TIMING

When is it ever the right time?

#### TONE

How you say it really does matter.

#### **EXPECTATIONS**

Predetermine the desired outcome and communicate that clearly. Don't break your own heart.



## Setting the Groundwork

NOTICING/ AWARENESS LANGUAGE DEVELOPMENT DAILY PRACTICE SELF-DISCLOSURE

SUPPORT REQUESTS



## This is a practice and words matter.

Moderated Questions and Discussion



### **WRAP UP**



## **Lunch Challenge**



corner bakery.





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