

Mental Health is not a Ghost

Yessica Rodriguez - Social Worker  
County of Monterey  
Behavioral Health Bureau  
Child and Adolescent Division

# PHYSICAL HEALTH

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what comes to mind?

# MENTAL HEALTH

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What comes to mind?


# Neutral



**Health = The condition of a person**

**Mental - The mind**

**Physical - The body**



What is  
mental health?

**Includes:**

- Emotions
- Psychological
- Social

**Affects:**

- Feelings
- Thoughts
- Behavior

**It also helps determine how we manage stress, how we relate to others, and how we make decisions. Mental Health is important at all life stages from infancy, childhood, adolescence, adulthood to seniors.**

**The health** (condition)  
**of the mind**

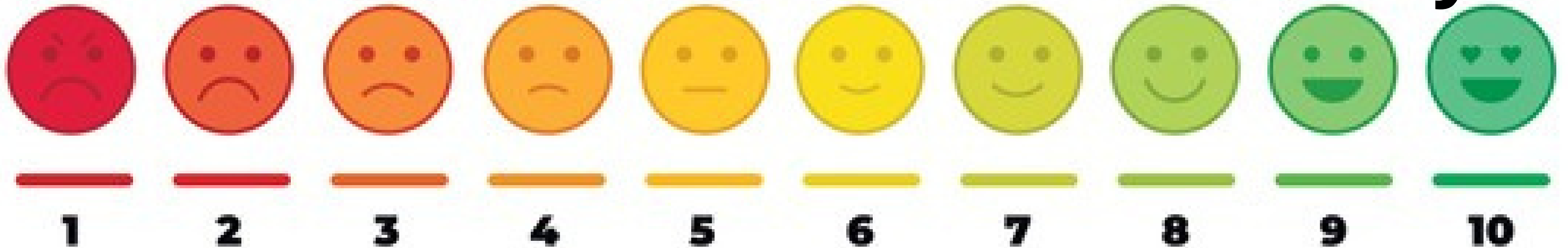


Mental health and physical health are siblings

# Various states of health

**Illness**

**Healthy**



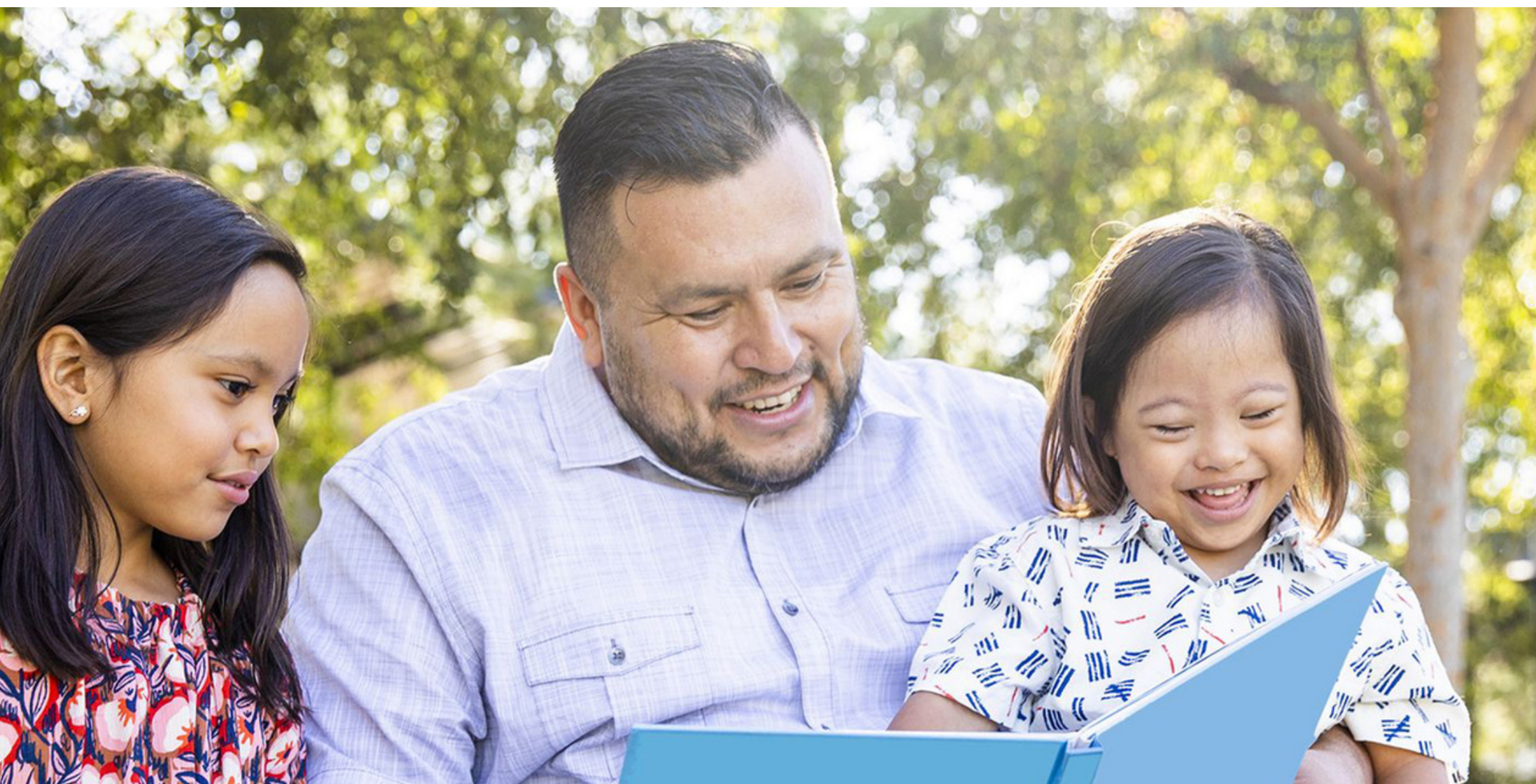
**Scale**

- **Hereditary**
- **Brain chemicals**
- **Environment**
- **Situations**
- **Experiences**
- **Decisiones**
- **Tools**

**What can impact  
mental health?**



- **Experiences**
- **Situations**
- **Tools**
- **Decisions**

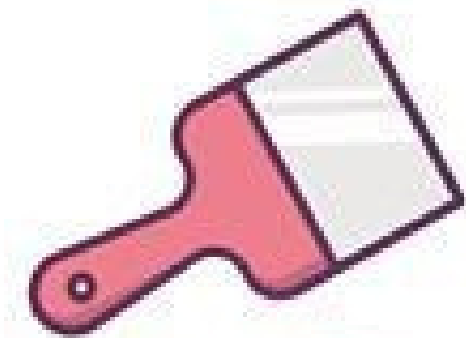


# Experiences and Situation

in nature

# Mental Health toolbox

mindfulness +  
gratitude



explore feel  
good  
movement

establish  
healthy  
boundaries



check-in with  
self throughout  
the day

seek  
supportive  
environments



eat  
intuitively

practice self-  
care  
(mind+body)



emphasize  
compassion over

## Tools

ask for

Recognize

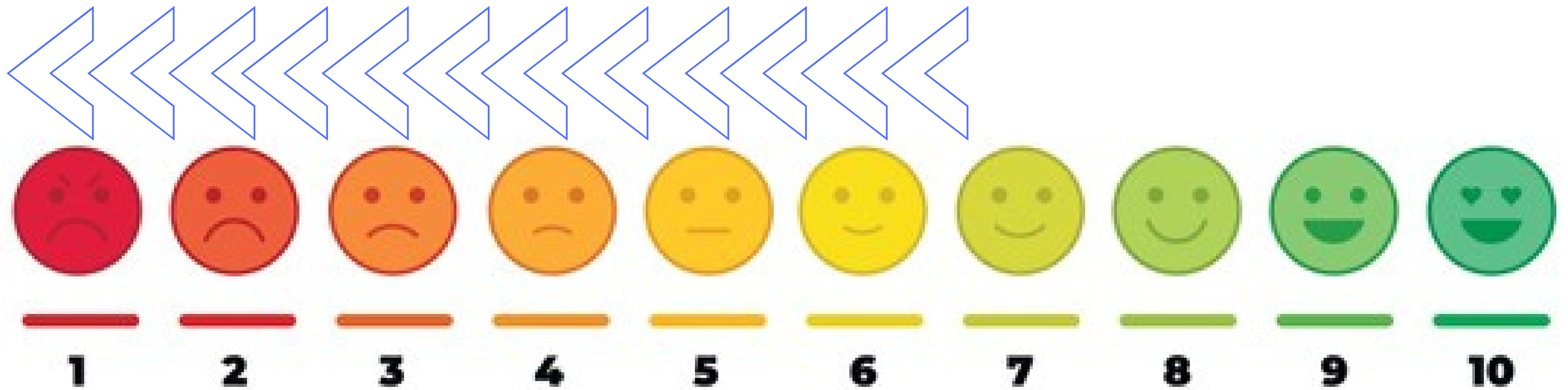
Take Action

use it

# Decisions



# What happens when mental health is negatively effected?



**Our mind and body will react**

# Stress

## Feelings

- **Anxiety**
- **Low motivation**
- **overwhelmed**
- **Irritable**
- **Sad**

## thoughts

- **Negativity**
- **Worrisome**
- **Pessimistic**

## Behavior

- **Changes in appetite**
- **Explosions of anger**
- **Substance use**
- **Smoking**
- **Social withdrawal**

# Anxiety

## Feelings

- Nervous
- Altered
- Uneasy
- Worried
- Feeling a loss of control

## Thoughts

- Negative
- Excessive worrying
- Anxious thoughts at the idea of being in a social environment

## Behavior

- Irritable
- Avoiding situation or people
- Social withdrawal



# Depression

## Feelings

- **Despair**
- **Feeling of guilt**
- **Feeling useless**
- **Loss of interest in pleasure in activities**
- **Emptiness**

## Thoughts

- **Persistent thoughts of sadness and anxiety**
- **Pessimistic thoughts**
- **Thought of hurting self, death or suicide**

## Behavior

- **Irritability**
- **Difficulty concentrating, remembering and making decisions**
- **Suicide attempt**
- **Withdrawn**

# Physical

- Headaches
- Muscle tension
- Chest pain
- Fatigue
- Digestive problems
- Low energy
- Changes in sleep and eating patterns
- Heart palpitation
- Dizziness
- Shaking
- Excessive or irregular sweating
- Low tolerance to pain
- Back aches
- Changes in vision

# How to identify when you need to seek help

## Duranton

How long has it been happening?

Days or weeks?

## Intensity

Are symptoms mild or severe?

## Frequency of symptoms

Every once in a while or daily?

More specific: One time a week or four times a week?

## Impact

Is it having an impact on your home, work, personal and social life?

## How to navigate barriers to seek help

- **Stigma**
- **Resources**
- **Cost of Services**
- **Insurance**

# Where to look for help

## County of Monterey

### Access to Treatment

#### About Our Programs

We offer outpatient services for children, adolescents, and adults who are experiencing psychiatric or substance use problems. When you call us you will be screened and either have an evaluation or linked directly to service providers. The evaluation will help us better understand your needs. You may receive treatment and/or referral to community partners. We are here to help.

**TOLL FREE LINE 1-888-258-6029**

**TYT/TDD: 831-796-1788**

#### What We Offer

- We provide services in our regional outpatient locations
- Offering services to people of all ages
- Services include assessment to determine need and may also include treatment planning, individual, family, and group therapies
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## Santa Cruz County

### Contact the Access Team

The Access Team evaluates all requests for non-emergency services for anyone not currently receiving services from County Mental Health or community providers who are part of the mental health system. This team is comprised of bilingual senior mental health clinicians and psychiatrists who provide assessments and referrals to mental health services and who are trained to answer your questions. They will help you determine if you are eligible for our services.

Walk-in crisis services are available

Monday through Friday

8:00 am - 5:00 pm

1400 Emeline Avenue, Bldg. K.

Santa Cruz, CA 95060

**Call (831) 454-4170 or  
(800) 952-2335 24-hours a day**

Urgent care can also be requested 24 hours per day by calling the same numbers.

# **A Review:**

- 1. The term mental health is neutral - The condition of the mind**
- 2. Mental health includes: Feelings, thoughts, behaviors**
- 3. Mental health has various states of health and one can move between (scale)**
- 4. There are many ways mental health can be impacted**
- 5. Being a parent of a child with special needs definitely impacts mental health**
- 6. When we do not take care of ourselves mental health will be impacted negatively**
- 7. Our mind and body will feel the effects**
- 8. Recognizing, taking action, and using our tools help to maintain healthy mental health**
- 9. Being aware of the barriers that prevent us from seeking help and overcoming them**
- 10. When we are equipped with correct information...the ghost doesn't seem so scary anymore..as a matter of fact we don't even see it as a ghost anymore**

**End of  
Presentation**