

The background features a stylized illustration of two hands, one light beige and one brown, cupping a tree. The tree's branches are formed by the fingers of the hands, and it is adorned with numerous green leaves in various shades of light and medium green. The overall theme is one of care, support, and growth.

# Mental Health Matters

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# What is Mental Health?

- Mental health includes our emotional, psychological, and social well-being. Our mental health includes how we think, feel, and behave. It also helps determine how we deal with stress, relate to others, and make choices (Strengthening Mental Health Promotion Fact Sheet No. 220. Geneva, Switzerland: World Health Organization)
- <https://www.youtube.com/watch?v=ezi2W32yNg8>

# The Tough News on Mental Health

- Mental Health America ([mhanational.org](http://mhanational.org)) reported that prior to COVID-19, 19.86% of American adults suffered from mental illness and over half did not seek professional treatment.
- In the Surgeon General's Advisory on Youth Mental Health, he expressed concern about 1 in 5 children having a mental or developmental health disorder and suicide rates increasing by 57%.
- Suicidal thoughts and substance use have increased for both youth and adults.

# Possible Causes of Mental Health Issues

- Genetics/biology
- Family/social environment
- Unhealthy relationships
- Substance use, medical condition
- Life transitions
- Financial stress
- Cultural stress
- Racial trauma/discrimination
- Traumatic and stressful life events
- ACES <https://www.ncjfcj.org/wp-content/uploads/2006/10/Finding-Your-Ace-Score.pdf>
- <https://www.cdc.gov/violenceprevention/aces/index.html>
- More?

# Safety Concerns

- Monitor for:
  - Self-harm
  - Feelings of hopelessness
  - Talking (or joking) about death, dying
  - Severe isolation
  - Giving things away
  - Lack of future planning
  - Sharing suicidal thoughts, plans
- Plan and utilize crisis services as needed

# The Good News about Mental Health!

- Like our physical health, there are multitudes of ways to approach our mental health!
  - Prevention
  - Treatment
  - Maintenance
  - Long-term commitment

[https://www.youtube.com/watch?v=I\\_j1wMoSxjg](https://www.youtube.com/watch?v=I_j1wMoSxjg)

# Mental Health Treatment

- Annual physicals
  - Outpatient Therapy (office-based, community-based, home-based, virtual)
  - In-Home or Community-Based Intensive Therapy
  - Intensive Outpatient Program
  - Emergency/Crisis Services
  - Inpatient Treatment
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- How to access: Physician referral, insurance referral, contact local LME/MCO, web search, recommendation
  - Questions to ask: Specialty, modality of treatment, insurance credentialing, cost, any preferences you may have

# Coping Skills



Grounding

Thought challenging

Journaling

Physical Exercise

Meditation

Be outside

Talk to someone trusted

Relaxation



# Resiliency

- Self-care
- Growth mindset
- Felt safety
- A sense of purpose
- Trying new things
- Persistence
- Feeling worthwhile/making a contribution
- Having people you can trust
- Routine

# Local Resources

- **Family Services of Davidson County (Outpatient Therapy, Domestic Violence Services)**  
1303 Greensboro Street Extension Lexington, NC 27295  
336-249-0237 (Main Line) 336-243-1934 (24/7 Crisis Line for DV, Sexual Assault, Human Trafficking)
- **Daymark Recovery Services (Walk-In, Crisis Response)**  
1104 S Main St Ste A Lexington, NC 27292  
336-242-2450 (Main Line) 866-275-9552 (Crisis Response)
- **Sandhills Center (LME/MCO)**  
3802 Robert Porcher Way Greensboro, NC 27410  
1-800-256-2452 (24-Hour Call Center) 1-833-600-2054 (Crisis Line)