NASCO ROUND TABLE DISCUSSION

1. Cooperative game from 1:1 to group activity

-group pairs up and each group given clues to identify one word

-all groups work together to identify the sentence from collective words \*

1. What is mental illness? – disease that can cause mild to severe disturbances in thought and/or behaviours resulting in need to adjust day to day living due to ones inability to cope with life’s expectations \*\*
2. Symptoms (Mayo Clinic)

-feeling sad

-confused thinking

-excessive fears, worries, feelings of guilt

-extreme mood changes and withdrawal from day to day life activities

-low energy, insomnia, paranoia

-substance abuse, delusional and hallucinations

-major changes in eating habits, sex drive, anger levels, hostility, violence

-suicidal ideations

-expression in physical pain manifestations

-75% of mental illness begins before the age of 24 \*\*

-self-perception of mental health status can inhibit one from not seeking help

-stigma of mental health issues compounded by ethnic/religious/financial backgrounds

-some causes of onset mental health concerns include biological physiological injury/damage, chronic medical condition, physical and/or emotional trauma, difficult life experiences, stress, loneliness, external/internal expectations

-most prevalent mental health concerns on campuses are anxiety, depression, substance abuse, and eating disorders

1. Canada stats:

-65% students experienced overwhelming anxiety

-46% feeling so depressed it was difficult to function

-13% considered suicide

-2.2% attempted suicide \*\*

US stats:

-80% experienced overwhelming anxiety

-45% feeling so depressed it was difficult to function

-30% (?) considered suicide

-9% attempted suicide \*\*

Above stats have been trending upward since 2010

Increased competition for academic success

Increased costs of school resulting in high debt loads

Increased competition for high paying jobs

Increased diversity with ethnic norms that may not put high emphasis on mental health

Only 40% of students with mental health issues seek support \*\*

1. What can we do?

-Mental Health First Aid

-develop policies to address intervention due to mental health concerns

-open dialogue with mental health teams that can help members

-increased visibility of options such as posters, social media platforms campaigns

-increased interaction between staff and members (social events, skill sharing sessions, property clean up with bbq to follow) to develop relationships to be able to identify any changes in behaviours

-always maintain intervention practices within Coop bylaws and regulations; state, provincial and federal legislation; privacy act \*\*

-maintain professional separation

-look at balance of individual mental health vs safety of group

-mental stability of staff to be able to recognize between helping or projecting

-develop good leadership structure within membership to create easily approachable systems

-create culture of honesty with mental health history within coop

1. 1:1 Role Playing of discussed material \*\*\*
2. Open Forum Discussion \*\*\*\*

\* 10 minutes

\*\* 40 minutes (cumulative)

\*\*\* 10 minutes

\*\*\*\* 30 minutes