



JOSHUA WEBB

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SAFE COMMUNITY SPONSORS

The Hamill Foundation

Harris County Commissioners Court –
Commissioner R. Jack Cagle

Harris County Commissioners Court –
Commissioner Tom Ramsey

Lawrence and Linda Levy

Harris County Sheriff's Office Foundation



PROVIDING ENERGY. IMPROVING LIVES.



*As of 1/2022



OUR MISSION

Solve and Prevent

serious crime

in partnership with citizens, media
and the criminal justice system.



TIP LINE PROGRAM

OPERATES THE FAMED TIP LINE 713-222-TIPS

- | Open 24/7
- | 2,500 Calls Per Month
- | Community & Campus Based Tips
- | Staffed by Law Enforcement



WAYS

TO

REPORT



HOW DOES IT WORK?

When you report, we will

NEVER

ask you for your:

- Name
- Phone number
- Address
- Or any other information that could identify you



HOW DOES IT WORK?

IF IT DID

We will give you detailed instructions on
HOW TO RETRIEVE YOUR

CASH REWARD!

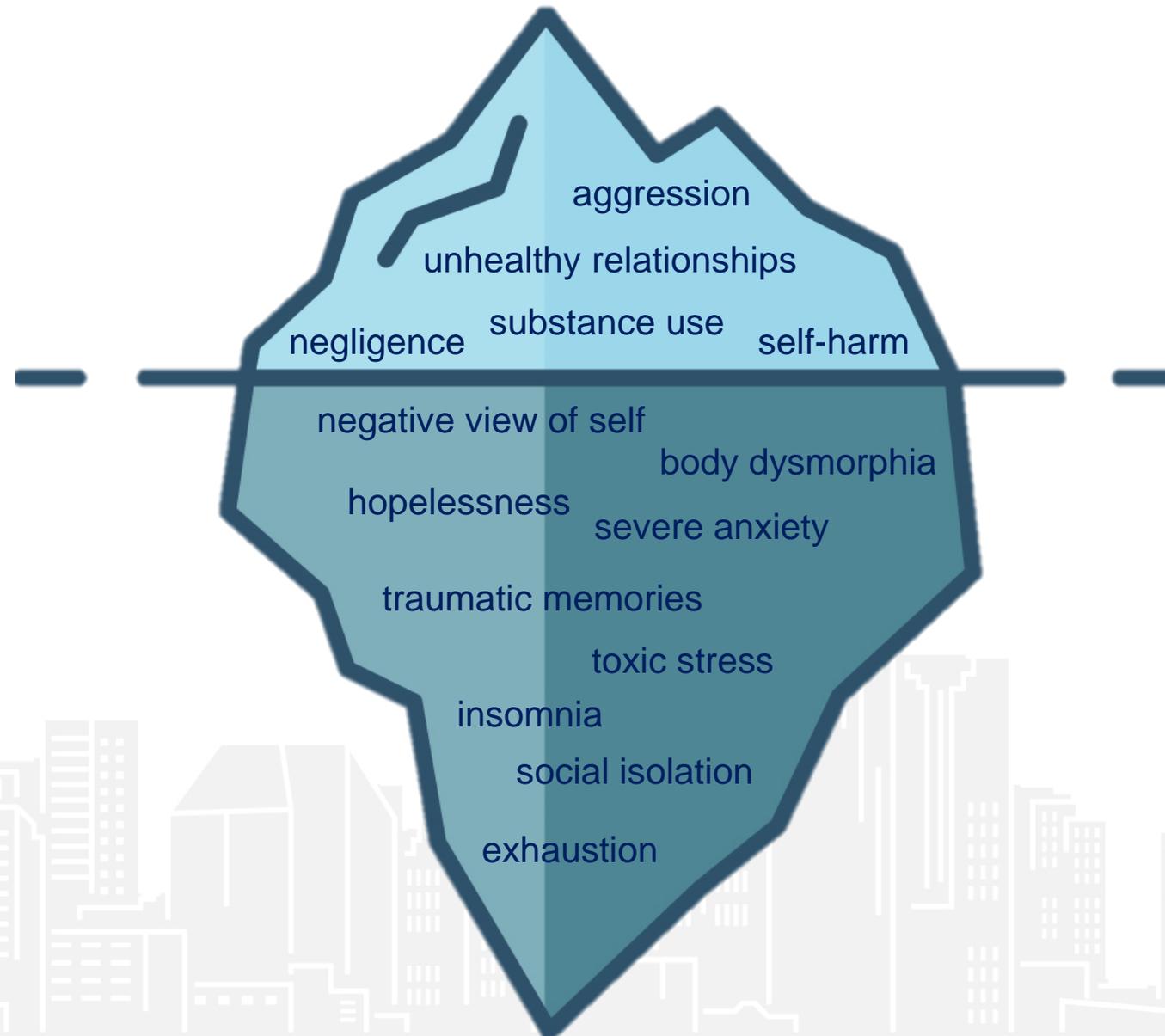
up to **\$5,000**



MENTAL HEALTH – ADULTS



WHAT'S REALLY GOING ON?

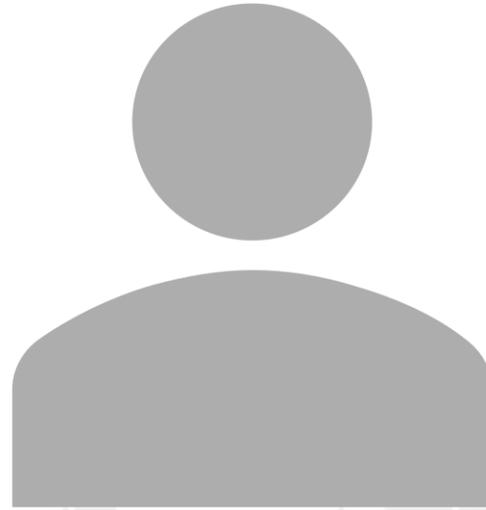


WHAT IS MENTAL HEALTH?

Mental Health includes our:



Psychological



Social



**Emotional
Well-Being**

Think, Act, Feel



WHAT IS MENTAL HEALTH?



STATISTICS

21%

Of US adults (52.9 million people) live with a mental illness
(National Institute of Mental Health)

78%

Of people that die by suicide are male
(National Alliance on Mental Illness)

49.5%

Of US adolescents reported having a mental disorder
(National Institute of Mental Health)

73.8%

Of children with depression also have anxiety
(Centers for Disease Control and Prevention)

Texas ranks 2nd in the nation for prevalence of mental illness in adults

(Mental Health America)

Texas ranks last for access to mental health services

(Mental Health America)

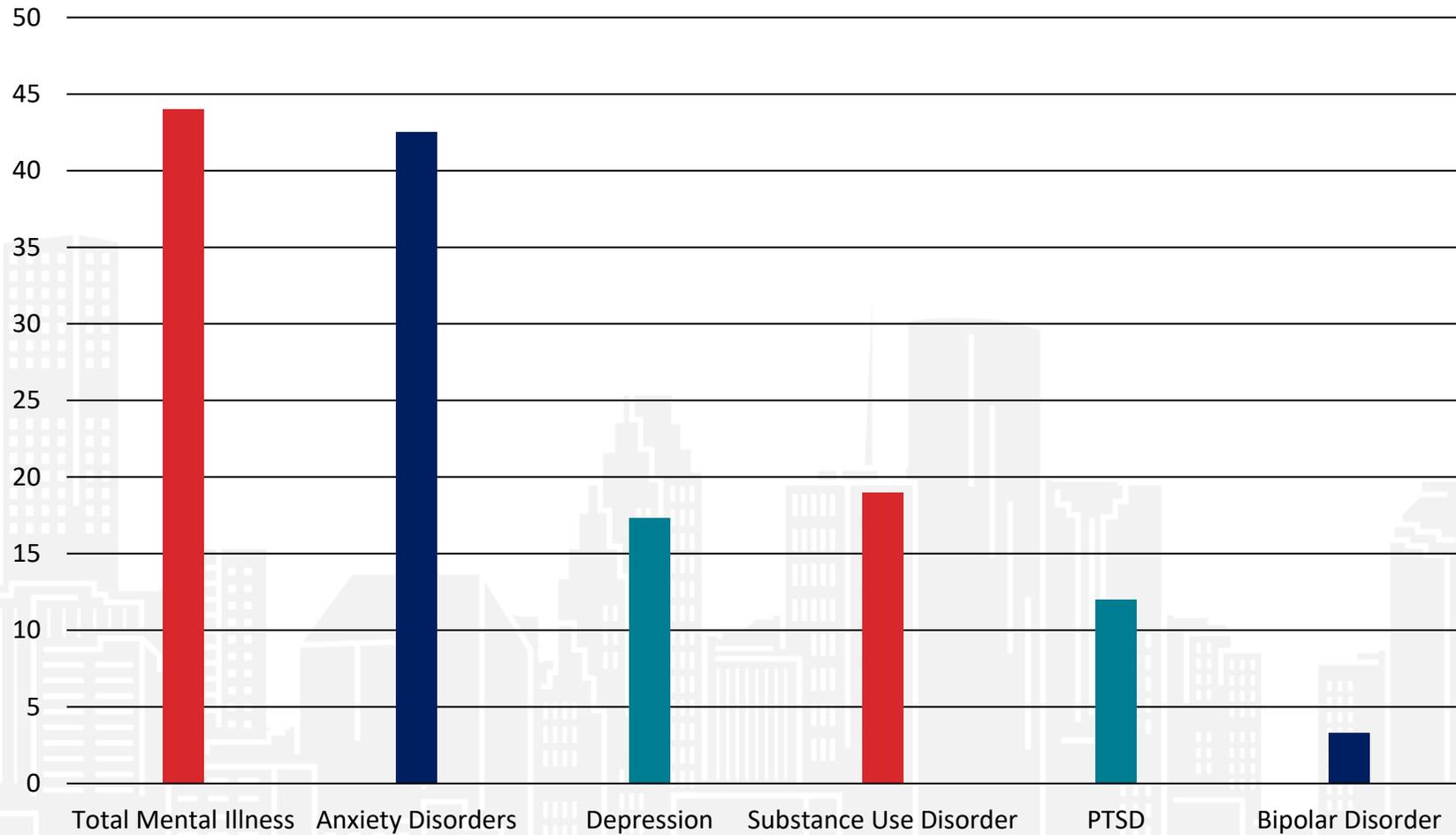
Suicide is the **2nd leading** cause of death among people aged 10-34

(National Alliance on Mental Illness)



Prevalence

US Adults Diagnosed with Mental Illness (in millions)



ANXIETY DISORDER

Anxiety is an emotion characterized by feelings of intense, excessive, and persistent worry and fear about everyday situations.



Generalized Anxiety Disorder, Panic Disorder, and Social Anxiety disorders are a few of the most common varieties of anxiety.



Signs and Symptoms: feelings of worry, fear, or distress; racing heart, sweating, trembling & body aches; difficulty making eye contact; difficulty concentrating; changes in sleep



Risk Factors: traumatic experiences; family history; physical health conditions; caffeine and other stimulants



Treatment Options: individual/group therapy; medication; stress management techniques like exercise, meditation, journaling, mindfulness



DEPRESSIVE DISORDER

Depression (major depressive disorder) is a common and serious medical illness that negatively affects how you feel, the way you think and how you act.



Persistent Depressive Disorder, Postpartum Depression, Psychotic Depression, and Seasonal Affective disorder are a few types of depression that are different and may develop under unique circumstances



Signs and Symptoms are but not limited to: empty mood, feelings of pessimism, guilt, worthlessness, decreased energy, restless, appetite and weight changes, chronic aches and pains, sleeping changes, thoughts of death or suicide, attempting suicide



Risk Factors are but not limited to: personal or family history of depression, major life changes, trauma or stress, certain physical illnesses and medications, can co-occur with other serious medical illnesses, certain medications can be a contribution



Treatment options are but not limited to: medication, psychotherapy, combination of the two, electroconvulsive therapy, coping strategies; exercise, realistic goal setting, spend time with others, reduce isolation



POST-TRAUMATIC STRESS DISORDER

PTSD is a disorder of persistent mental and emotional stress occurring as a result of injury or severe psychological shock / event.



Nearly everyone will experience a range of reactions after trauma, yet most people recover from initial symptoms naturally. Those who continue to experience problems may be diagnosed with PTSD.



Signs and Symptoms are but not limited to: symptoms usually begin within 3 months of event and last more than one month; at least one re-experiencing symptom, at least one avoidance symptom, at least two arousal and reactivity symptoms, at least two cognition and mood symptoms, flashbacks, bad dreams, frightening thoughts



Risk Factors are but not limited to: living through dangerous events and traumas, getting hurt, seeing a dead body or another person hurt, childhood trauma, extreme fear, little or no social support after an event, added stress after an event, history of mental illness or SUD



Treatment options are but not limited to: medications, psychotherapy or both, identifying triggers, and skills to manager them, use of relaxation and anger-control skills, identifying guilt, shame



BIPOLAR DISORDER

Bipolar Disorder is also known as manic depression, it is associated with episodes of mood swings ranging from depressive lows to manic highs



There are 3 types of bipolar disorders, Bipolar I Disorder, Bipolar II disorder, and Cyclothymic disorder – though different classifications they involve changes in mood, energy and activity level. Typically diagnosed in early adolescence or early adulthood.



Signs and Symptoms are but not limited to: There are two different types of episodes – manic and depressive. **Manic episodes:** feeling up, jumpy, decreased need for sleep, loss of appetite, talk very fast, racing thoughts, engaging in risky activities, feeling unusually powerful. **Depressive episodes:** feeling down, restless, trouble with sleeping, increased appetite, slow movements, trouble with concentration and making decisions, little interest, thoughts about death or suicide



Risk Factors are but not limited to: difference in brain structure and functioning, and genetics



Treatment options are but not limited to: bipolar is a lifelong disorder that cannot be cured but suppressed through medication, continuous treatment, regular exercise, life chart to keep track of episode patterns

EATING DISORDER

Eating Disorders are serious and often fatal illnesses that are associated with severe disturbances in eating behaviors and related thoughts and emotions



Preoccupation with food, body weight, and shape may also signal an eating disorder. Common eating disorders include anorexia nervosa, bulimia nervosa, and binge-eating disorder



Signs and Symptoms are but not limited to: restricted eating, relentless pursuit of thinness, intense fear of gaining weight, body dysmorphia, brittle hair and nails, slowed breathing, infertility, low blood pressure, severe dehydration, concerning health issues, frequently dieting, secret eating



Risk Factors are but not limited to: frequently appears during teen years into early adulthood, combination of interactions of genetic, biological, behavioral, psychological and social factors, co-occurring mental illnesses



Treatment options are but not limited to: individual, group or family therapy, medical care and monitoring, nutritional counseling, and medications



SUBSTANCE USE DISORDER AND CO-OCCURRING DISORDERS

Substance use disorder (SUD) is a mental disorder that affects a person's brain and behavior, leading to a person's inability to control their use of substances such as legal or illegal drugs, alcohol, or medications.



Researchers have found that about half of individuals who experience a SUD during their lives will also experience a co-occurring mental disorder and vice versa.



Research shows there are 3 possibilities that explain why SUDs and mental health disorders may occur together: Common risk factors can contribute to both SUDs and other mental disorders, mental disorders can contribute to substance use and SUDs, substance use, and SUDs can contribute to the development of other mental disorders



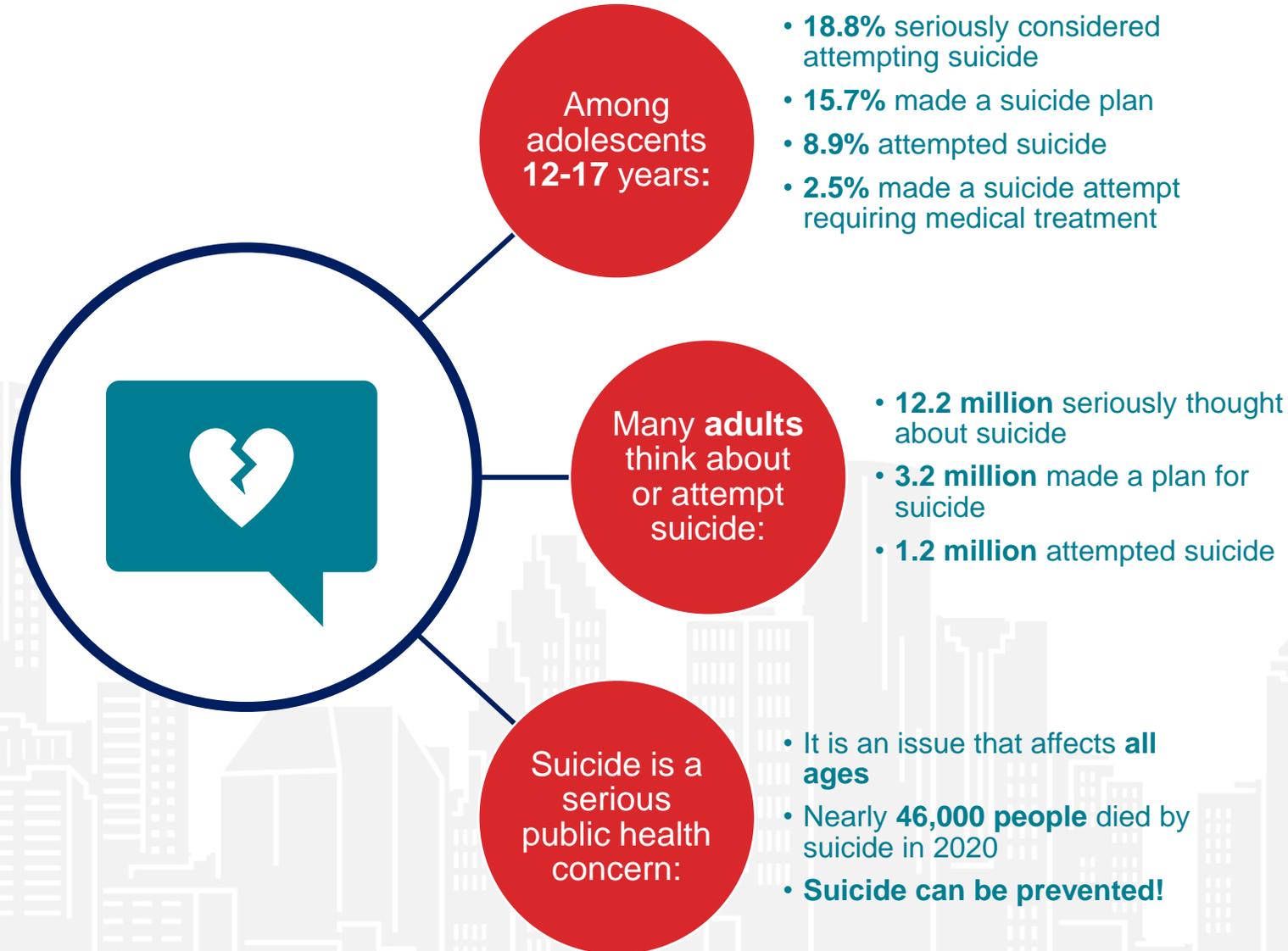
Risk Factors: genetics, environmental factors, self-medicating to cope with pre-existing mental disorders – brain changes may enhance the rewarding effects of substances, substance use may trigger changes in brain structure and function



Treatment options are but not limited to: it may be better to treat SUD and mental disorders together rather than separately, behavioral therapies, medication, and supporting resources.



SUICIDE



MAINTAINING A HEALTHY LIFESTYLE



START THE CONVERSATION

Find Appropriate Time & Place

- Be persistent and let them know you are a safe, non-judgmental resource.
- Prioritize their comfort and privacy.
- Plan what you are going to say. Do some research if necessary.

Share Your Concerns

- “Just wanted to check in. How are you, really?”
- “You haven’t seemed yourself lately.”
- “You seem more withdrawn/isolated than usual. Is everything okay?”

If You Suspect Suicide

- Ask if there was a specific incident that led to suicidal thoughts
- Ask if they have a specific plan
- Ask them to describe what they are feeling and then validate those feelings

Listen & Follow Up

- Listen intently and encourage gently.
- Know your limits.
- Remind them that they are cared for.
- Make yourself available to talk again, if need be.

Don't wait until a crisis to talk! Frequent check-ins are key.



“EMBRACE THE AWKWARD”



WHERE TO REPORT



If there is
immediate
danger, call
911



National
Suicide
Prevention
Lifeline
988



Call Crime
Stoppers
713-222-TIPS



Crisis Text
Line
**Text HOME to
741741**



WHERE TO GET HELP!



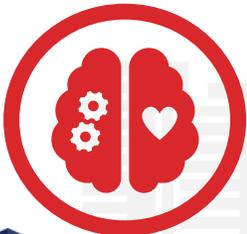
Contact *Mental Health America of Greater Houston*. Their mission is to drive community solutions to promote mental health for all and their vision is a future of hope and understanding that promotes the health and well-being of all people: mhahouston.org/



Contact the *Mental Health Foundation of West Michigan*. Their mission is to promote mental health awareness and prevent suicide through education because with knowledge comes the confidence to take action. benice.org



Contact *Council on Recovery*. Their mission is to keep our community healthy, productive and safe by providing services and information to all who may be adversely affected by alcohol, drugs and related issues. Councilonrecovery.org



Contact *Menninger Clinic*. Their mission is to create a healthy world by excelling in the art and science of mental health care. menningerclinic.org



Remember! Victimization is never your fault! Please seek help if you are victimized.

