

Mindfulness

Trauma-
Informed

Self-
Compassion

Suicide
Prevention

**Cobb
Collaborative
Mental Health
Resources
Toolkit**

Resilience

Empathy



Connections

Awareness

Engage

Advocate



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References

Thousands of people in our community are affected by mental illness each year. The National Alliance on Mental Illness states that these issues reach beyond the individual and cause a “ripple effect,” impacting the lives of families, communities, and beyond. It is essential for every person to gain an understanding of these conditions, allowing us to understand the physical, social and financial impact of mental health.

As a response to the ever-growing need for mental health resources, the Cobb Collaborative launched our Mind Your Mind mental health campaign in 2019 to raise awareness, promote resiliency and reduce the stigma of behavioral health conditions. With the global health emergency in 2020, the need for capacity-building resources in the mental health space has only continued to grow exponentially. We have seen the ongoing impacts of isolation, grief, sickness, anxiety, and depression - a unique time in history that unites humanity through a large-scale adverse experience.

Our campaign activities are focused on raising awareness through digital content, bringing trauma credentialed programs to our community, and creating spaces for community conversations regarding mental health. The goal of this digital toolkit is to gather key data, facts, resources, and information in one place for our community to access. Information fatigue is one of the factors contributing to the perpetuation of these issues. This toolkit will provide readers with plain language definitions, easily accessible resources, and step-by-step guides for individuals at varying levels of resource need.

If you are a community organization that would like to host a training, film screening, workshop, presentation or introduction to the MYM Toolkit, please send us an email. Please take time to orient yourself with the Toolkit and let us know how we can continue to improve it.

THIS TOOLKIT INCLUDES:

Mental Health
ACES
Suicide Awareness
and Prevention
Social Media Images
Trauma-Credentialed
Trainings
Cobb County Data
Resources

QUESTIONS?

If you have any questions, please contact Cobb Collaborative Executive Director, Irene Barton, via email at ibarton@collaborative.org or Director of Strategic Initiatives and Partnerships, Kaitlyn Ball, at kball@cobbcollaborative.org



Irene M. Barton
Executive Director
Cobb Collaborative



Read below to familiarize yourself with some key terms that you will see throughout this Toolkit.

ACEs - Adverse Childhood Experiences: a wide range of difficult situations that children (0-17) either directly face or witness while growing up. This includes experiences like physical and emotional abuse, neglect, and household dysfunction

Mental Health - emotional, psychological, and social well-being

PACEs - The science of PACEs refers to the research about the stunning effects of positive and adverse childhood experiences (PACEs) and how they work together to affect our lives, as well as our organizations, systems and communities

Resiliency - The process of adapting well in the face of adversity, trauma, tragedy, or significant sources of stress

Stress - There is positive, tolerable, and toxic stress. **Positive stress** is a normal and essential part of healthy development, characterized by brief increases in heart rate and mild elevations in hormone levels. **Tolerable Stress** is serious, temporary stress responses, buffered by supportive relationships. **Toxic Stress** is prolonged activation of stress response systems in the absence of protective relationships.

Suicide - A death caused by injuring oneself with the intent to die

Toxic Stress Response - The body's response to lasting and serious stress, without enough support from a caregiver

Trauma - The response to a deeply distressing or disturbing event that overwhelms an individual's ability to cope

Trauma-Informed Care (TIC) - An approach that assumes that an individual is more likely than not to have a history of trauma. TIC understands and considers the pervasive nature of trauma and promotes environments of healing and recovery rather than practices and services that may inadvertently re-traumatize



According to MentalHealth.gov, mental health includes our “emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices”. Mental Health struggles know no bounds. Regardless of your race, sex, socioeconomic status, or background, it is possible to struggle with mental health concerns, which is why it is so important to know and recognize the signs and symptoms. Mental health is important and it can fluctuate throughout one’s lifespan - from childhood to adulthood - and while it is common for many people to experience mental health problems at some point in their lives, help is available and recovery can be possible.

What Causes Mental Illness?

There is no single cause for mental illness. A number of factors can contribute to risk for mental illness, such as:

- Early adverse life experiences, such as trauma or a history of abuse
- Experiences related to chronic medical conditions, such as cancer or diabetes
- Biological factors or chemical imbalances in the brain
- Use of alcohol or drugs
- Having feelings of loneliness or isolation

Early Warning Signs of Mental Health Concerns

- Eating or sleeping too much or too little
- Pulling away from people and usual activities
- Having low or no energy
- Feeling numb or like nothing matters
- Having unexplained aches and pains
- Feeling helpless or hopeless
- Smoking, drinking, or using drugs more than usual
- Feeling unusually confused, forgetful, on edge, angry, upset, worried, or scared
- Yelling or fighting with family and friends
- Experiencing severe mood swings that cause problems in relationships
- Having persistent thoughts and memories you can't get out of your head
- Hearing voices or believing things that are not true
- Thinking of harming yourself or others
- Inability to perform daily tasks like taking care of your family or getting to work or school

Mental Health

Protective Factors

Protective factors are conditions or attributes in individuals, families, and communities that promote the health and well-being of children and families. They are associated with a lower likelihood of negative outcomes or can reduce a risk factor's impact. While experiencing mental health concerns is common, there are some protective factors and supportive measures that we can put in place to assist us toward experiencing and maintaining positive mental health. Keep in mind there may be times when further measures, such as medication, may be needed. Connecting with a trusted professional will help in determining the right steps for you or your loved one. Some of these protective factors and supportive measures include:

Ways to Maintain Positive Mental Health

Getting professional help if you need it

Connecting with others

Getting physically active

Helping others

Getting enough sleep

Developing coping skills



Mental Health

If you or someone you know is struggling with their mental health, you should know that you are not alone and you can ask for help. Too often, people do not get the mental health services they need and deserve because they simply do not know where to start.

If you need IMMEDIATE assistance, carefully assess you or someone you know's situation, and use the guide below to contact the correct number for help:



Dial **911** if you are having a *medical emergency, a safety emergency requiring law enforcement, or a fire emergency.*



Dial **9-8-8** if you or someone else is in a **crisis** related to *mental health, substance use, or a developmental disability, is in distress, or feel like there may be a risk of suicide.*

Someone from the **988 Suicide & Crisis Lifeline** will address immediate mental health needs and connect you to care resources, 24 hours a day, 7 days a week, 365 days a year.

9-8-8 will provide easier access to the Lifeline network and related crisis resources, which are distinct from the public safety purposes of 9-1-1 (where the focus is on dispatching Emergency Medical Services, fire and police as needed).

You can also reach the National Suicide Prevention Lifeline at 1-800-273-8255.



Mental Health

A great place to begin in seeking help for mental health is with your primary care physician or another health professional that you trust. They will be able to connect with mental health resources in your area.

If you do not have a health professional, we recommend you connect with one of the resources listed below. These are also great options for those who may be underinsured or uninsured.

988 Suicide & Crisis Lifeline

Call or text 9-8-8

Substance Abuse and Mental Health Assistance (SAMHSA) National Helpline

1-800-662-HELP (4357)

The National Alliance on Mental Illness

1-800-950-6264 or text "NAMI" to 741741

Georgia Crisis and Access Line (GCAL)

Immediate access to crisis services. In addition, GCAL will help you access a State Funded provider in your area in a non-emergency.

Call 1-800-715-4225 or text/chat on app called My GCAL

Highland Rivers Behavioral Health

The Behavioral Health Crisis Center is open 24/7 at 1758 County Services Parkway. If not in crisis, call 770-422-0202, Monday-Friday, 8:00 am - 5:00 pm

Lastly, if your income and assets meet state limits, you could be eligible for free or low-cost healthcare that includes the mental health services you need. You can apply for Medicaid through your local human services office. The local Cobb County Department of Human Services can be reached online and by phone at 770-528-7683. Areas served include Acworth, Austell, Kennesaw, Marietta, Powder Springs, and Smyrna.

Mental Health



How Can I Support my Friends and Family?

You don't have to be an expert or trained as a mental health professional to support those around you. Simply start by letting the person know that you care about them and validate their feelings. If a friend or family member is showing signs of a mental health concern or reaching out to you for help, some specific ways you can offer support to them is by:

- Finding out if the person is getting the care that he or she needs and wants—if not, connect him or her to help
- Expressing your concern and support
- Reminding your friend or family member that help is available and that mental health problems can be treated
- Asking questions, listening to ideas, and being responsive when the topic of mental health problems come up
- Reassuring your friend or family member that you care about him or her
- Offering to help your friend or family member with everyday tasks
- Including your friend or family member in your plans—continue to invite him or her without being overbearing, even if your friend or family member resists your invitations
- Educating other people so they understand the facts about mental health problems and do not discriminate
- Treating people with mental health problems with respect, compassion, and empathy

Mental Health - Young Adult

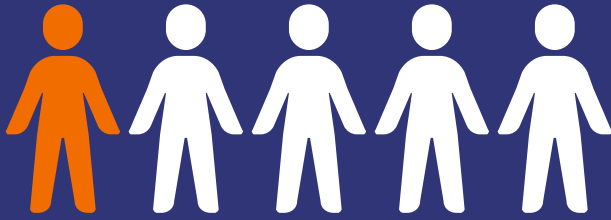


Navigating the challenges of *young adulthood* can be even harder when struggling with a **mental illness**. Check out the helpful resources below for support specifically for teens and young adults.

RESOURCES

- **Intelligent College Guide** - Intelligent created a guide to help students navigate the programs and policies supporting mental health, such as understanding their rights to potential accommodations, tips on accessing mental health services, and scholarships available.
- **Kate's Club** - Kate's Club offers in-person and online programs for children, teens, young adults (18-30), and their families grieving the death of a parent, sibling or caregiver. Their programs focus on social connections, improving healthy coping strategies, and building confidence & self-esteem.
- **YouthCentric Self Help App** - YouthCentric compiled a list of self-help apps that cover a variety of topics to incorporate into your regular routine or to just use as needed in specific situations. App categories include organization & time management, mood tracking, stress/anxiety management, and mindfulness & relaxation.
- **The Trevor Project** - The Trevor Project is a national support center that you can call, text, or chat with 24/7. They have a community and resources on many topics, such as gender identity, suicide, mental health, and LGBTQ+ support. They also have a platform called TrevorSpace to connect you safely with other youth to explore your identity, get advice, and make friends.
- Many other resources for teens and young adults can be found **HERE** through the **988 Suicide & Crisis Lifeline**.

FAST STATS



1 in 5 U.S. adults
experience mental
illness



Nearly 60% of
adults with a
mental illness
didn't receive
mental health
services in the
previous year

-\$193B

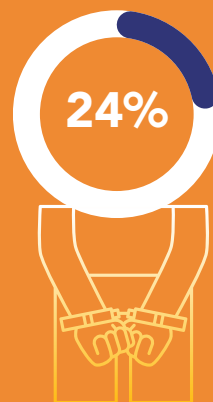
Serious mental illness costs
America \$193.2 billion in
lost earning every year



11 YEARS

The
average
delay
between
symptom
onset
and
treatment
is
11 years

Around 24% of state
prisoners have a "recent
history" of a mental health
condition



FAST STATS



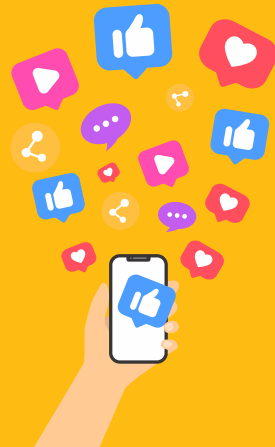
The *consequences* of failing to address adolescent mental health conditions extend to adulthood, impairing both physical and mental health and limiting opportunities to lead fulfilling lives as adults.

[66.2%] of U.S. middle and high school students reported feeling sometimes or always stressed in the 2021-2022 school year



One of the leading causes of death for 15-19 year olds is suicide

Adolescents who spend more than 3 hours a day on social media face *double* the risk of mental health problems including experiencing symptoms of depression and anxiety



The percentage of reported bullying from 6th graders increased from 15% in 2020-2021 school year to 25% in 2021-2022 school year



ONE IN SIX

U.S. children, aged 2-8 years, has a diagnosed mental, behavioral, or developmental disorder



7X

Between children aged 6-17 years, racial/ethnic discrimination was almost SEVEN times as common among children with three other adverse childhood experiences compared to those with no other ACE's

FAST STATS



In the U.S., the Hispanic/Latinx community is very diverse with many differing subgroups. While these subgroups vary in location, dialect, and cultural traditions, the increased barriers of access to quality mental and behavioral health treatment remain the same for all.



Language barriers make it particularly difficult for those who may not speak the same language as a potential provider



35.1%

of Hispanic/Latinx adults with mental illness receive treatment each year compared to U.S. average of 46.2%



Hispanic residents were more likely not to have graduated high school (or have an equivalent degree) at 30.9%, when compared to any other racial or ethnic group, increasing mental illness risk



About 20% of non-elderly Hispanic people had no form of health insurance, in 2019

17.0%

of Hispanic/Latinx people in the U.S. live in poverty, compared to 8.2% of non-hispanic whites. Individuals who live in poverty have a higher risk of mental illness

FAST STATS



The Lesbian, Gay, Bisexual, Transgender, Queer, Questioning Plus (LGBTQ+) community represents a diverse range of identities and expressions of self, bringing unique challenges. There is strong evidence from recent research that members of this community are at higher risk for experiencing mental health conditions.

2X

LGBTQ+ adults are more than twice as likely to experience a mental health condition, especially anxiety and depression

120%

It is estimated that LGBTQ+ youth and young adults have a 120% higher risk of experiencing homelessness

The LGBTQ+ community faces many forms of discrimination, all of which bring about trauma



They are one of the most targeted communities by perpetrators of hate crimes in the country



A 2019 school climate survey showed that 86% of LGBTQ+ youth reported being harassed or assaulted at school, which can significantly impact their mental health

4X

Those who identify as transgender are nearly four times as likely as cisgender individuals to experience a mental health condition



The Study

Adverse Childhood experiences - also known as ACEs - are traumatic events that can have negative, lasting effects on the health and wellbeing of children now and in the future. They cover a wide range of difficult situations that children either directly face or witness while growing up before they have developed effective coping skills. This includes experiences like physical and emotional abuse, neglect, and household dysfunction. The knowledge of ACEs came out of a study conducted by the Centers for Disease Control and Kaiser Permanente and was the first large scale study to look at the relationship between some specific categories of adversity in childhood and health outcomes in adulthood. Key findings of the study, which was published in 1998, show that ACEs are common, and that there is a strong correlation between the number of ACEs one has experienced and the risk of poor outcomes later in life. These outcomes can include, but are not limited to the risk of poor academic achievement, mental illness, substance abuse, and physical ailments such heart disease, obesity, and even early death. It is important to note that the original ACEs study did not cover many other events that can cause trauma. Further research has broadened the work to include:

- Abuse
- Neglect
- Caregiver mental illness
- Household dysfunction
- Communal violence
- Experienced racism
- Pervasive poverty
- Inability to access needed social services

[Click Here](#) to take the ACEs quiz and learn what it does and doesn't mean. You can also find a copy of the quiz in the Appendix and linked in the google drive.

Adverse Childhood Experiences

ABUSE



Physical



Emotional



Sexual

NEGLECT



Physical



Emotional

HOUSEHOLD DYSFUNCTION



Mental Illness



Incarcerated Relative



Mother treated violently



Substance Abuse



Divorce

Adverse Childhood Experiences



NERVOUS SYSTEM

Disruption to the developing brain, including changes to the hippocampus, prefrontal cortex and amygdala, may lead to an increase in risk of cognitive impairment, attention deficits, learning disabilities, hyperactivity, self-regulation, memory and attention, and anxiety.



CARDIOVASCULAR SYSTEM

Toxic stress can increase a person's risk of developing high blood pressure, elevating levels of inflammation that can damage the arteries. These conditions can lead to heart disease, stroke and other serious health issues later in life.

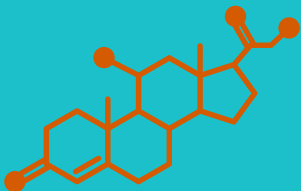


IMMUNE SYSTEM

Higher risk of infection and autoimmune disease may occur due to chronic inflammation and other factors, which cause changes in the body's natural immune defense responses.

ENDOCRINE SYSTEM

Toxic stress can impact growth and development. It can also lead to obesity and changes in the timing of puberty, as well as other issues.



Throughout our lives, we all have experiences that can bring about a positive and tolerable stress response, but unfortunately it is also possible to experience what is known as **toxic stress**.

A **Toxic Stress Response** is the body's response to lasting and serious stress. This type of stress can result from experiencing ACEs, like abuse or neglect, without having the proper support to navigate the stress.

*This stress is incredibly harmful to bodies and brains - and even more so for children who are still growing and developing - and can cause lifelong health problems that correlate with **Adverse Childhood Experiences**.*

Read the graph to the left to see the ways in which toxic stress can affect different systems in the body.

FAST STATS

4+

Four or more ACEs increases the prevalence of drug use, suicide attempts, and depression



Females and several racial/ethnic minority groups were at greater risk for experiencing 4 or more ACEs

64% of the U.S. adult population had at least one ACE before the age of 18

18%

The percent of children in Georgia who have experienced two or more adverse experiences is 18%



Up to 1.9 million cases of heart disease and 21 million cases of depression could have been potentially avoided by preventing ACEs

64%

ACES PROTECTIVE FACTORS



Protective Experiences

Adversity is not a life sentence. Positive or protective experiences can help protect against risk, increase resilience, and provide the foundation needed for healthy social, emotional, and cognitive development.

A few positive and protective experiences include:

- Unconditional love from a parent/caregiver
- Having a best friend
- Volunteering in the community
- Being part of a social group
- Having support from an adult outside of the family
- Living in a clean, safe home with enough food
- Having resources and opportunities to learn
- Engaging in a hobby
- Regular physical activity
- Having daily routines and fair rules

Unconditional
love from a
parent or
caregiver



Having a best
friend



Volunteering
in the
community



Being part of a
social group



Having support
from an adult
outside of the
family



Living in a
clean, safe
home with
enough food



Having
resources and
opportunities
to learn



Engaging in a
hobby



Regular
physical
activity



Having daily
routines
and fair rules



PREVENTING ACES ACCORDING TO THE CDC

Strategy	Approach
Strengthen economic supports to families	<ul style="list-style-type: none"> • Strengthening household financial security • Family-friendly work policies
Promote social norms that protect against violence and adversity	<ul style="list-style-type: none"> • Public education campaigns • Legislative approaches to reduce corporal punishment • Bystander approaches • Men and boys as allies in prevention
Ensure a strong start for children	<ul style="list-style-type: none"> • Early childhood home visitation • High-quality child care • Preschool enrichment with family engagement
Teach skills	<ul style="list-style-type: none"> • Social-emotional learning • Safe dating and healthy relationship skill programs • Parenting skills and family relationship approaches
Connect youth to caring adults and activities	<ul style="list-style-type: none"> • Mentoring programs • After-school programs
Intervene to lessen immediate and long-term harms	<ul style="list-style-type: none"> • Enhanced primary care • Victim-centered services • Treatment to lessen the harms of ACEs • Treatment to prevent problem behavior and future involvement in violence • Family-centered treatment for substance use disorders

HOPE: Healthy Outcomes from Positive Experiences

Positive experiences in childhood can ease toxic stress and help children to become resilient, healthy adults. HOPE identifies how the community and systems caring for children can better ensure that they have more positive experiences. It is backed by the **Four Building Blocks**, each providing the foundation for healthy childhood development.

Relationships

Social &
Civic Engagement

Safe, Equitable,
Stable Environments

Emotional Growth

The Positive Childhood Experiences developed within each block help children grow into healthy, resilient adults.



The warning signs for suicide manifest themselves in different ways and each person may express them differently. Some signs are more critical and may indicate an imminent threat of suicide. Below are the signs of immediate crisis and concern.

Learn more about warning signs at www.SuicideisPreventable.org.

Signs of Crisis

- Someone threatening to hurt or kill themselves
- Someone looking for ways to kill themselves: seeking access to pills, weapons, or other means
- Someone talking or writing about suicide, or about death and dying when this is out of the ordinary for them

Action:

Call 911 or seek immediate help when you hear or see any one of these behaviors

Signs of Concern

- Talking about wanting to die or suicide
- Increased drug or alcohol use
- Anger
- Feeling hopeless, desperate, trapped
- No sense of purpose
- Reckless behavior
- Withdrawal
- Anxiety or agitation
- Changes in sleep
- Putting affairs in order
- Giving away possessions
- Sudden mood changes

Action: If someone is showing any or a combination of the above behaviors, you or they should call the National Suicide Prevention Lifeline at **9-8-8** or **1 (800) 273-TALK (8255)**.

Suicide Prevention and Awareness



Every year, there are more than
1 MILLION
DEATHS BY SUICIDE
across the globe



Everyone is vulnerable to suicide, but certain individuals face greater potential risk factors, leading to higher rates of suicide. Those risk factors include, **race, ethnicity, gender, veteran status, lifestyle, personal experiences, ACEs, mental health condition, living situation, etc.**

Finding help can seem tricky, but the [988 SUICIDE & CRISIS LIFELINE](#) is here to help. Below is a list of resources for specific communities to access mental health support. Check out the links for more detailed information and resources.

<u>NEURO-DIVERGENT</u>	<u>BLACK MENTAL HEALTH</u>	<u>MATERNAL MENTAL HEALTH</u>	<u>YOUTH</u>
<u>DISASTER SURVIVORS</u>	<u>NATIVE AMERICANS & ALASKA NATIVES</u>	<u>VETERANS</u>	<u>LOSS SURVIVORS</u>
<u>LGBTQ+</u>	<u>ATTEMPT SURVIVORS</u>	<u>DEAF, HARD OF HEARING, HEARING LOSS</u>	<u>AYUDA EN ESPAÑOL</u>



Suicide Prevention and Awareness

Please refer to these resources for immediate help:

If you or someone you know is in an emergency, call or text the **988 Suicide Prevention Lifeline** at **9-8-8** or **800-273-TALK (8255)** immediately.

If you're uncomfortable talking on the phone, you can **text 9-8-8** to be connected to a trained professional or **NAMI to 741-741** for the Crisis Text Line.

The Trevor Lifeline 1-866-488-7386 or text START to 678678: A national 24-hour, toll free confidential suicide hotline for LGBTQ youth.

Georgia Crisis and Access Line (GCAL) 1-800-715-4225: Help is available 24/7 for individuals struggling with issues like depression, anxiety, other mental health conditions, problems with developmental disabilities, mental health, addiction drugs, and alcohol. Download the MyGCAL app (Apple and Android) to call, text, or chat with GCAL.

The Veterans Crisis Line connects Service members and Veterans in crisis, as well as their family members and friends, with qualified, caring Department of Veteran's Affairs (VA) responders through a confidential toll-free hotline, online chat, or text messaging service. **Dial 988 and Press 1** to talk to someone or send a text message to 838255 to connect with a VA responder. You can also start a confidential online chat session [here](#).

Depression Hotline: 888-640-5174 | Self Harm Hotline 877-455-0628

To view our full Suicide Prevention and Awareness toolkit, please [click here](#), or scroll to Appendix

PROTECTIVE FACTORS

Parent Connectedness

Connections to other non-parental adults

School Safety

Awareness and access to local mental health services

Closeness to caring friends

Neighborhood Safety

Engaging in interests and hobbies

Overall Resilience



Suicide Prevention and Awareness

Have you determined that an individual is displaying the warning signs of suicide? Here's what to do next.

Ask

Research shows people who are having thoughts of suicide feel relief when someone asks after them in a caring way. Findings suggest acknowledging and talking about suicide may reduce rather than increase suicidal ideation.

Keep Them Safe

A number of studies have indicated that when lethal means are made less available or less deadly, suicide rates by that method decline, and frequently suicide rates overall decline.

Be There & Be Present

Individuals are more likely to feel less depressed, less suicidal, less overwhelmed, less isolated, and more hopeful after speaking to someone who listens without judgment.

Help Them Stay Connected

Studies indicate that helping someone at risk create a network of resources and individuals for support and safety can help them take positive action and reduce feelings of hopelessness.

Follow Up

Studies have also shown that brief, low cost intervention and supportive, ongoing contact may be an important part of suicide prevention, especially for individuals after they have been discharged from hospitals or care services. Make sure your loved ones know you're thinking about them and that you notice positive changes to their behavior.

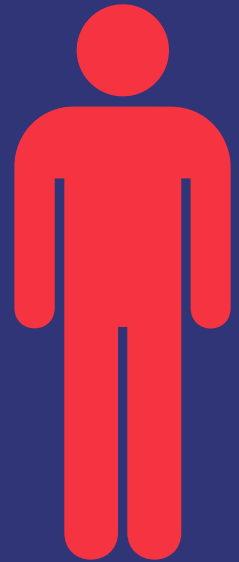
FAST STATS



Both the number and rate of suicides in the United States increased by **4%** from 2020 to 2021, after 2 years of consecutive years of decline



In 2022, there were around 10,000 more deaths in the 25-44 year age range than in the 10-24 age range



77.4% of people who die by suicide are male



90% of people who die by suicide had some kind of mental health condition, often depression or substance abuse

2-5X

The lifetime prevalency of suicide attempts among LGB individuals was 2 to 5 times higher than among heterosexuals

FAST STATS



Mental health challenges vary across subpopulations. FEMALES reported a suicide attempt 1.33 times as often as males, but

MALES died by suicide 3.90x more than women in 2021

The rate of suicide is highest in middle-aged white men



Adults living below the federal poverty level reported mental distress 70% more often than did adults in higher income households

4 TIMES

Death rate from suicide for black men was 4X greater than for black women {In 2018}

In 2021, there was ~1 suicidal death every 11 minutes



[IN 2021]

12.3 MILLION adults seriously thought about suicide

3.5 MILLION adults made a plan

1.7 MILLION adults attempted suicide

FATAL FIREARMS



FIREARMS

accounted for 54.6% of all suicide deaths in 2021

[In 2022] LGBT young adults who reported high levels of family rejection during adolescence were 8.4X more likely to report having attempted suicide





Trauma-Credentialed Trainings

Our trauma-credentialed trainings are built to equip the members of our community with the tools and resources necessary to prevent ACEs, provide knowledge around suicide prevention and awareness, teach skills for individual resilience building, and ultimately, create a more resilient Cobb. Click on our offerings below (or flip to the next page) to learn more about each training and take part in building a more resilient community.

**Child Welfare
Training
Collaborative**

**Connections
Matter**

**Community
Resiliency
Model**

**Question.
Persuade.
Refer.**

**Stewards of
Children**

**Mental Health
First Aid**

**Conscious
Discipline:
Trauma-Informed**

**Mindful Self-
Compassion**



Trauma-Credentialed Trainings

Child Welfare Training Collaborative - The Child Welfare Training Collaborative (CWTC) offers training to community partners, creating shared understanding of issues facing children and families and also strengthening collaborations to promote better outcomes for Georgia’s children.

Connections Matter - Every day connections are more important than we ever believed. Science tells us that relationships have the power to shape our brains. Relationships help us learn better, work better, parent better.

Community Resiliency Model - CRM’s goal is to help to create “trauma-informed” and “resiliency-focused” communities that share a common understanding of the impact of trauma and chronic stress on the nervous system.

Question. Persuade. Refer. - The QPR mission is to reduce suicidal behaviors and save lives by providing innovative, practical and proven suicide prevention training. The signs of crisis are all around us. Quality education empowers all people to make a positive change.

LivingWorks Start - LivingWorks Start teaches valuable skills and requires no formal training or prior experience in suicide prevention. When you sign up for LivingWorks Start training, you'll learn a powerful four-step model to keep someone safe from suicide.

Mental Health First Aid - Youth - Mental Health First Aid is a course that teaches you how to help someone who may be experiencing a mental health or substance use challenge. The training helps you identify, understand and respond to signs of addictions and mental illnesses.

Conscious Discipline: Trauma-Informed - Conscious Discipline’s foundation of safety, connection and problem-solving is leading a revolution of the heart as concepts initially applied in the classroom extend to every facet of our lives.

Mindful Self-Compassion - Self-compassion involves responding to difficult thoughts and feelings with kindness, sympathy and understanding so that we soothe and comfort ourselves when we’re hurting. Research has shown that self-compassion greatly enhances emotional wellbeing.



Mental Health Books for Children and Teens and their Parents

NAMI Main Line PA

has compiled this list of books related to mental health issues for children and teens.

The full list can be found at <https://namimainlinepa.org/mental-health-books-for-children-and-teens-and-their-parents/>



The list of [NAMI Mental Health Books for Children and Teens and their Parents](#) includes books on the following topics:

- [Books for Children and Teens about their Psychological Issues](#)
 - [ADD/ADHD](#)
 - [Anger and Impulse Control](#)
 - [Anxiety, Worry and OCD \(obsessive-compulsive disorder\)](#)
 - [Autism](#)
 - [Depression and Bipolar Disorder](#)
 - [Feelings, Self-Esteem, and Relaxation](#)
 - [General and Miscellaneous](#)
 - [PTSD and trauma \(including separation, sexual abuse and family violence\)](#)
 - [Schizophrenia](#)
 - [Lists of Recommended Books](#)
- [Books for Children and Teens who have Parents with Mental Health Conditions, including Substance Abuse](#)
- [Books for Children and Teens who have Siblings with a Mental Health Condition](#)
- [Books for Parents of Children with Mental Health Issues](#)



People with depression have a **40% higher risk** of developing cardiovascular and metabolic diseases than the general population.

1 in 5 U.S. adults experience mental illness

Females and several racial/ethnic minority groups are at greater risk for experiencing 4 or more ACEs

The average delay between mental illness symptom onset and treatment is **11 years**

1 in 6 adults have experienced **four or more ACEs**

4+ ACEs increases the prevalence of drug use, suicide attempts, and depression

Trauma is not an individual crisis. It is a **public health crisis**.

67% of the population has at least one ACE

78% of people who die by suicide are male

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

90% of people who die by suicide had shown symptoms of a mental health condition

The overall suicide rate in the U.S. has **increased by 35%** since 1999

At least 5 of the top 10 leading causes of death are associated with ACEs

Resilience

/re'zilyəns/
A powerful weapon in the fight against ACEs

1 in 5 children, either currently or at some point during their life, have had a seriously debilitating mental illness.

0

6+

People with 6+ ACEs can die **20 years** earlier than those who have none.

Ways to Maintain Positive Mental Health

- Getting professional help if you need it
- Connecting with others
- Getting physically active
- Helping others
- Getting enough sleep
- Developing coping skills

Suicide Risk Factors

- Previous suicide attempts
- History of substance abuse
- Physical disability or illness
- Losing a friend or family member to suicide
- Ongoing exposure to bullying
- Mental health condition
- Access to harmful means
- Recent death of a family member or close friend

Protective Factors

- Parent connectedness
- Connections to other non-parental adults
- School safety
- Awareness and access to local mental health services
- Closeness to caring friends
- Neighborhood safety
- Academic achievement
- Overall resilience

ACES PROTECTIVE FACTORS

- Unsettled mental state from a parent or caregiver
- Having a close friend
- Volunteering in the community
- Being part of a social group
- Having support from a child outside the family
- Living in a place, safe from a natural disaster
- Having resources and opportunities to learn
- Engaging in a hobby
- Regular physical activity
- Having daily routines and fair rules

FAST STATS

- 1 in 5 U.S. adults experience mental illness
- Nearly 40% of adults with a mental illness didn't receive mental health services in the previous year
- \$193B Serious mental illness costs America \$193.2 billion in lost earning every year
- 11 YEARS The average delay between symptom onset and treatment is 11 years
- Around 24% of state prisoners have a "recent history" of a mental health condition

FAST STATS

- The consequences of failing to address adolescent mental health conditions extend to adulthood, impairing both physical and mental health and limiting opportunities to lead fulfilling lives as adults.
- 66.2% of U.S. middle and high school students reported feeling sometimes or always stressed in the 2021-2022 school year
- Adolescents who spend more than 3 hours a day on social media face double the risk of mental health problems including experiencing symptoms of depression and anxiety
- The percentage of reported bullying from 6th graders increased from 15% in 2020-2021 school year to 25% in 2021-2022 school year
- One of the leading causes of death for 15-19 year olds is suicide
- 7X Between children aged 6-17 years, racial/ethnic discrimination was almost SEVEN times as common among children with three or more adverse childhood experiences compared to those with no other ACEs

FAST STATS

- In the U.S., the Hispanic/Latinx community is very diverse with many differing subgroups. While these subgroups vary in location, dialect, and cultural traditions, the increased barriers of access to quality mental and behavioral health treatment remain the same for all.
- Language barriers make it particularly difficult for those who may not speak the same language as a potential provider
- 35.1% of Hispanic/Latinx adults with mental illness receive treatment each year compared to U.S. average of 46.2%
- About 20% of non-elderly Hispanic people had no form of health insurance in 2019
- 17.0% of Hispanic/Latinx people in the U.S. live in poverty, compared to 8.2% of non-Hispanic-white individuals who live in poverty have a higher risk of mental illness
- Hispanic residents were more likely not to have graduated high school (or have an equivalent degree) at 30.9%, when compared to any other racial or ethnic group, increasing mental illness risk

FAST STATS

- The Lesbian, Gay, Bisexual, Transgender, Queer, Questioning Plus (LGBTQ+) community represents a diverse range of identities and expressions of self, bringing unique challenges. There is strong evidence from recent research that members of this community are at higher risk for experiencing mental health conditions.
- 2X LGBTQ+ adults are more than twice as likely to experience a mental health condition, especially anxiety and depression
- 120% It is estimated that LGBTQ+ youth and young adults have a 120% higher risk of experiencing homelessness
- The LGBTQ+ community faces many forms of discrimination, all of which bring about trauma
- They are one of the most targeted communities by perpetrators of hate crimes in the country
- 4X Those who identify as transgender are nearly four times as likely to experience a mental health condition
- A 2019 school climate survey showed that 86% of LGBTQ+ youth reported being harassed or assaulted at school, which can significantly impact their mental health

FAST STATS

- 4+ Four or more ACEs increases the prevalence of drug use, suicide attempts, and depression
- 64% of the U.S. adult population had at least one ACE before the age of 18
- 18% The percent of children in Georgia who have experienced two or more adverse experiences is 18%
- 64% Up to 1.9 million cases of heart disease and 21 million cases of depression could have been potentially avoided by preventing ACEs

FAST STATS

- Both the number and rate of suicides in the United States increased by 4% from 2020 to 2021, after 2 years of consecutive years of decline
- In 2022, there were around 10,000 more deaths in the 25-44 year age range than in the 10-24 age range
- 77.4% of people who die by suicide are male
- 2-5X The lifetime prevalence of suicide attempts among LGB individuals was 2 to 5 times higher than among heterosexuals
- 90% of people who die by suicide had some kind of mental health condition, often depression or substance abuse

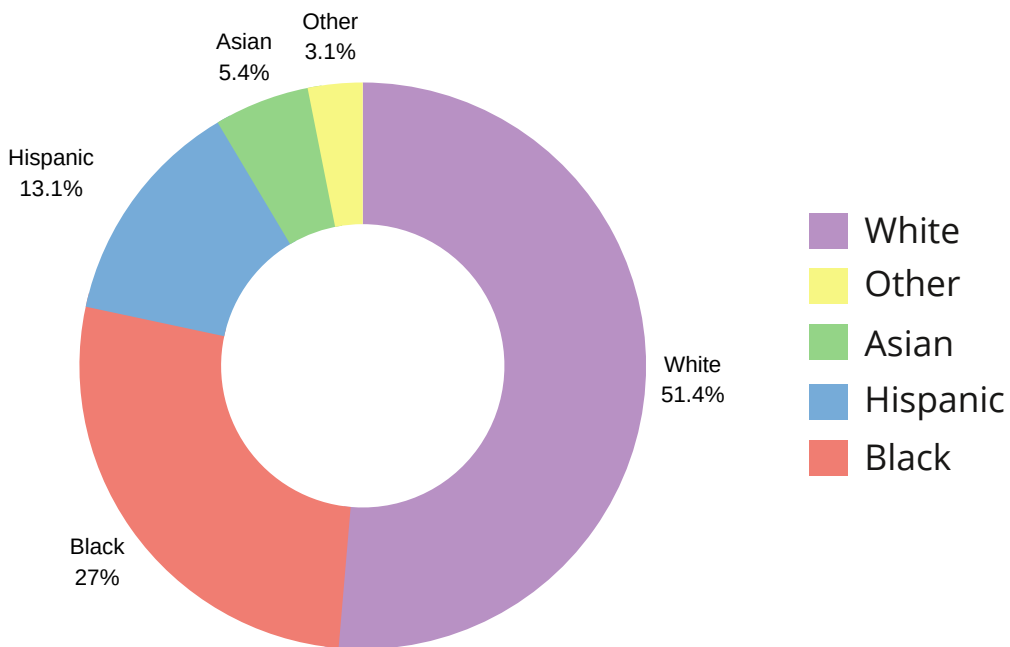
FAST STATS

- Mental health challenges vary across subpopulations. FEMALES reported a suicide attempt 1.33 times as often as males, but MALES died by suicide 3.90x more than women in 2021
- The rate of suicide is highest in middle-aged white men
- 4 TIMES Death rate from suicide for black men was 4X greater than for black women (in 2018)
- In 2021, there was ~1 suicidal death every 11 minutes
- FATAL FIREARMS FIREARMS accounted for 54.6% of all suicide deaths in 2021
- 12.3 MILLION adults seriously thought about suicide
- 3.5 MILLION adults made a plan
- 1.7 MILLION adults attempted suicide
- In 2021, LGBT young adults who reported high levels of family rejection during adolescence were 3.6x more likely to report having attempted suicide

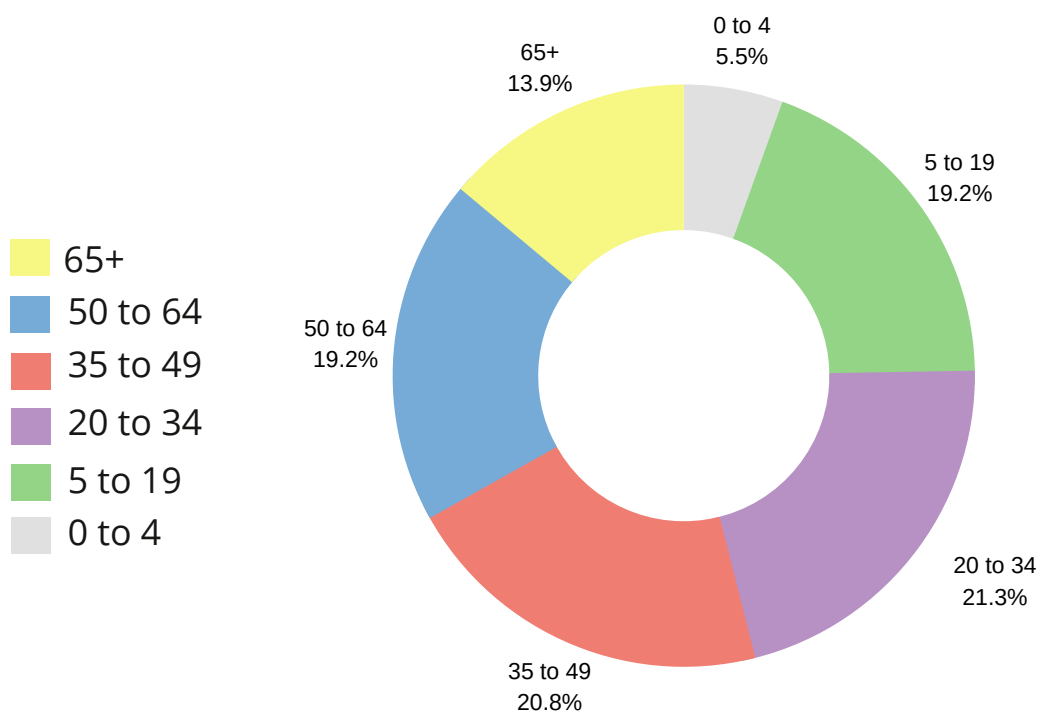


2023 Cobb County Population: 771,952

Cobb By Race/Ethnicity



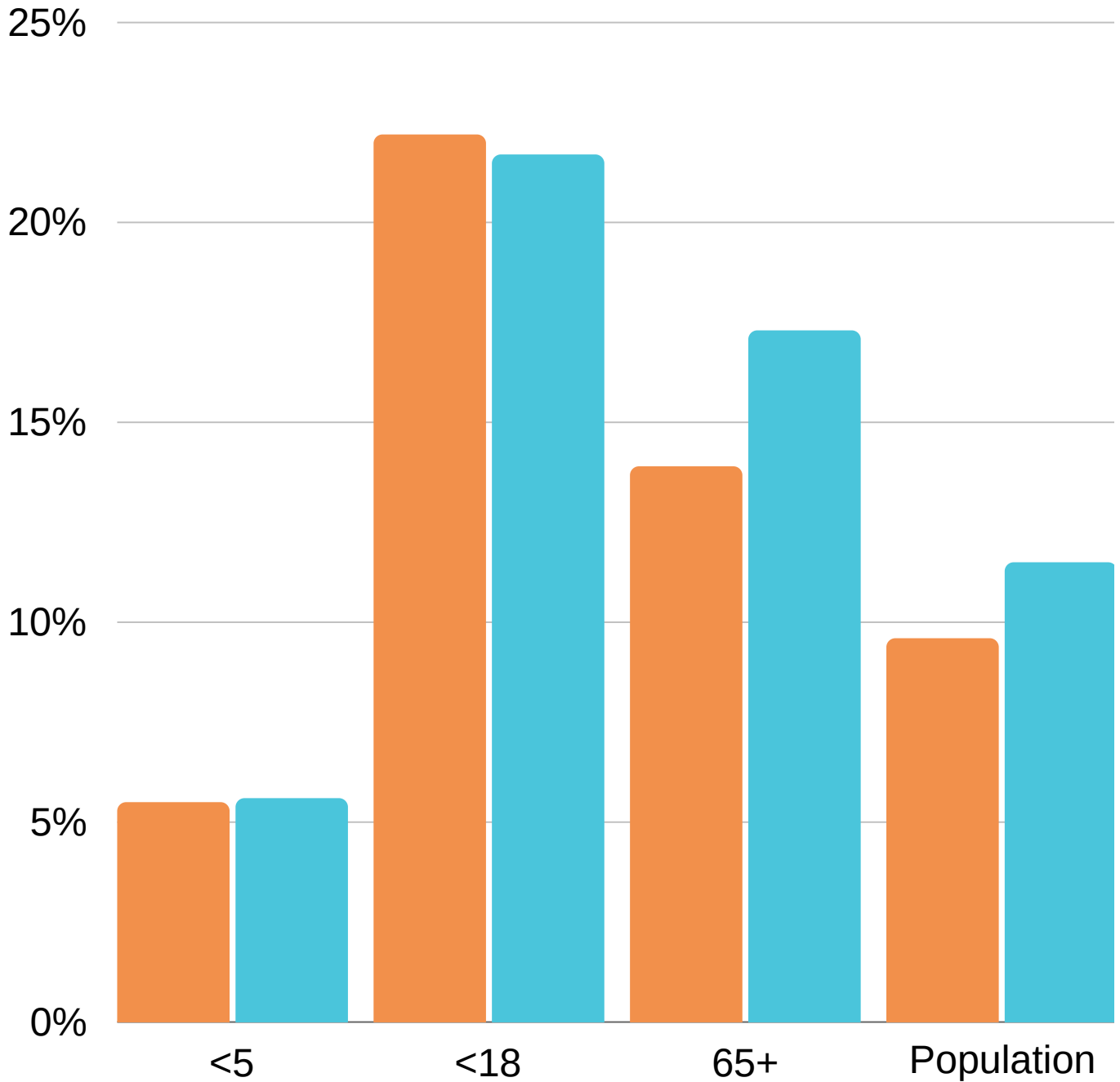
Cobb By Age





Cobb County Data

Persons in Poverty



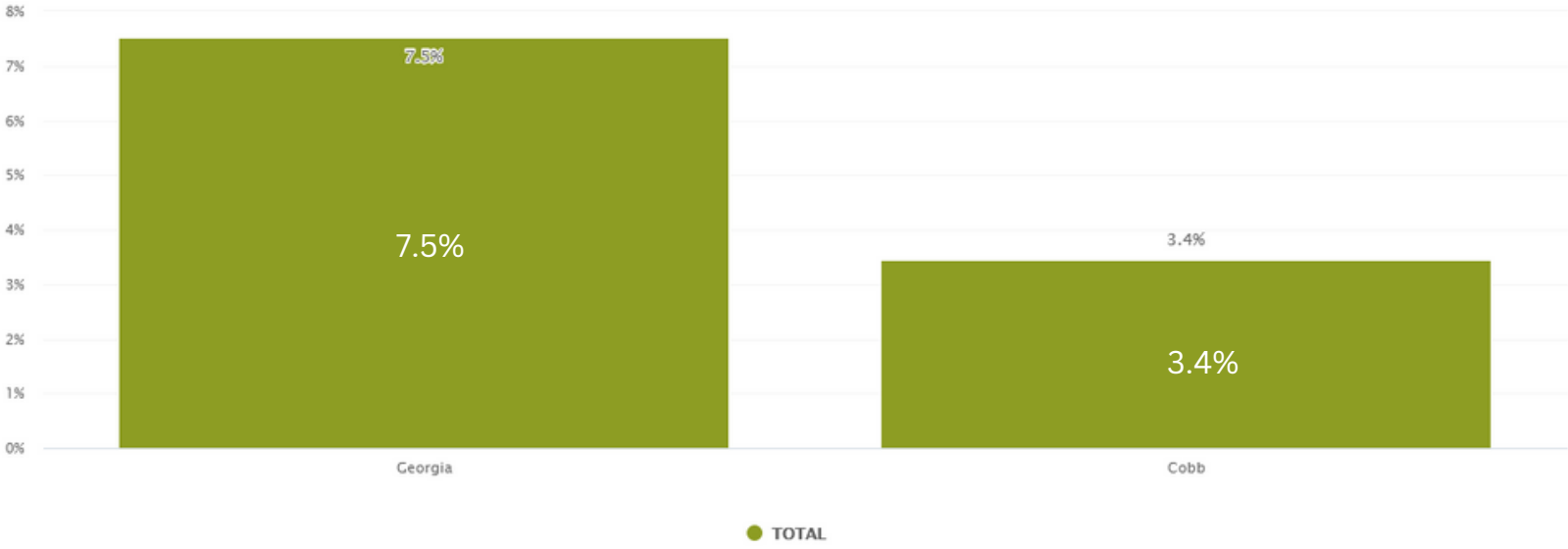
■ Cobb
■ U.S.

Periodic surveys reveal that the childhood poverty has increased as a result of the pandemic, particularly among Latino and Black children and among children in female-headed families

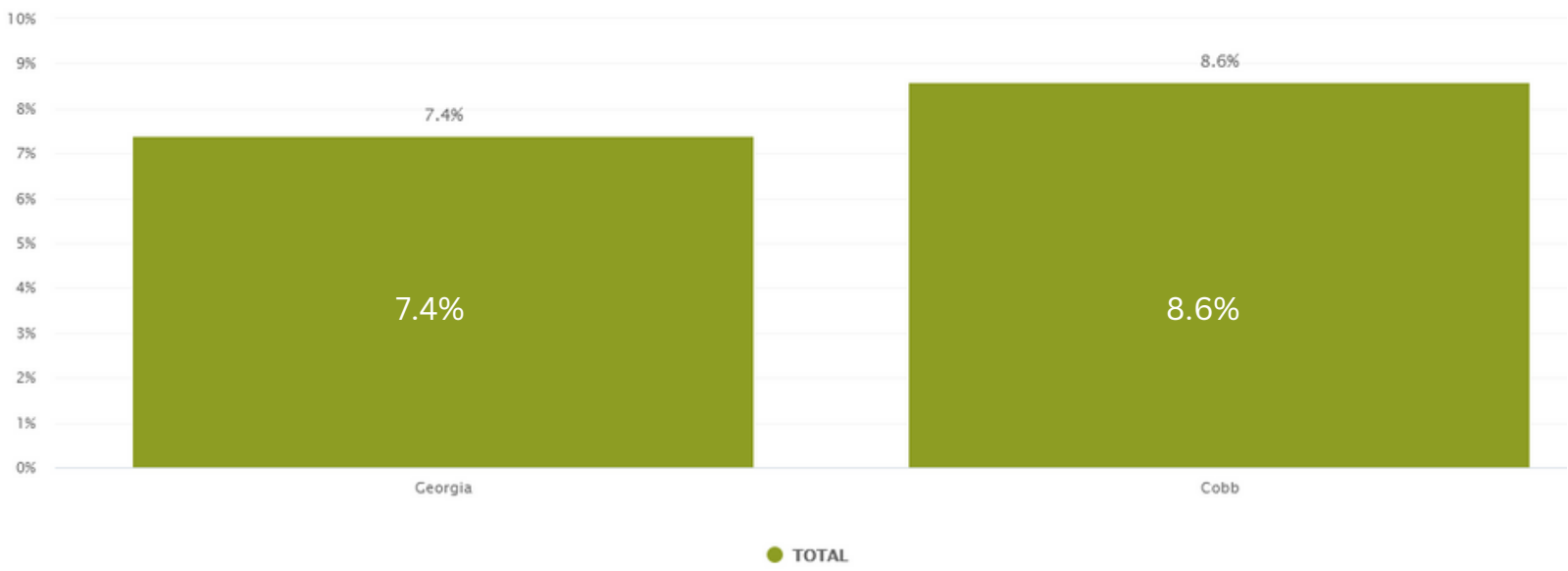


Cobb County Data

CHILDREN WHOSE PARENTS LACK SECURE EMPLOYMENT (PERCENT) - 2016-2020



CHILDREN WITHOUT HEALTH INSURANCE (PERCENT) - 2016-2020

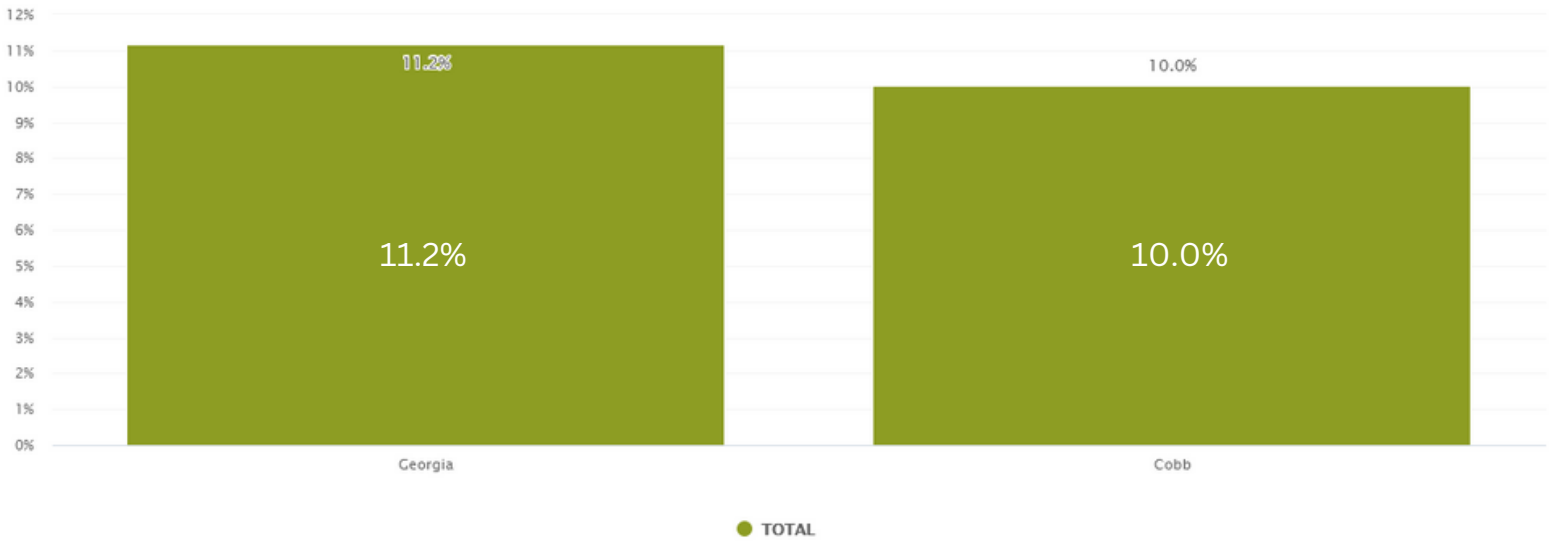


Sources: kidscount.org

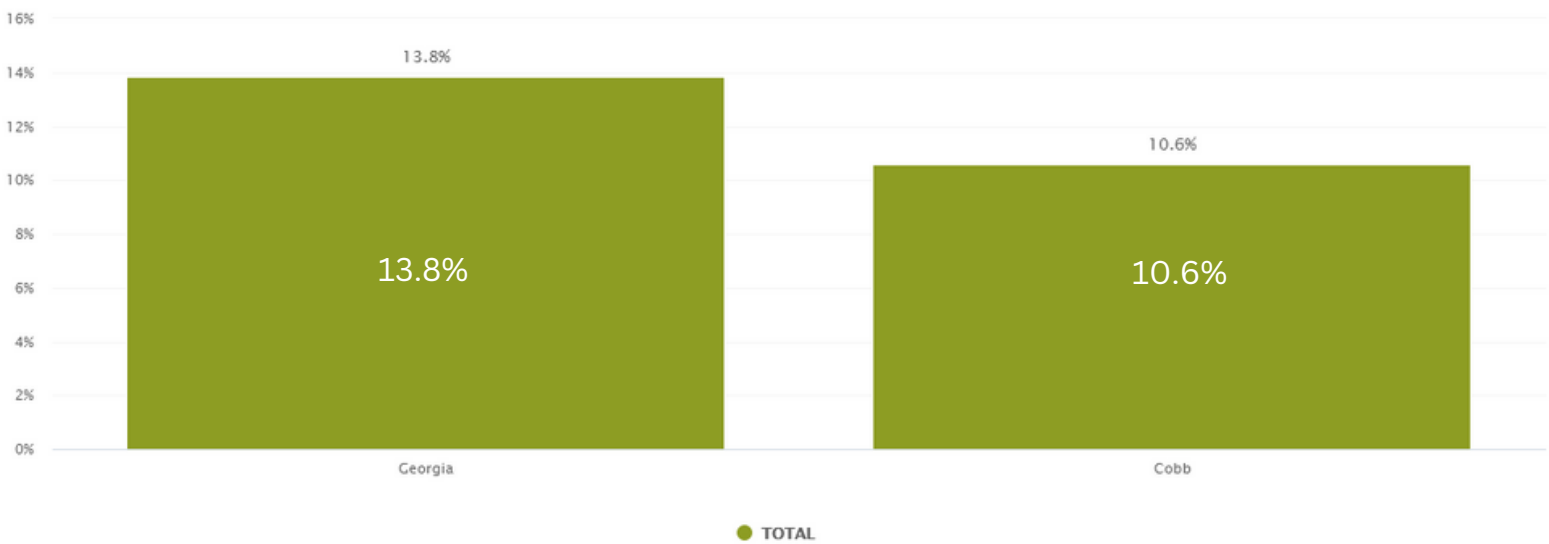


Cobb County Data

BABIES BORN TO MOTHERS WITH LESS THAN 12 YEARS OF EDUCATION (PERCENT) - 2021



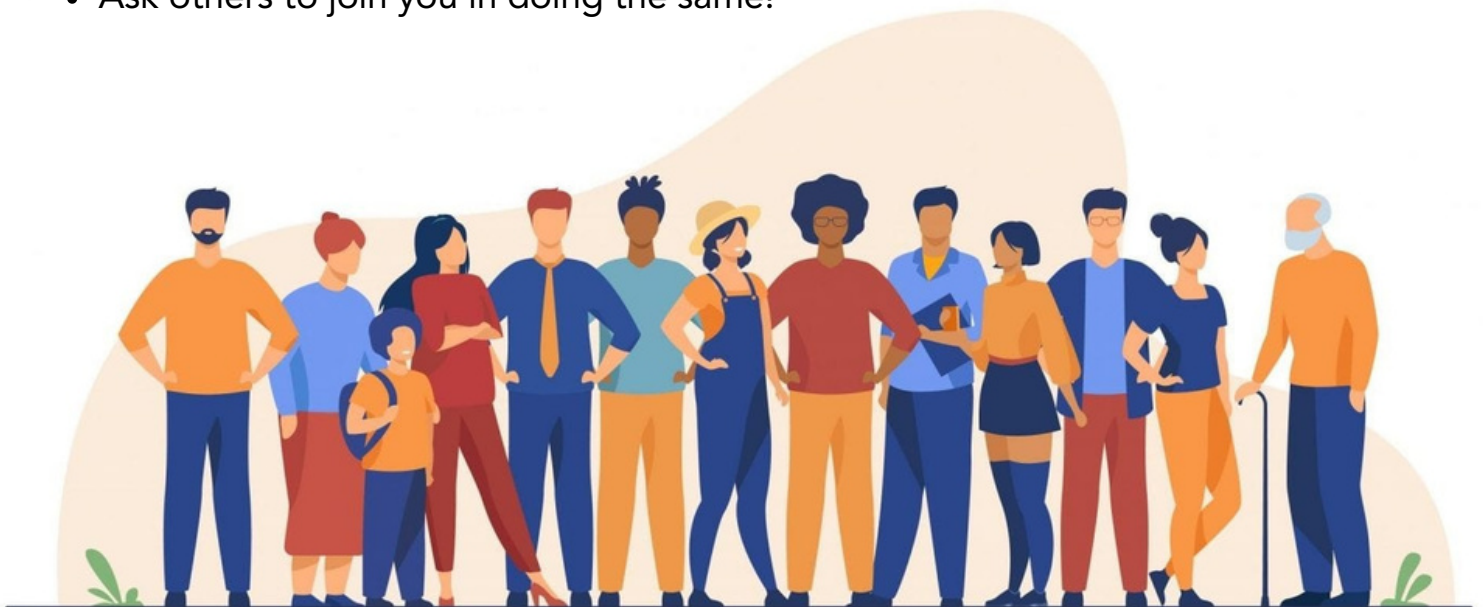
TEEN MOTHERS GIVING BIRTH TO ANOTHER CHILD BEFORE AGE 20 (PERCENT) - 2021



“Now that I know, what do I do?”

We’re glad you asked! Awareness is not a stopping point. It is our launchpad into action and continued advocacy in building a more trauma-informed and resiliency-focused community. Some next steps you can take toward this include:

- Sign up to receive our Mind Your Mind Newsletter and stay up to date on trauma-informed information, trainings, workshops, and events
- Sign up to receive the Resilient GA Newsletter
- Attend our trauma-credentialed trainings
- Download and share informational pages and graphics to your social media
- Talk to schools and employers to see how they are taking a trauma-informed care approach
- Get involved with local organizations supporting trauma-informed care and resiliency focused practices
- Consider being a mentor for youth
- Get involved with supporting foster families and children
- Ask others to join you in doing the same!





Resources: Direct Services

Attachment & Trauma Network, Inc. - The Attachment & Trauma Network mission is to promote healing of children impacted by trauma through supporting their families, schools, and communities.

<https://www.attachmenttraumanetwork.org/>

Cobb County Department of Human Services - The Cobb County Department of Human Services investigates reports of child abuse; finds foster and adoptive homes for abused and neglected children; issues SNAP, Medicaid and TANF; helps out-of-work parents get back on their feet; and provides numerous support services and innovative programs to help families in need.

<https://dfcs.georgia.gov/locations/cobb-county> 770-528-7683

Cobb County School Social Workers - School Social Workers are a vital part of the total educational process by helping students and parents obtain the help and resources available to achieve their goals. Not only do they collaborate with school psychologists, teachers, and the entire educational staff to remove barriers to academic success, they also work with community agencies to provide tools for students and their families to function and be productive in every phase of school and social life.

<https://cobbsuccessforall.com/>

Georgia HOPE - Georgia HOPE is categorized as a Tier Two+ Provider of Community-Based Mental Health Services. The organization provides a number of services that help clients maintain stability in an outpatient environment. These services are either paid for by the person's insurance or, in some cases, by the Georgia Department of Behavioral Health and Developmental Disabilities (DBHDD) for those who do not have insurance.

<https://gahope.org/>

Good Samaritan Health Center of Cobb - A 501(c)3 non-profit Federally Qualified Health Center. They provide a primary medical and dental healthcare home to the uninsured and underinsured, working poor and indigent in the community. Patients pay on a sliding fee scale based on income and household size with the remaining costs being provided by donations. They also provide counseling, pharmaceutical, referral, and health education programs in an atmosphere of dignity and respect, regardless of race, ethnicity, religion or ability to pay.

<https://goodsamcobb.org/>



Resources: Direct Services

Highland Rivers Behavioral Health - Highland Rivers Behavioral Health is a public safety net for those who face behavioral health challenges and/or who have intellectual and developmental disabilities and are uninsured and underinsured. The Board provides effective, innovative care and appropriate resources—offering children, adolescents, and adults hope, empowerment, and purpose.

<https://highlandrivers.org/>

Kate's Club - Providing children, teens, and young adults with programs and services to grieve after the death of a parent, sibling, or caregiver in a safe, social, and therapeutic setting with other children and families with a shared experience.

<https://katesclub.org/>

NAMI Cobb - Provides education programs, support and advocacy for individuals living with a mental health condition, their families, caregivers and friends as well as the local communities in Cobb County, while also supporting Cherokee, Douglas, Carroll, Bartow and Paulding counties.

<https://namicobb.org/>

Revved Up Kids - Sexual abuse prevention training programs for children, teens, parents and youth-serving organizations.

<https://www.revvedupkids.org/>

Self-Discovery: Pain, Positioning and Purpose, Inc. - 501(c)(3) non-profit organization raising awareness on mental illness, bullying and suicide prevention.

<https://www.sdp3.org/>

Ser Familia - Ser Familia's mission is to strengthen, revitalize, and equip Latino youth, couples, parents and families through educational programs that teach improved life, leadership and communication skills, empowering participants to thrive and enjoy a healthy family environment.

<https://serfamilia.org>



Resources: Education & Advocacy

Mental Health America - MHA promotes mental health and preventing mental illness through advocacy, education, research and services. Their education services aid Americans of all ages to better understand prevention, early identification and intervention through a variety of information, online tools and events.

<https://mhanational.org/>

NAMI - NAMI is the National Alliance on Mental Illness, the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness. NAMI provides tools to educate, support, advocate, listen and lead individuals and organizations to improve the lives of people with mental illness and their loved ones.

<https://www.nami.org/Home>

Resilient GA - Resilient Georgia builds bridges between public and private partners across the state to create an integrated behavioral health network of services and resources for Georgia's children (0-26) and families. Resilient Georgia is among the only organizations focused on Adverse Childhood Experiences (ACEs) prevention and increasing trauma-informed awareness and care delivery through statewide coalitions. Their services include trainings, events, and education focused on prevention, early intervention, research, advocacy and policy, and System of Care implementation and coordination.

<https://www.resilientga.org/>

Voices for Georgia's Children - Voices for Georgia's Children (Voices) is an independent, non-partisan catalyst for systemic change. Voices advocates for all of Georgia's 2.5 million children – particularly those whose location, family income, race, or family/community circumstances leave them most vulnerable. They advance laws, policies, and actions that improve their lives.

<https://georgiavoices.org/>





Resources: Crisis Lines & Hotlines

988 Suicide & Crisis Lifeline: 9-8-8 or 800-273-TALK (8255)

If you're uncomfortable talking on the phone, you can also **text 9-8-8 or text NAMI to 741-741** to be connected to a free, trained crisis counselor on the Crisis Text Line. LGBTQ+ people under 25 can access LGBTQ+ support on either 988 Crisis Chat or Text from 3 p.m. to 2 a.m. Eastern, daily.

Addiction Hotline: 877-266-3111

Crisis Text Line: Text "HELLO" to **741741**

Depression Hotline: 888-640-5174

Eating Disorder Hotline: 844-228-2962

Georgia Crisis and Access Line (GCAL): 1-800-715-4225 Help is available 24/7 for individuals struggling with issues like depression, anxiety, other mental health conditions, problems with developmental disabilities, mental health, addiction drugs, and alcohol. Download the MyGCAL app (Apple and Android) to call, text, or chat with GCAL.

Maternal Mental Health Hotline: call or text **1-833-9-HELP4MOMS (1-833-943-5746)** for a confidential, toll-free hotline for expecting and new moms experiencing mental health challenges. Available in English and Spanish.

Postpartum Help Line: 1-800-944-4773

Self Harm Hotline: 877-455-0628

Substance Abuse and Mental Health Services Administration's Helpline: 1-800-662-4357 Available in English and Spanish

The Trevor Project: 1-866-488-7386 or text START to 678678 A national 24-hour, toll free confidential suicide hotline for LGBTQ youth.

The Veterans Crisis Line: connects Service members and Veterans in crisis, as well as their family members and friends, with qualified, caring Department of Veteran's Affairs (VA) responders through a confidential toll-free hotline, online chat, or text messaging service.

Dial 1-800-273-8255 and Press 1 to talk to someone or **send a text message to 838255** to connect with a VA responder. You can also start a confidential online chat session [here](#).

Maltreatment and Brain Development	A-1
The State of Georgia’s Babies	A-2
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NAMI Mental Health in Georgia	A-4
ACES Aware Questionnaire	A-5
Georgia Essentials for Childhood	A-6
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Suicide Awareness Toolkit	A-9

Maltreatment and Brain Development

Brain development is impacted by both our genetics and our experiences. As children grow, their brains develop basic functions first (e.g. breathing) before progressing to more sophisticated functions (e.g. complex thought).¹

HEALTHY BRAIN DEVELOPMENT

Early Brain Development

- Before and after birth, neurons are created and form connections.²
- The brainstem and midbrain fully develop first, governing functions necessary for life like heart rate, breathing, eating, and sleeping.³



Young Child Brain Development

- Formation of synapses occur at a high rate.⁴
- Higher function brain regions (governing emotion, language, and abstract thought) grow rapidly in the first three years.⁵
- By age two, a child has formed 100 trillion synapses.⁴
- Synapses are eliminated as experiences deem them unnecessary (i.e. pruning).²
- By age 3, a child's brain is nearly 90 percent of its adult size.⁸



Adolescent Brain Development

- Prior to puberty, there is a growth spurt in the areas of the brain governing planning, impulse control, and reasoning.²
- While these areas develop, teenagers can act impulsively, make poor decisions, and take increased risks (all normal behaviors for this stage).¹⁰
- More pruning and myelination occurs in the teenage years.¹¹
- Limbic system grows and transforms.¹²

COMMON TERMS

Amygdala - brain's emotional reaction center associated with behavioral function and survival instincts (e.g. fight or flight)¹³

Neuron - a unique type of cell found in the brain and body that is specialized to process and transmit information¹⁴

Brain stem - one of the four major parts of the brain. It monitors basic, vital functions such as heartbeat, body temperature, and digestion. The brain stem is the first part of the brain to develop.¹⁵

Midbrain - the part of the brain that regulates auditory and visual processing, motor control, arousal, and alertness¹⁴

Synapse - the site between neurons where the transmission of messages occurs¹⁷

Pruning - the selective elimination or "weeding out" of non-essential synapses based on a child's specific experiences¹⁸

Myelination - the strengthening of necessary connections between neurons¹³

Limbic System - a network of brain structures that governs emotions and memory²⁰

OTHER FACTORS IMPACTING DEVELOPMENT



Responding to Stress

The timing and type of stress determines the impact on the brain.

Positive Stress - moderate, brief, and generally normal part of life²¹

Tolerable Stress - more severe and long-lasting difficulties; can be damaging unless the stress is time-limited and buffered by relationships with adults that help the child adapt²²

Toxic Stress - strong, frequent, and prolonged activation of body's stress response system that disrupts healthy development²³



Sensitive Periods

Windows of time in development when certain parts of the brain may be more susceptible to certain experience (e.g. strong attachments to caregivers formed during infancy)²⁴



Memories

Systems of neurons that have been repeated and strengthened²⁵



Where children are born can affect their chances for a strong start in life. Babies need Good Health, Strong Families, and Positive Early Learning Experiences to foster their healthy brain development and help them realize their full potential.

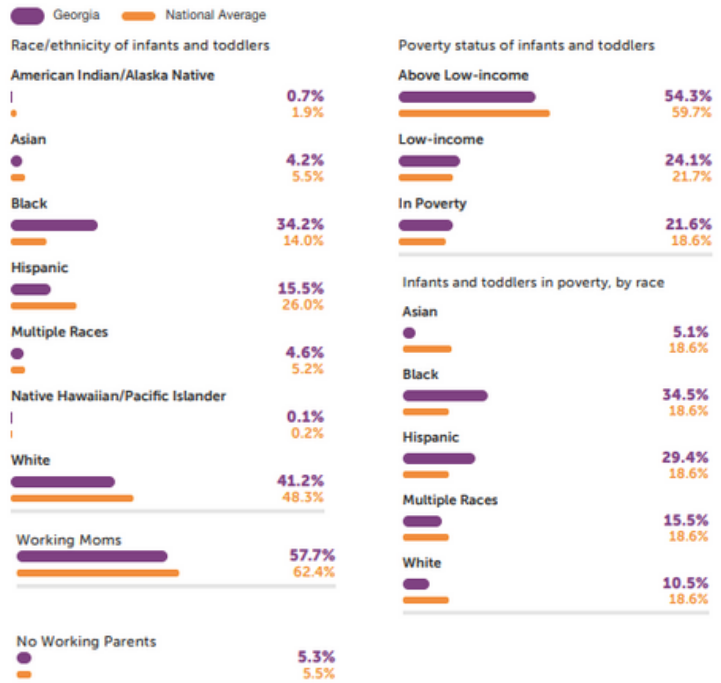
This state profile provides a snapshot of how infants, toddlers, and their families are faring in each of these three policy domains. Within each domain, view data for selected child, family, and policy indicators compared to national averages. The profile begins with a demographic description of the state's babies and families to offer the broadest context for exploring what may be very different experiences of the state's youngest children.



Demographics Infants and toddlers in Georgia

Overview

Georgia is home to 380,723 babies, representing 3.6 percent of the state's population. As many as 45.7 percent live in households with incomes less than twice the federal poverty line (in 2020, about \$52,400 for a family of four), placing them at economic disadvantage. The state's youngest children are diverse and are raised in a variety of family contexts and household structures. **In Georgia, 58.8 percent of babies are children of color and 4.8 percent of the state's infants and toddlers live in rural areas. A broad array of policies and services are required to ensure all of them have an equitable start in life.**



You are NOT ALONE

Millions of people are affected by mental illness each year. Across the country, many people just like you work, perform, create, compete, laugh, love and inspire every day.



1 in 5 U.S. adults experience mental illness

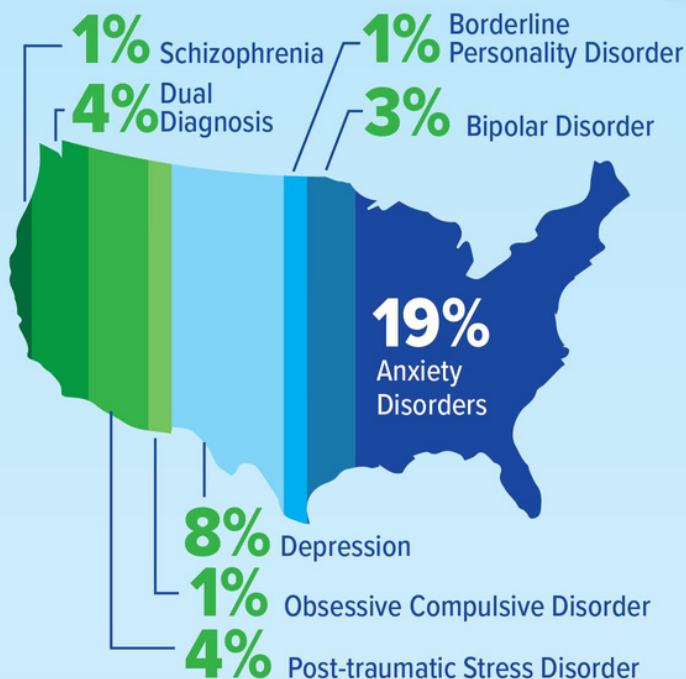
1 in 20

1 in 20 U.S. adults experience serious mental illness

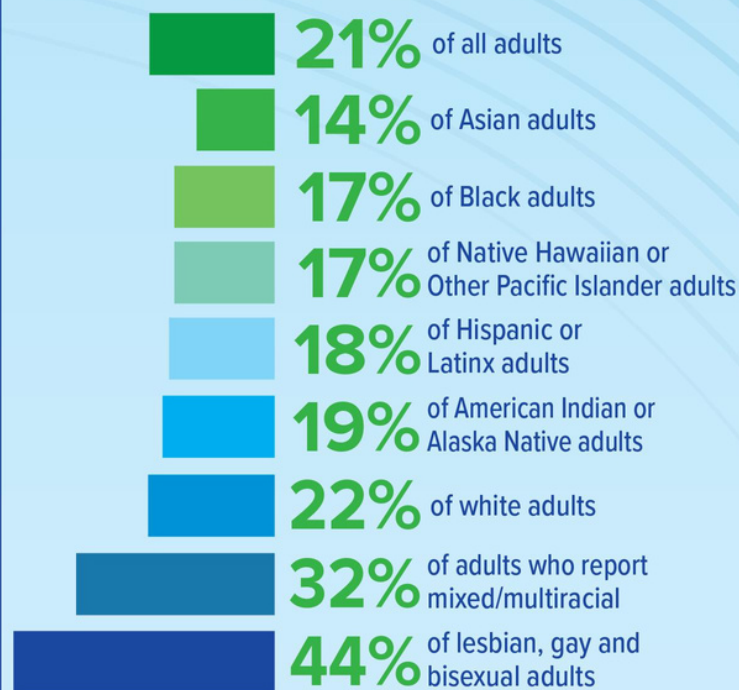
17%

of youth (6-17 years) experience a mental health disorder

12 MONTH PREVALENCE OF COMMON MENTAL ILLNESSES (ALL U.S. ADULTS)



12 MONTH PREVALENCE OF ANY MENTAL ILLNESS (ALL U.S. ADULTS)



WAYS TO REACH OUT AND GET HELP



Talk with a health care professional



Call the NAMI HelpLine at 800-950-NAMI (6264)



Connect with friends and family



Join a support group

Data from CDC, NIMH and other select sources. Find citations for this resource at nami.org/mhstats

NAMI HelpLine
800-950-NAMI (6264)



NAMICommunicate



NAMICommunicate



www.nami.org





1 in 5 U.S. adults experience mental illness each year.



1,405,000 adults in Georgia have a mental health condition.

That's more than **2X** the population of Atlanta.

It is more important than ever to build a stronger mental health system that provides the care, support and services needed to help people build better lives.



More than half of Americans report that **COVID-19** has had a **negative impact** on their mental health.

In February 2021, **44.3% of adults in Georgia** reported symptoms of **anxiety or depression**.

29.4% were unable to get needed counseling or therapy.



1 in 20 U.S. adults experience serious mental illness each year.

In Georgia, **336,000 adults** have a **serious mental illness**.



1 in 6 U.S. youth aged 6–17 experience a **mental health disorder** each year.

104,000 Georgians age 12–17 have depression.

Georgians struggle to get the help they need.



More than half of people with a mental health condition in the U.S. **did not receive any treatment** in the last year.

Of the **391,000 adults in Georgia** who **did not receive needed mental health care**, **45.4%** did not because of cost.

13.4% of people in the state are uninsured.



Georgians are over **4x more likely to be forced out-of-network** for mental health care than for primary health care — making it more difficult to find care and less affordable due to higher out-of-pocket costs.

4,911,327 people in Georgia live in a community that **does not have enough mental health professionals**.

Adverse Childhood Experience Questionnaire for Adults

California Surgeon General's Clinical Advisory Committee



Our relationships and experiences—even those in childhood—can affect our health and well-being. Difficult childhood experiences are very common. Please tell us whether you have had any of the experiences listed below, as they may be affecting your health today or may affect your health in the future. This information will help you and your provider better understand how to work together to support your health and well-being.

<p>Instructions: Below is a list of 10 categories of Adverse Childhood Experiences (ACEs). From the list below, please place a checkmark next to each ACE category that you experienced prior to your 18th birthday. Then, please add up the number of categories of ACEs you experienced and put the <i>total number</i> at the bottom.</p>	
Did you feel that you didn't have enough to eat, had to wear dirty clothes, or had no one to protect or take care of you?	
Did you lose a parent through divorce, abandonment, death, or other reason?	
Did you live with anyone who was depressed, mentally ill, or attempted suicide?	
Did you live with anyone who had a problem with drinking or using drugs, including prescription drugs?	
Did your parents or adults in your home ever hit, punch, beat, or threaten to harm each other?	
Did you live with anyone who went to jail or prison?	
Did a parent or adult in your home ever swear at you, insult you, or put you down?	
Did a parent or adult in your home ever hit, beat, kick, or physically hurt you in any way?	
Did you feel that no one in your family loved you or thought you were special?	
Did you experience unwanted sexual contact (such as fondling or oral/anal/vaginal intercourse/penetration)?	
Your ACE score is the total number of checked responses	

Do you believe that these experiences have affected your health? Not Much Some A Lot

Experiences in childhood are just one part of a person's life story.
There are many ways to heal throughout one's life.

Please let us know if you have questions about privacy or confidentiality.

5/5/20



Preventing ADVERSE CHILDHOOD EXPERIENCES Through Positive Connections & Policies

Children are shaped by their earliest experiences and relationships. Creating safe, stable, nurturing relationships and environments are needed to support early brain development and promote lifelong learning and success. Conversely, negative early experiences, called Adverse Childhood Experiences (ACEs), cause high levels of stress, called toxic stress. Frequent and prolonged levels of toxic stress can dramatically change how the brain develops.

This report summarizes data collected in 2016 and 2018 through Georgia's ACEs module (11 questions) as a part of the Georgia Behavioral Risk Factor Surveillance System (GA-BRFSS)¹.

Adverse Childhood Experiences in Georgia

Respondents Reporting ACEs (n=11,581)

- Divorce 33%
- Substance Abuse 25.9%
- Emotional Abuse 25.2%
- Domestic Violence 18.6%
- Physical Abuse 16.3%
- Mental Illness 15.2%
- Sexual Abuse 12.9%
- Incarceration 9.5%

ACEs by Demographic Characteristics

- Females had a slightly higher prevalence of four or more (4+) ACEs compared to males
- Having 4+ ACEs did not significantly differ by race or ethnicity
- College graduates had a significantly lower prevalence of 4+ ACEs than adults with other educational levels.

Potential Outcomes

National data shows adults with 4+ ACEs compared to zero are:

- 6 times* more likely to have clinical depression
- 3.6 times* more likely to have serious job problems
- 2.2 times* more likely to have a heart attack

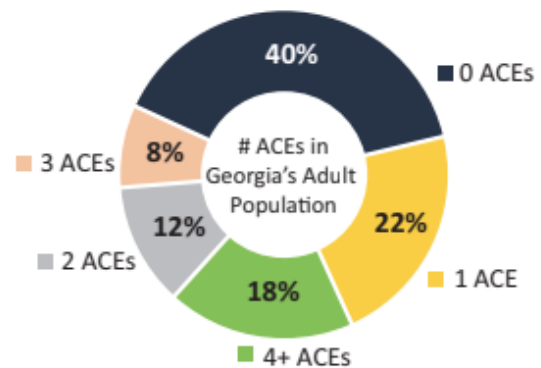


Georgia Essentials for Childhood is a statewide network of organizations and individuals working to build resilient communities, address and prevent adverse childhood experiences, improve community environments, and other forms of trauma, and to create communities where all children thrive in safe, stable, nurturing relationships and environments.

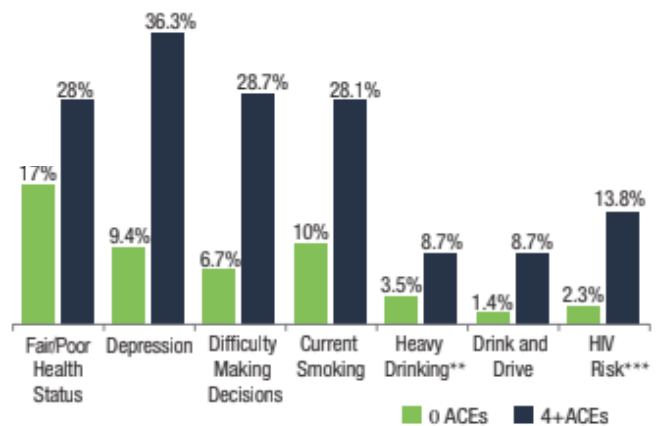


Abuse.PublicHealth.GSU.EDU/Essentials

3 in 5 Georgians Reported at Least One ACE



Health Behaviors and Outcomes for GA Adults Reporting 4+ ACEs Compared to 0 ACEs*



Adults with 4+ ACEs were more likely to:

- Have poor mental health for 14 days or more in the previous month
- Have been diagnosed with depression
- Have difficulty concentrating, remembering, or making decisions due to a physical, emotional, or mental condition

*All displayed results are significant

**Heavy Drinking- Male respondents who reported having more than 14 drinks per week, or female respondents who reported having more than 7 drinks per week.

***HIV Risk- Adults who reported that in the past year they had:

1) Injected any non-prescribed drug, 2) Treated for a sexually transmitted disease, or 3) Given or received money or drugs in exchange for sex

Adverse Childhood Experiences (ACEs)

Preventing early trauma to improve adult health



Want to learn more?
www.cdc.gov/vitalsigns/aces

1 in 6

1 in 6 adults experienced four or more types of ACEs.

5 of 10

At least 5 of the top 10 leading causes of death are associated with ACEs.

44%

Preventing ACEs could reduce the number of adults with depression by as much as 44%.

Overview:

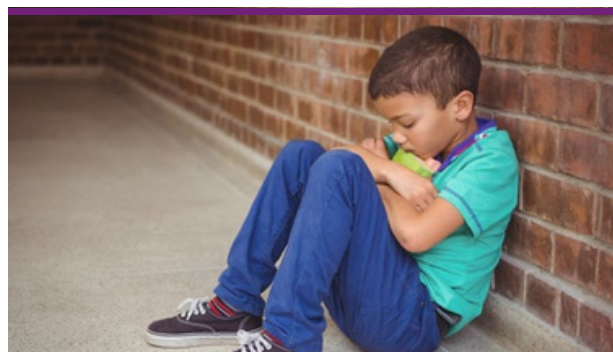
Adverse Childhood Experiences (ACEs) are potentially traumatic events that occur in childhood. ACEs can include violence, abuse, and growing up in a family with mental health or substance use problems. Toxic stress from ACEs can change brain development and affect how the body responds to stress. ACEs are linked to chronic health problems, mental illness, and substance misuse in adulthood. However, ACEs can be prevented.

Preventing ACEs can help children and adults thrive and potentially:

- Lower risk for conditions like depression, asthma, cancer, and diabetes in adulthood.
- Reduce risky behaviors like smoking, and heavy drinking.
- Improve education and job potential.
- Stop ACEs from being passed from one generation to the next.



Centers for Disease Control and Prevention
National Center for Injury Prevention and Control



PROBLEM:

Adverse Childhood Experiences impact lifelong health and opportunities.

ACEs are common and the effects can add up over time.

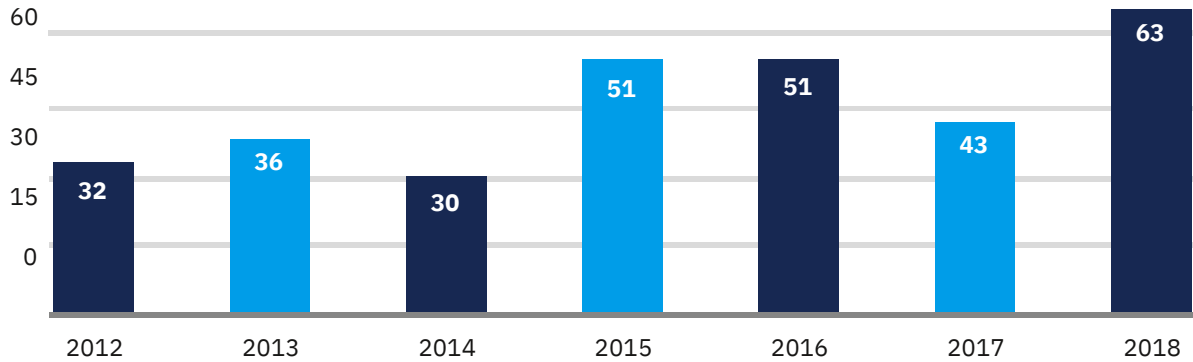
- 61% of adults had at least one ACE and 16% had 4 or more types of ACEs.
- Females and several racial/ethnic minority groups were at greater risk for experiencing 4 or more ACEs.
- Many people do not realize that exposure to ACEs is associated with increased risk or health problems across the lifespan.

Youth Suicide in Georgia

Suicide was the second leading cause of death for Georgia children aged 10-17 in 2018.

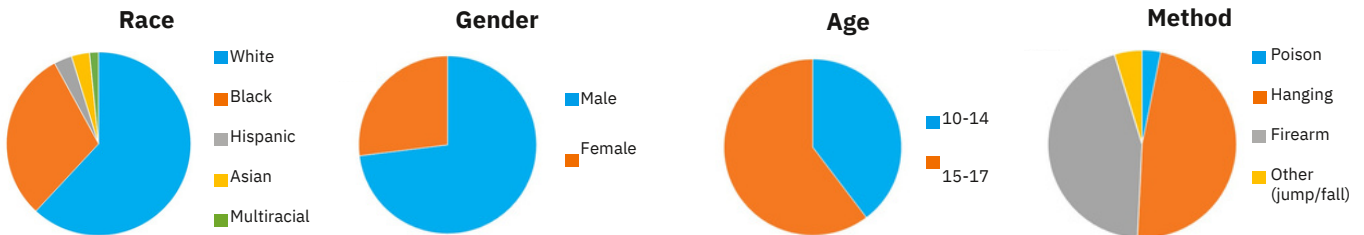
GEORGIA YOUTH SUICIDES, AGES 5-17

Source: Georgia Bureau of Investigation, Child Fatality Review Unit



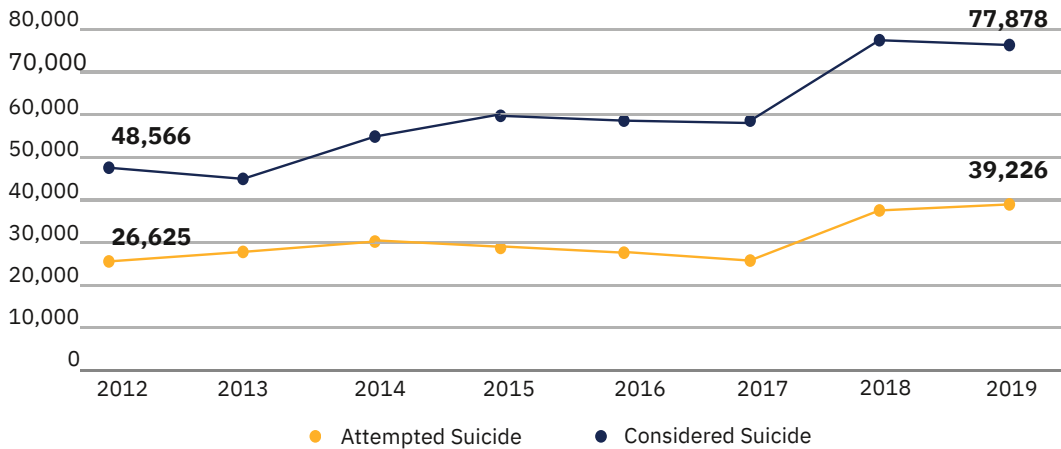
BREAKDOWN OF 2018 YOUTH SUICIDE DATA

Source: Georgia Bureau of Investigation, Child Fatality Review Unit



GEORGIA STUDENT HEALTH SURVEY

Source: Georgia Department of Education



In 2019:
108,494 students reported having seriously considered harming themselves
61,978 students reported having harmed themselves

The number of children in Georgia who visited emergency rooms for reasons related to suicide **doubled** between 2008 and 2018.

www.georgiavoices.org

Suicide Prevention and Awareness



SPONSORED BY



PRESENTED BY



S u m m a r y



Approximately 48,000 suicides occur in the United States each year. That equates to one suicide taking place every 12 minutes.

Each one of us could close our eyes and think about people in our lives who have faced unimaginable circumstances. And each one of us can think of a person who could have responded to those circumstances in an unimaginable way.

The purpose of our work is to bring to light the issues that can cause suicidal thoughts, give the public tools to be able to spot the signs of suicidal tendencies or behaviors, and help those who are grieving from the loss of a loved one.

We created this toolkit to help education systems, nonprofit organizations, community leaders, government agencies, corporations, faith communities, families, and friends, understand the resources that are available and share them with the community.

Suicide is quite possibly the most devastating mental health crisis in our world. If a social media post or newsletter can save at least one life, then it is work worth doing.

We thank you, our partner, for carrying this burden with us. For stepping up to the plate and being a voice against the darkness with us.

Remember that your influence and voice matter, but more importantly, your life matters. Please, Mind Your Mind.

Sincerely,

Irene Barton

Executive Director, Cobb Collaborative

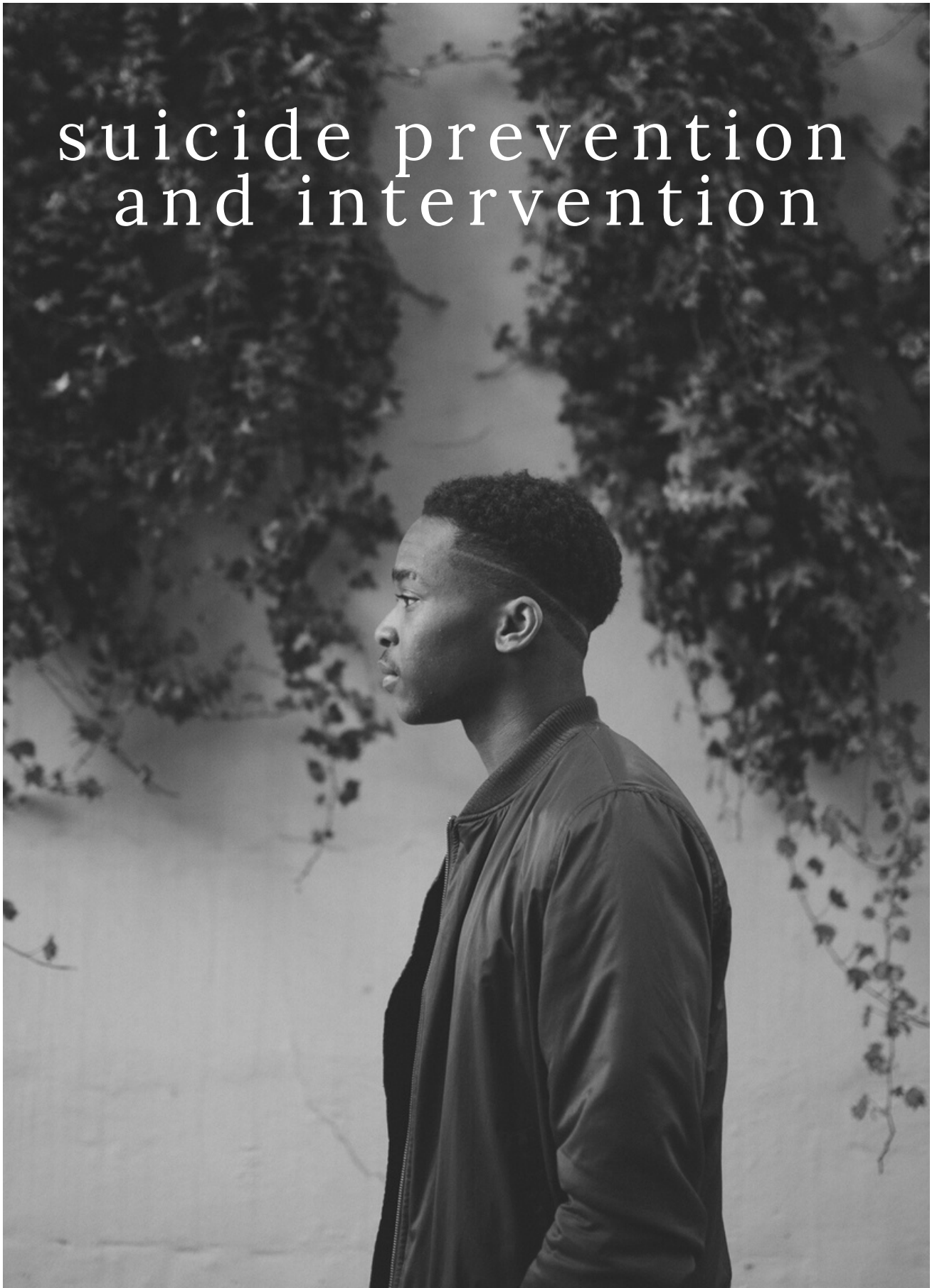
did you know?



did you know?



suicide prevention and intervention



Suicide Prevention Hotlines

Please refer to these resources for immediate help.

If you or someone you know is in an emergency, call the **988 Suicide & Crisis Lifeline at 9-8-8 or 800-273-TALK (8255)**. If it is a life-threatening, medical emergency, **call 911** immediately.

If you're uncomfortable talking on the phone, you can also **text 9-8-8 or text NAMI to 741-741** to be connected to a free, trained crisis counselor on the Crisis Text Line.

The Trevor Project 1-866-488-7386 or text START to 678678: A national 24-hour, toll free confidential suicide hotline for LGBTQ youth.

Georgia Crisis and Access Line (GCAL) 1-800-715-4225: Help is available 24/7 for individuals struggling with issues like depression, anxiety, other mental health conditions, problems with developmental disabilities, mental health, addiction drugs, and alcohol. Download the MyGCAL app (Apple and Android) to call, text, or chat with GCAL.

The Veterans Crisis Line connects Service members and Veterans in crisis, as well as their family members and friends, with qualified, caring Department of Veteran's Affairs (VA) responders through a confidential toll-free hotline, online chat, or text messaging service. **Dial 1-800-273-8255 and Press 1** to talk to someone or **send a text message to 838255** to connect with a VA responder. You can also start a confidential online chat session [here](#).

Depression Hotline: 888-640-5174 | Self Harm Hotline 877-455-0628

For more resources, visit the Cobb Collaborative Mind Your Mind webpage



S u i c i d e W a r n i n g S i g n s

The warning signs for suicide manifest themselves in different ways and each person may express them differently. Some signs are more critical, and may indicate an imminent threat of suicide. Below are the signs of immediate crisis and concern. Learn more about warning signs at www.SuicideisPreventable.org.

Use the warning signs to educate your employees, clients, or stakeholders. Share these signs during Suicide Prevention and Awareness Month in trainings, meetings, newsletters, and more.

Signs of Crisis

- Someone threatening to hurt or kill themselves
- Someone looking for ways to kill themselves: seeking access to pills, weapons, or other means
- Someone talking or writing about suicide, or about death and dying when this is out of the ordinary for them

Action: Call 911 or seek immediate help when you hear or see any one of these behaviors

Signs of Concern

- Talking about wanting to die or suicide
- Increased drug or alcohol use
- Anger
- Feeling hopeless, desperate, trapped
- No sense of purpose
- Reckless behavior
- Withdrawal
- Anxiety or agitation
- Changes in sleep
- Putting affairs in order
- Giving away possessions
- Sudden mood changes

Action: If someone is showing any or a combination of the above behaviors, you or they can call the 988 Suicide & Crisis Lifeline at **9-8-8** or **1 (800) 273-TALK (8255)**.

What Can I Do?

Have you determined that an individual is displaying the warning signs of suicide? Here's what to do next.

Ask

Research shows people who are having thoughts of suicide feel relief when someone asks after them in a caring way. Findings suggest acknowledging and talking about suicide may reduce rather than increase suicidal ideation.

Keep Them Safe

A number of studies have indicated that when lethal means are made less available or less deadly, suicide rates by that method decline, and frequently suicide rates overall decline.

Be There & Be Present

Individuals are more likely to feel less depressed, less suicidal, less overwhelmed, less isolated, and more hopeful after speaking to someone who listens without judgment.

Help Them Stay Connected

Studies indicate that helping someone at risk create a network of resources and individuals for support and safety can help them take positive action and reduce feelings of hopelessness.

Follow Up

Studies have also shown that brief, low cost intervention and supportive, ongoing contact may be an important part of suicide prevention, especially for individuals after they have been discharged from hospitals or care services. Make sure your loved ones know you're thinking about them and that you notice positive changes to their behavior.

Recommended Films and Documentaries

These films are recommended for education and training purposes. Present these films to staff, friends, and family to encourage discussions about suicide awareness and prevention.

Minnesota Nice:

Minnesota Nice is a documentary highlighting the bullying and suicide epidemic plaguing Minnesota Public Schools. The documentary aims to bring light to a subject that has been ignored for the past few years by MN's State Government and school administrations. Many different perspectives address what bullying means and what forms of bullying are most common among middle school and high school students. Students share their stories on how they were targeted/are currently being targeted by bullies based on their race, sexual orientation, disability, and physical appearance.

Teens Break the Silence:

Few teens discuss depression and suicide. But now, some teens are opening up in surprising ways. Reporter Ioanna Roumeliotis shows how some students are bringing these issues out in the open. She also profiles a Canadian school that is trying a new approach to get students to talk about their problems before they reach a breaking point.

Cry For Help:

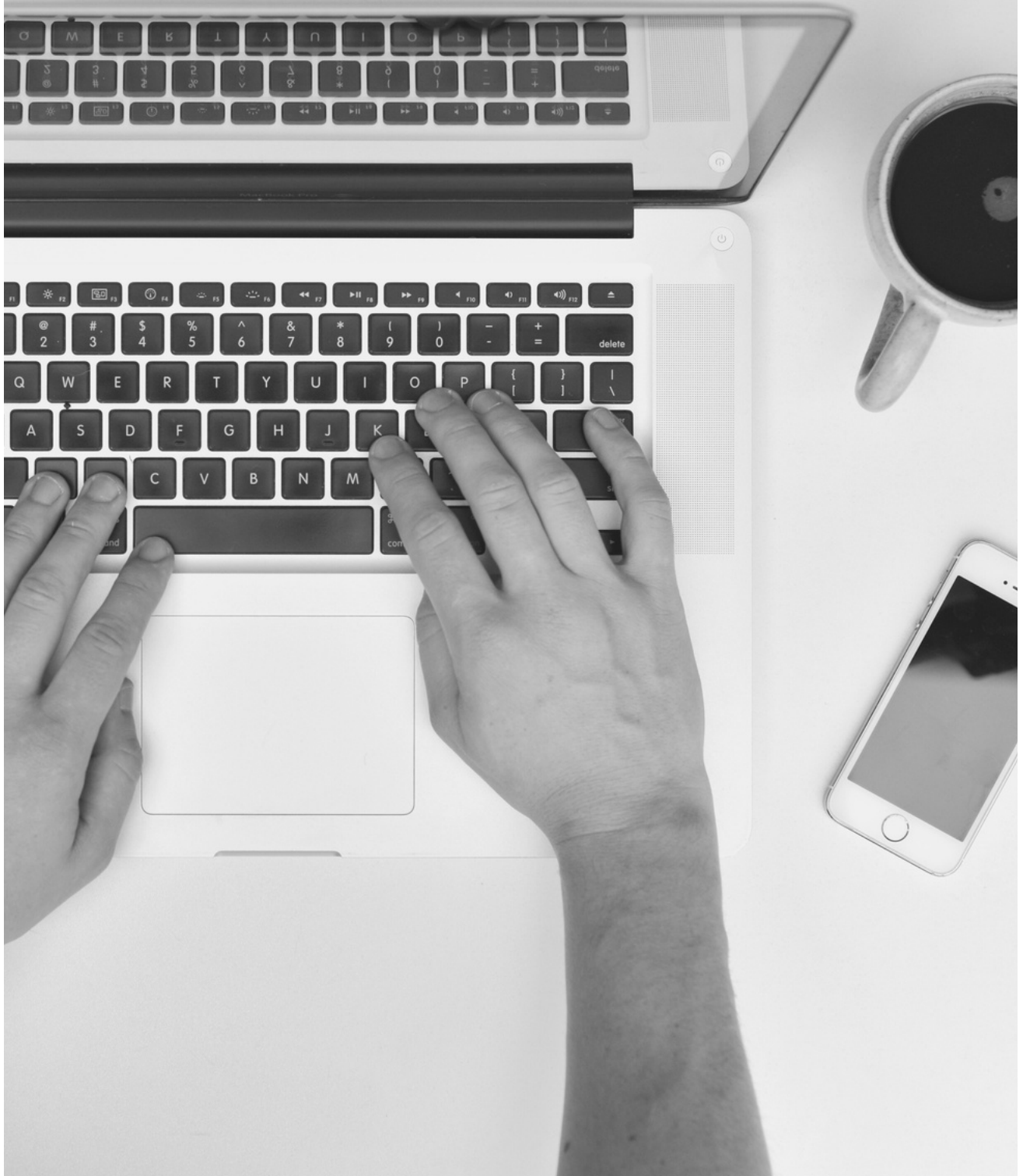
Cry for Help takes an intimate look at the efforts of two high schools to identify adolescents at risk. Hamilton High School in Ohio and Clarkstown North High School in New York have both been affected by teen suicide and have launched powerful new programs to prevent future tragedies.

Cyberbully:

Teen girl Taylor Hillridge gets a laptop for her birthday and signs up on a social networking site. She starts to feel alone as her friends ostracize her and she falls victim to cyberbullying.

Source: *A Teachers Guide to Suicide Education Programs*

Communication Templates



S o c i a l M e d i a P o s t s

Posts Targeting Minorities

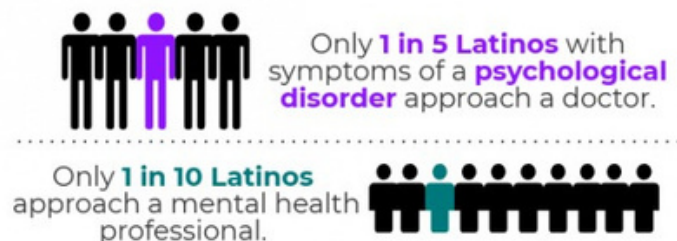
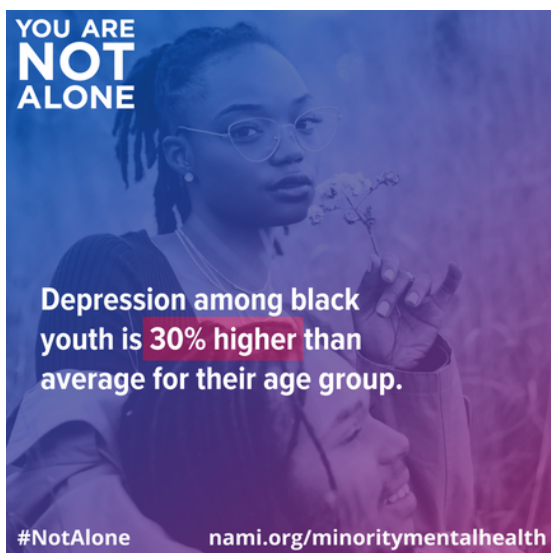
Facebook (3 posts)

- Suicide is the leading cause of death among Asian Americans aged 20-24 years, responsible for about 33% of deaths in that age bracket. Learn more about how shame and stigma contribute to suicide among Asians here. (Include **Link**)
- Suicidal thoughts, plans, and attempts are also rising among Black and African American young adults. While still lower than the overall U.S. population aged 18-25, 9.5 percent (439,000) of Black and African American 18-25-year-olds had serious thoughts of suicide in 2018, compared to 6 percent (277,000) in 2008. (Include **Link**)
- The death rate from suicide for Hispanic men was four times the rate for Hispanic women, in 2017. However, the suicide rate for Hispanics is less than half that of the non-Hispanic white population. (Include **Link**)

Twitter (3 posts)

- Suicide is the leading cause of death among Asian Americans aged 20-24 years. Learn more about how shame and stigma contribute to suicide among Asians here. (Include **Link**)
- 9.5 percent (439,000) of Black and African American 18-25-year-olds had serious thoughts of suicide in 2018, compared to 6 percent (277,000) in 2008. (Include **Link**)
- In 2017, suicide was the second leading cause of death for Hispanics, ages 15 to 34 (Include **Link**)

Graphics- hyperlinked to a Google Drive. Click the image to follow the link to a downloadable version.



Social Media Posts

Posts Targeting the LGBTQI Community

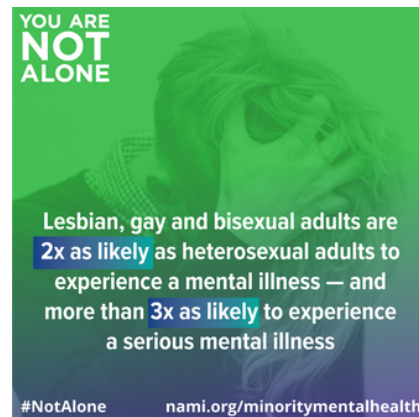
Facebook (1 post)

- LGB youth who come from highly rejecting families are 8.4 times as likely to have attempted suicide as LGB peers who reported no or low levels of family rejection. (include [Link](#))

Twitter (1 post)

- LGB youth seriously contemplate suicide at almost 3x the rate of heterosexual youth. (Include [Link](#))

Graphics - *hyperlinked to a Google Drive*. Click the image to follow the link to a downloadable version.



S o c i a l M e d i a P o s t s

Posts Targeting Veterans

Facebook (1 post)

- Veterans are not immune to mental health issues, and the severity of responsibilities during service can cause a lifelong burden of depression, anxiety, and PTSD. Suicide rates among veterans tell the tale. See the full report from the U.S. Department of Veterans Affairs here. (Include **Link**)

Twitter (1 post)

- For veterans, crises can be heightened by their experiences during military service. If you're a veteran or service member and in crisis, these resources can help. (Include **Link**)

Posts Targeting Youth

Facebook (1 post)

- Did you know nearly 79,000 students in Georgia considered or attempted suicide in 2018? When it comes to child and youth mental health, parents and caregivers can often be left overwhelmed and confused about where to find help. Voices for Georgia's Children created a video to highlight the four pathways to access these services. (Include **Link**)

Posts Addressing Prevention and Education

Facebook (2 posts)

- According to the Centers for Disease Control and Prevention, Georgia had 1,569 suicides in 2018. Understand the 3 simple steps anyone can learn to help save a life from suicide. (Include **Link**)
- The suicide rate in America is the highest it's been since 1942, or shortly after the United States became involved in World War II. NCHS has been tracking these and other vital statistics going back to the very early part of the 20th century. Learn more about the increase in suicide rates. (Include **Link**)

Twitter (2 posts)

- Understand the five action steps for communicating with someone who may be suicidal are supported by evidence in the field of suicide prevention. (Include **Link**)
 - We can all help prevent suicide. The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals. Call **9-8-8** or **1-800-273-8255**.
-
-

Social Media Posts

Graphics - hyperlinked to a Google Drive. Click the image to follow the link to a downloadable version.



Hashtags to include in your posts

**#SuicideAwareness #SuicidePrevention
#YANA #NotAlone**



With the support of each one of you - our members, our friends, and our families - we can help to prevent suicide and improve mental health outcomes our communities.

We could not do this work without your collaboration. It is our hope that through our collective effort, we will begin to see a silver lining in a very difficult year.

Please reach out if you need any support in distributing these materials.

Sincerely,

Irene Barton, Executive Director and Madeline Mercer, Communications Director



W o r k C i t e d

Sources by Page:

- Page 5: MentalHealth.gov, <https://www.cdc.gov/mentalhealth/>
- Page 6: MentalHealth.gov, SAMSHA
- Pages 7-10: MentalHealth.gov
- Page 11: <https://www.nami.org/About-Mental-Illness>, <https://www.nami.org/Blogs/From-the-CEO/October-2021/World-Mental-Health-Day-Increasing-Access-Research-Hope>
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- Page 16: <https://www.npr.org>
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- Page 18: <https://www.cdc.gov/violenceprevention/aces/fastfact.html>
- Page 19: <https://www.cdc.gov/violenceprevention/aces/fastfact.html>
- Page 20: <https://www.cdc.gov/violenceprevention/pdf/preventingACES.pdf>
- Page 21: <https://positiveexperience.org/about-us/>
- Pages 22-26: [Suicide Prevention and Awareness Toolkit](#)
- Page 27-28: https://www.cdc.gov/nchs/pressroom/nchs_press_releases, <https://www.cdc.gov/suicide/facts/index.html>, <https://www.apa.org/monitor/dec06/healthday>, <https://afsp.org/suicide-statistics/>, <https://minorityhealth.hhs.gov/mental-and-behavioral-health-african-americans>
- Page 34: <https://usafacts.org>
- Page 35: <https://www.census.gov>
- Page 36-37: https://gafcp.org/wp-content/uploads/2023/06/Cobb_Profile_2022.pdf, kidscount.org

COBB COLLABORATIVE

cobbcollaborative.org |      

678-766-5574 | 940 Concord Rd SE, Smyrna, GA | communications@cobbcollaborative.org

