



# Mental Wellness and Youth

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# Objectives

To learn how adults can increase resilience in the lives of young people with whom they interact

To learn skills that help young people feel listened to and respected while being provided support by adults

To build one's toolbox of skills for working with youth during turbulent times.



# Activity Time!

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Take about two minutes to find something in your current location that signifies to you what it means to be resilient.

Bring that item back to your computer.

Get into assigned breakout rooms to discuss your item:

- Describe your item.
- Why is it special to you?
- How does it symbolize resilience for you?

Spend 5 minutes in breakout room. Return to large group to process.





All teens want everyone to take more action to reduce stigma and open conversations around mental health – especially those who are resilient

**82%** 86% resilient  
71% non-resilient

“It’s time for Americans to talk more openly and honestly about mental health issues in this country.”

**79%** 85% resilient  
68% non-resilient

“As a culture, we should embrace both the ups and downs of mental health; it’s okay to feel bad sometimes.”

**80%** 84% resilient  
71% non-resilient

“I wish more young people were more comfortable asking for help when it comes to their mental health.”



# According to the 2021 PA Youth Survey . . .

- Feeling sad or depressed on most days in the past year increased for all grades (6, 8, 10 & 12) since 2017.
- In 2021, almost 44% of HS seniors reported feeling sad or depressed on most days.
- The rate of youth who felt so sad that they stopped doing their usual activities increased for all grades (23% in 2017 to 31% in 2021)
- Sixth graders who planned suicide rose from 6.8% in 2017 to 9.9% in 2021.

[https://www.pccd.pa.gov/Juvenile-Justice/Pages/Pennsylvania-Youth-Survey-\(PAYS\)-2021.aspx](https://www.pccd.pa.gov/Juvenile-Justice/Pages/Pennsylvania-Youth-Survey-(PAYS)-2021.aspx)

Or search **PA Youth Survey**



# The Incredible Teen Brain!

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- Pre-frontal cortex not fully developed
- Adults need to act as the CEO of the teen's brain while it is under construction
- Teens tend to process information with the emotional part of the brain
- Tend to live in the here and now.
- Simply do not have a track record of life experiences from which they can tap – a/k/a- resilience.

***Resilience- the ability to bounce back from adversity***



# Listen and Responding Non-Judgmentally

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What makes a good listener?





# Non- Judgmental Listening

Use “I” statements

Don't Interrupt

It's not about you!

Ask questions, don't be pushy.

Culture plays a role!



# Scenarios & Practice

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# Empowering Youth to A.C.T.



**ASK**



**CARE**



**TELL**



For more information, please contact

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Questions, Comments, Concerns





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