Protective Factors

- I see a lot of access-related things.

- What about peer support groups?

- It's striking how many more risks and barriers there are than protective factors

- Going outside can help so much, but it can be hard to get teens to do that

- Nature is so healing

- lots of kids alone, parents working all the time too, lack of support for teens is a problem

- Lack of interest can be a symptom of depression.

- I would say normalizing mental health, letting them know that it's a normal thing. They aren't 'crazy'.

- It's important for these protective factors to be cost-free

- teen programs to teach emotional self-regulation, and meditation

- how do we get the kids who don't want to do anything interested in coming to the library

- Access is hard, because if parents are not motivating you to go you often you won't get started, especially if you're struggling with mental health.

- Include resources that are low cost/free, such as counseling services at Universities.

- I have had success running mindfulness and mediation classes tailored to teens.

- teen programs to teach emotional self-regulation, and meditation

- last year we kind of focused around mental wellness, though mostly geared toward adults

- An open house art program that is centered on starting mental health conversations.

- I said earlier but I try to destigmatize mental health issues by being open about my own. I think if they know I have mental health problems and am a functional adult, they know it's neither the end of the world nor an unmanageable thing. Or really even something they should be ashamed of.

- Knowing that we can create opportunities to be that one connection to a caring adult. Very powerful!