



# TEEN MENTAL HEALTH:

*In their own words*

## **CSL in Session, February 2020**

Cameron Riesenberger, Pikes Peak Library District

Christine Kreger, Colorado State Library

Beth Crist, Colorado State Library



**COLORADO**  
Department of Education  
Colorado State Library



**Colorado kids and teens are dying at a rate higher than the U.S. average — and suicide is to blame**

**Suicide among teens and young adults reaches highest level since 2000**

## **Colorado teen suicide rate nearly twice national average**

**Teen suicides spike in El Paso County in recent weeks**

**More Colorado Youth Than Ever Are Dying Of Suicide, And The Causes Remain Complicated**

## **CDC: Colorado suicide rates increased more than 34 percent since 1999**

**Suicide now kills more young people in Colorado than car accidents. The suicide rate overall in the Centennial State is among the highest in the nation.**

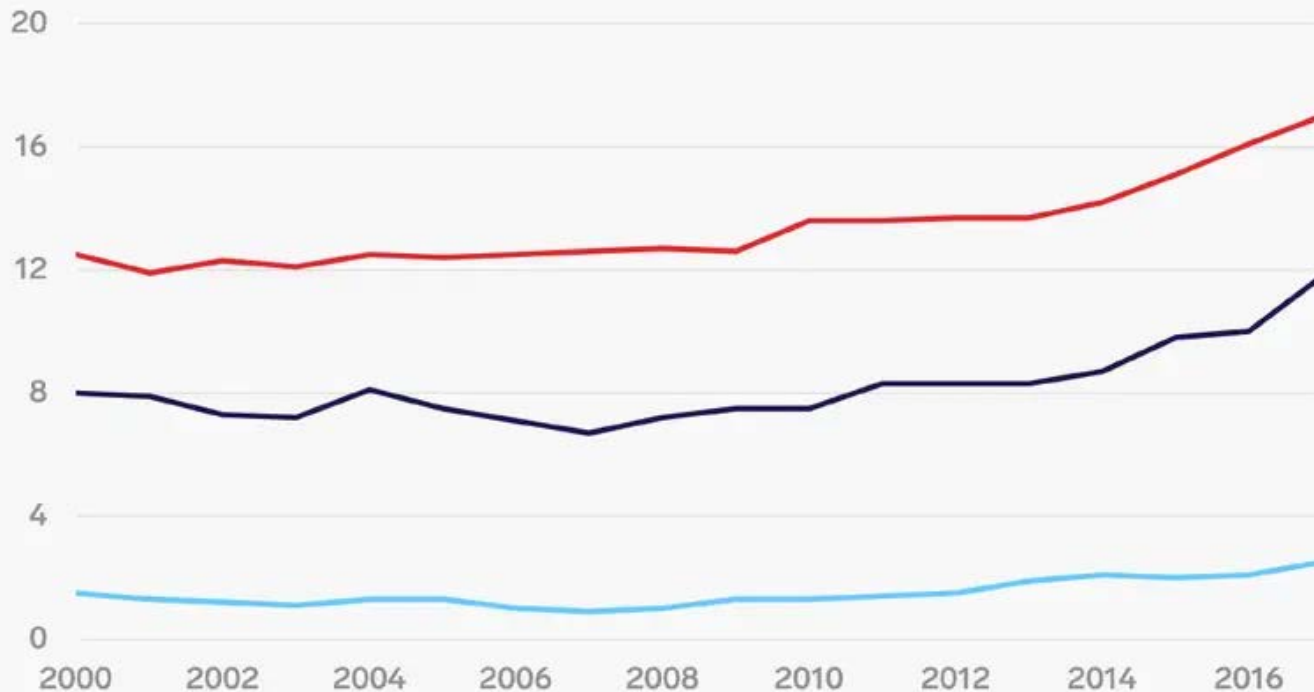
**A silent sorrow: Rural Colorado's high suicide rate, and what's driving it**

**To Heal The Community, Arapahoe High Pulls Together In The Wake Of Recent Suicides**

# Suicide rate among US youth

Age 10–14   Age 15–19   Age 20–24

Rate per 100,000 population

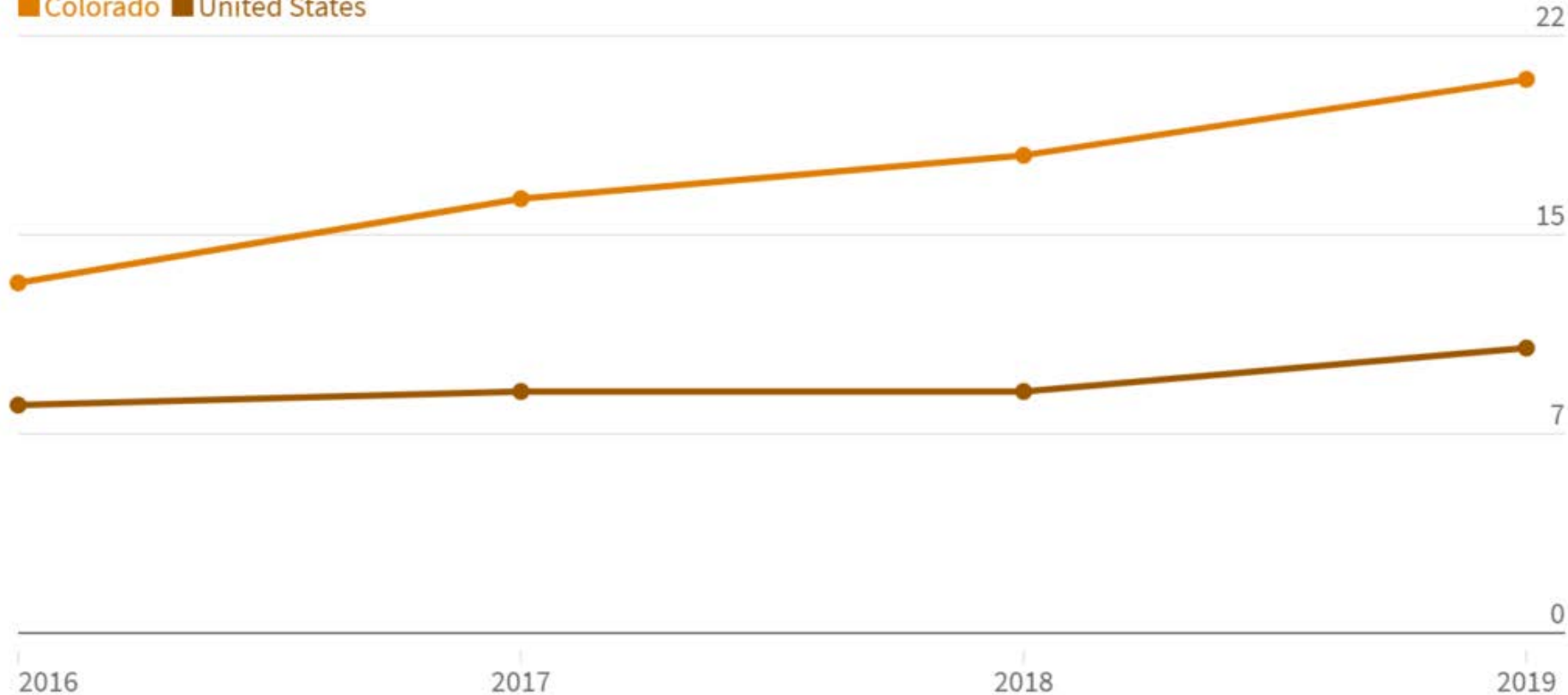


Source: Centers for Disease Control and Prevention

BUSINESS INSIDER

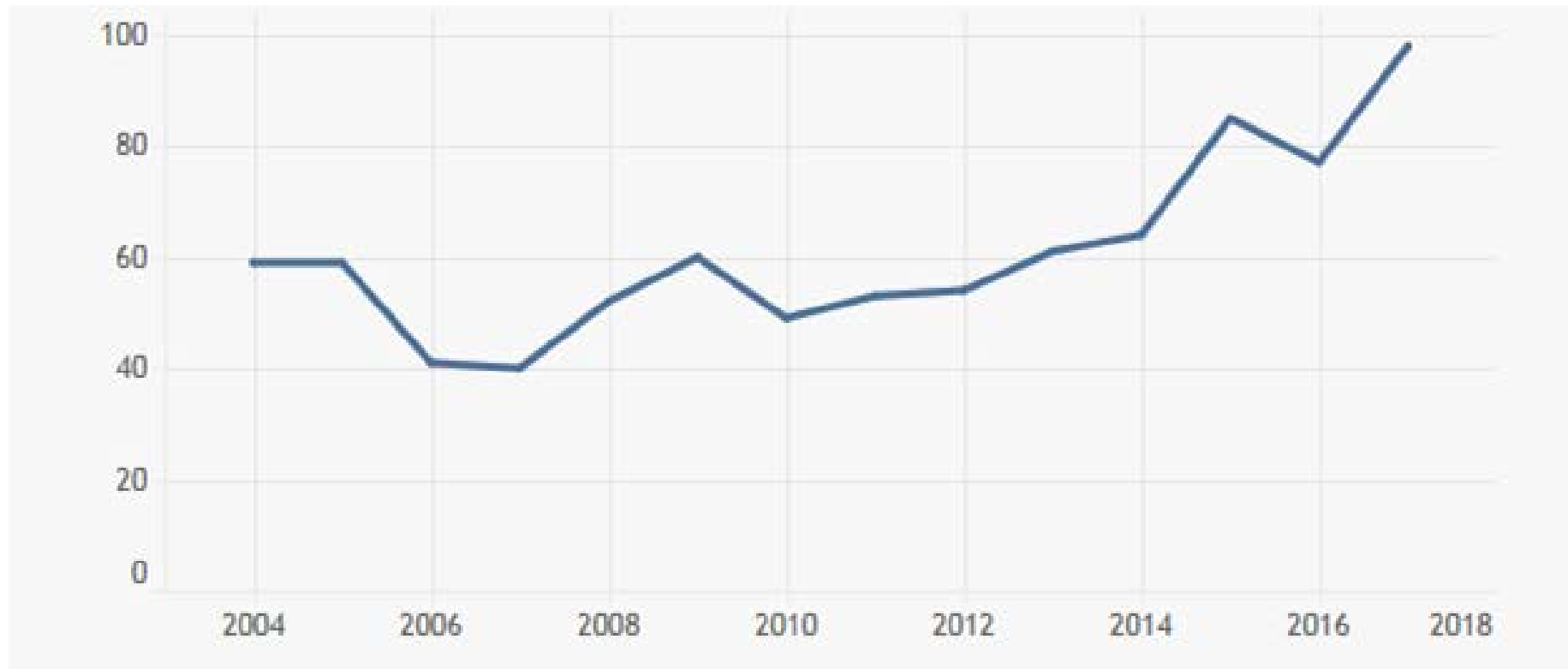
## The Number Of Deaths By Suicide Per 100,000 Adolescents Ages 15-19

Colorado United States



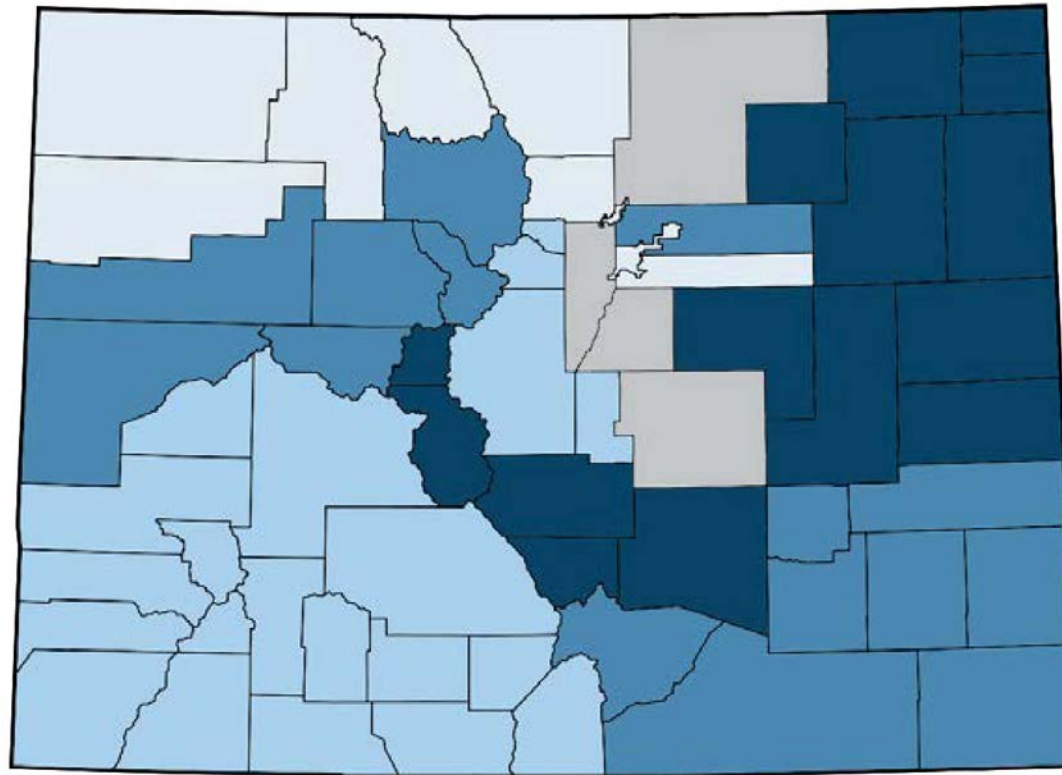
## Number of suicides per year in Colorado, 2004-2018

Age: 10-19 years



From the Colorado Department of Public Health & Environment

## Regional Breakdown of youth who have attempted suicide at least once in 2015



(Health Management Associates via Colorado Attorney General)



MILWAUKEE  
PBS



USA TODAY  
NETWORK

WISCONSIN


# KIDS IN CRISIS

# You're Not Alone

A documentary about youth mental health



<https://www.youtube.com/embed/zaAej0yw4gl?start=23&end=120>



# Community Conversations to Inform Youth Suicide Prevention: A study in youth suicide in four Colorado Counties

- \*Risk Factors/Barriers

- \*Protective Factors

- \*Recommendations



# Risk Factors and Barriers

- Pressure/anxiety about failing
- Lack of prosocial activities (Sports, band, afterschool activities)
- Lack of acceptance or tolerance for people's differences
- Lack of coping skills/resilience in the face of challenges
- Substance abuse
- Adult and teen suicide is becoming normalized
- Access to lethal means
- Lack of resources/funding for public health and social services programs
- Lack of mental health providers trained to work with youth
- Stigma associated with help-seeking
- Fear
- Lack of health insurance

- Social media/cyberbullying
- Lack of connection to a caring adult
- Poor employment/lack of economic opportunities in community
- Generational poverty
- “Western Mentality” of solving your own problems rather than seeking help.
- Mental health issues (depression, anxiety, etc.)
- No time for teens to decompress/self-care
- Lack of mental health providers who accept Medicaid
- Lack of coordination/collaboration between health/service organizations
- Compassion fatigue
- Need for trained gatekeepers – parents/family members/school personnel/youth peers

***“We are putting band aids on huge tears.” – School Staff***

# Protective Factors

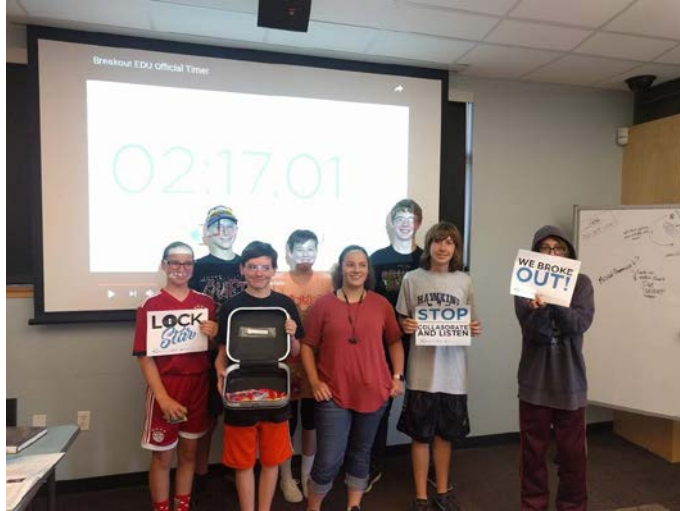
- Community resources/youth suicide prevention efforts
- Increased collaborative efforts of the public health departments
- Access to extracurricular activities
- Access to faith-based organizations/activities
- Access to nature/outdoor activities/resources

***“You are someone’s favorite person, so build relationships  
and connect with kids.” – School Staff***

# Recommendations

- Prioritize relationship building between adults and youth.
- Create a culture of support for youth in crisis/post crisis.
- Implement programs or strategies that build resilience and coping skills.
- Increase access to prosocial activities and supportive environments.
- Leverage current public awareness campaigns to destigmatize getting help for mental health needs, including suicidal ideation.
- Create coalitions of providers and foster relationships between providers and youth serving organizations.

# WHAT IS THE LIBRARY'S ROLE?



## TOUGH TOPICS FOR TEENS

Abuse/Incest .....	362.76
Abusive Relationships .....	362.8
Acne/Skin Care .....	616.53, 646.726
Alcohol .....	362.292, 613.81
Anorexia .....	616.8526
Birth Control .....	613.94
Body Changes/Puberty .....	612.661
Body Image .....	616.852
Bulimia .....	616.85263
Cutting/Self Harm .....	616.8582
Date/Acquaintance Rape .....	364.1532
Depression .....	616.8527, 616.85844
Divorce .....	306.89
Drugs .....	362.29, 616.86
Health/Hygiene .....	613.04243, 613.7043
LGBT .....	306.766
Pregnancy .....	306.8743, 618.86
Relationships/	
Dating .....	305.235, 306.73, 646.77
Self-Esteem .....	305.235
Sex .....	613.951
STDs .....	616.951
Suicide .....	362.28, 616.8527

Every Question Deserves a Search! [ppld.org/contact](http://ppld.org/contact)

Remember librarians are non-judging people who want to help you find the info you need, but we understand if there are some thing you want to keep private. Don't forget there is self-checkout for your convenience.

## SAFE TEEN PHONE NUMBERS

AA-teen and AA .....	719-632-0063
Aspenpointe Non-Crisis Line.....	719-572-6100
Child Abuse.....	719-444-5700
Colorado Crisis Services.....	844-493-TALK
Colorado Helpline.....	800-273-TALK
Depression/Bi-Polar Disorder.....	719-477-1515
Domestic Violence/Assault.....	719-633-3819
Eating Disorders .....	888-994-4036
El Paso Country Dept of Health.....	578-3199
Emergency.....	911
Health Resources.....	211
Inside Out Youth Services.....	719-328-1056
Mental Health Crisis Hotline.....	719-635-7000
National Runaway Switchboard.....	773-880-9860
Poison and Drug Control Crisis Line.....	800-222-1222
RUNAWAY.....	719-630-3223
SAFE2TELL.....	877-542-SAFE
Self Injury.....	800-DONT-CUT
Suicide Prevention Hotline.....	719-596-LIFE
Suicide Prevention Partnership.....	719-573-7447
Trevor Helpline Suicide Prevention (GLBT community).....	866-488-7386
Urban Peak.....	719-630-3223

PIKES PEAK LIBRARY DISTRICT



## Tough Topics



**WHEN THE MIRROR LIES: ANOREXIA, BULIMIA, AND OTHER EATING DISORDERS**  
by Tamra Orr  
Explores the possible causes and potential cures for eating disorders through real-life stories from young people struggling to recover, and includes information on symptoms of and current treatment options.

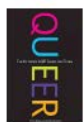


**SEX: A BOOK FOR TEENS: AN UNCENSORED GUIDE TO YOUR BODY, SEX, AND SAFETY**  
by Nikal Hasler  
Discusses all aspects of sexuality and sexual behavior, including sexual orientation, masturbation, birth control, and sexually

transmitted diseases, and answers teenagers' questions on sex in a straightforward and in-depth manner.



**I'M SUICIDAL NOW WHAT?**  
by Judy Monroe Peterson  
Examines suicidal behavior in teenagers; describes suicide risk factors and warning signs, mental health issues, and presents information on intervention, treatment, prevention, and support for survivors.



**QUEER: THE ULTIMATE LGBT GUIDE FOR TEENS**  
by Kathy Belge  
A humorous and honest guide for LGBT teens includes personal stories from the authors and sidebars on queer history as well as advice on coming out to friends and family, navigating the LGBT social life, and rising up against bigotry and homophobia.

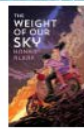


**SO YOU'VE BEEN PUBLICLY SHAMED**  
by Jan Ranson  
Examines the world of modern-day public shaming as a form of social control, describing cases of those whose careers and lives have been ruined by one mistake.

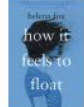
**Pikes Peak Library District**  
P.O. Box 1579  
Colorado Springs, Colorado 80901  
(719) 531-6333  
[ppld.org/teen](http://ppld.org/teen)

## Tough Topics:

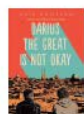
Mental Health in YA Fiction



**THE WEIGHT OF OUR SKY**  
by Hanna Alkaf  
"Amidst the Chinese-Malay conflict in Kuala Lumpur in 1969, sixteen-year-old Melati must overcome prejudice, violence, and her own OCD to find her way back to her mother."



**HOW IT FEELS TO FLOAT**  
by Helena Fox  
A deeply hopeful novel about love, loss and living with intergenerational mental illness follows the experiences of a teen who manages to just get by while hiding her father's deteriorating condition and exploring first romantic encounters, before an unavoidable event threatens to unravel her world.



**DARIUS THE GREAT IS NOT OKAY**  
by Adib Khorram  
Clinically-depressed Darius Kellner, a high school sophomore, travels to Iran to meet his grandparents, but it is their next-door neighbor, Shahrab, who changes his life.



**STARFISH**  
by Akemi Dawn Bowman  
A half-Japanese teen grapples with social anxiety and a narcissistic mother in the wake of a crushing rejection from art school before accepting an invitation to tour other art schools on the West Coast.



**WE ARE OKAY: A NOVEL**  
by Nina LaCour  
"After picking up and leaving everything behind in California, eighteen-year-old Marin, with the help of her former friend, must confront her grief and the truths that caused her to flee her home."

**Pikes Peak Library District**



# Subject Guides

Pikes Peak Library District / LibGuides / Tough Topics / Home

## Tough Topics

This guide offers local services and resources covering a variety of community needs, including suicide, substance abuse, sexual assault, gender identity, as well as many others.

[Home](#)[Suicide](#)[Sexuality & Dating](#)[Mental Health](#)[Addiction & Recovery](#)[Sexual Assault & Abuse](#)[Search the PPLD Catalog](#)[National Safe Place Network](#)[PPLD Teens Homepage](#)

Welcome!



This guide is intended to connect you to resources that we hope will help when you face difficult issues in your life. Remember that librarians are committed helping you find the information you need while protecting your privacy, but we also understand that you might not want to discuss the issue with a staff member. Please [CLICK HERE](#) to view a list of call numbers for many of the subjects discussed in this guide and don't forget that PPLD libraries are equipped with self-checkout stations.

<https://research.ppld.org/toughtopics>



<https://www.namicoloradosprings.org/below-the-surface---colorado-crisis-text-line.html>





## Action Planning

What is one thing you will share with your organization?

What is one thing you will do in next month?



Thank You!

