Welcome YWCP

Dr. Yvette Conyers and Kristina Mossgraber

Friday, April 16, 2021

Social, Emotional and Mental Wellness

Terms:

- Anxiety
- Depression

Revised Children's Anxiety and Depression Scale

https://www.corc.uk.net/media/1225/rcads-childreported_8-18.pdf

DEPRESSION
TIREDNESS
ALCOHOL ABUSE
SADNESS
THOUGHTS OF DEATH
GUILT
SLEEP PROBLEM
NO CONCENTRATION
CHANGES IN APPETITE
ANGER
ISOLATION

Common Physical Symptoms of Social Anxiety
BLUSHING
FEELING OF THE MIND GOING BLANK
MUSCLE TENSION
SWEATING
QUICKENED HEARTBEAT
UPSET STOMACH
TREMBLING
LIGHTHEADEDNESS
SHORTNESS OF BREATH
DIZZINESS
NAUSEA

We Heard You

A. Treating depression
B. Relieving stress and anxiety
C. Connecting the impact of racism on the Mental Health of African Americans? Specifically the treatment of women and/or African American women.
D. Effects of not treating depression/anxiety

Self-Motivation

It can feel challenging or difficult to find the motivation to complete your work assignments and to do Remote Learning.

To ALL scholars especially our SENIORS. Keep Pushing.

Accountability: be responsible for your Learning.

- Create a routine and rituals
- Set SMALL goals and reward yourself after accomplishing the goals
- Use a planner or your Google calendar
- Stay fueled
- Utilize teamwork to hold yourself and others accountable
- Keep the end goal in mind

Resources

https://kidsthrive585.org/teens/mental-behavioral-health/

Rochester Regional Hospital Children and Adolescent Services

Call (585) 922-9900

No Appointments Necessary

Mon, Wed, and Friday 8:30-10:30 am

Ages served: 5 - 18 years

211-LIFELINE

Resources Continued

Mental Health Association Family Support Services

320 N. Goodman St., Rochester, NY 14607

(585) 325-3145

Websites: www.mharochester.org
http://familyorgdirectory.fmhi.usf.edu/viewOrg.cfm?orgID=6

Resources Continued

National Alliance on Mental Illness (NAMI)

320 North Goodman Street, Suite 102

Rochester, NY 14607

585.325.3145

www.namiroc.org

Insta, Twitter and FB - @namirochesterny

Resources continued

Strong Behavioral Health, Child & Adolescent Clinic

Addresses:

300 Crittenden Boulevard, Rochester NY, 14642

315 Science Parkway, Suite 100, Rochester NY, 14620

Phone: (585) 279-7800

Website: http://www.urmc.rochester.edu/psychiatry/clinical/child.aspx