

# Monthly Member Newsletter

May 17, 2019

## May is Mental Health Month!

Mental Health Month in May was started 70 years ago by Mental Health America to raise awareness about mental health conditions and the importance of good mental health for everyone. We've been posted about Mental Health Month on our [Facebook page](#). Everyone is welcome to share this content.

## FAQs about children's mental health

A child's mental health affects nearly every aspect of their overall health. Their physical health and their ability to become successful, contributing members of society depends on the state of mind they bring to every situation.

An estimated 15 million of our nation's young people can currently be diagnosed with a mental health disorder. Many more are at risk of developing a disorder due to genetic and environmental risk factors. However, it is estimated that only about 7 percent of youth who need services receive appropriate help from mental health professionals (Department of Health and Human Services, 2001 — Report of the Surgeon General's Conference on Children's Mental Health: A National Action Agenda).

Get answers [here](#) to common questions parents and caregivers may have, such as: What should I do if I am concerned about mental, behavioral or emotional symptoms in my child?

## Mental health myths and facts

- 1. Myth: Mental health problems don't affect me.*  
Fact: Mental health problems are actually very common.
- 2. Myth: Children don't experience mental health problems.*  
Fact: Even very young children may show early warning signs of mental health concerns.
- 3. Myth: Personality weakness or character flaws cause mental health problems. People with mental health problems can snap out of it if they try hard enough.*  
Fact: Mental health problems have nothing to do with being lazy or weak and many people need help to get better.
- 4. Myth: There is no hope for people with mental health problems. Once a friend or family member develops mental health problems, he or she will never recover.*  
Fact: Studies show that people with mental health problems get better and many recover completely.
- 5. Myth: I can't do anything for a person with a mental health problem.*

Fact: Friends and loved ones can make a big difference and be important influences to help someone get the treatment and services they need.

Learn more about these myths and facts and find more [here](#).

### **Living with a mental health condition: Reasons to tell people about it**

Whether or not you discuss your condition with family, friends or coworkers is a personal decision. You may find it hard to talk about your diagnosis, or you may be concerned about how others will react.

Ideally, the people around you will accept your illness and be encouraging. Bear in mind that they might not know very much about your condition. While they may want to help you, they may not know the best way to help. You can give them a better chance to support you by thinking ahead about how to tell them about your mental illness. Find suggestions on why to tell, when to tell, who to tell and more by visiting the Magellan Health Insights blog post [here](#).

### **Support for others suffering with a mental health condition**

When a friend, family member or coworker has a mental health condition, your support can make a big difference in their recovery process. However, it may be hard to know how to approach the subject.

Learn how to support someone with mental illness through their recovery, while still taking good care of your own mental health.

Click on the “Support for others” tile [here](#) for ways you can help.

### **What is depression in children and teens?**

Depression is a serious mood disorder that can take the joy from a child’s life. It is normal for a child to be moody or sad from time to time. You can expect these feelings after the death of a pet or a move to a new city. But if these feelings last for weeks or months, they may be a sign of depression.

Experts used to think that only adults could get depression. Now we know that even a young child can have depression that needs treatment to improve. As many as 2 out of 100 young children and 8 out of 100 teens have serious depression.

Still, many children don’t get the treatment they need. This is partly because it can be hard to tell the difference between depression and normal moodiness. Also, depression may not look the same in a child as in an adult.

If you are worried about your child, learn more about the symptoms in children. Talk to your child to see how he or she is feeling. If you think your child is depressed, talk to your doctor or a counselor. The sooner a child gets treatment, the sooner he or she will start to feel better.

[Learn more](#) about the symptoms, causes, treatments and more for depression in children and teens.

### **We're accepting youth referrals**

Do you know a young person age 4 to 20 who would benefit from additional support? Would it make a difference if they could be more successful at home, school and in their community?

Wyoming's High Fidelity Wraparound program can help if:

- A free program makes sense for the youth and their family.
- Additional mental health or behavior support is needed.
- Youth who currently are, or could be, Medicaid eligible.
- Youth is at risk for being placed out of their home in hospital or detention.

Youth and their care givers would benefit from having a team of support. Learn more by completing our [Referral Form](#) or visiting our [website](#).

### **Our program is growing**

Magellan's network of providers is growing and we're looking to add even more. We've recently posted numerous job opportunities on [WyomingAtWork.com](#). WyomingAtWork.com is the online job matching system administered by the Wyoming Department of Workforce Services. If you have ever wanted to help youth with complex mental health or behavioral health concerns, you can become a provider by visiting our [Become a Provider](#) page. We are always looking for more experienced and caring people to join forces with us to meet the needs of youth across Wyoming. Do you know anyone who would be great at this? Refer them to work with us.