

The Youth Call Out



This Fotonovela was a collaborative effort between Farmworkers Self Help (FSH) and the University of South Florida Institute for Translational Research Education. The stories found in this fotonovela were based on community-based research conducted with youths of the FSH community in understanding how youths in the community perceive and understand mental health. These stories were made possible due to the contributions of the FSH Community. This Fotonovela is made by the community, for the community.

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This Fotonovela is dedicated to Farmworkers Self Help, The Community Advisory Board, and Margarita Romo.

What is Mental Health?

Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood.

—*Mentalhealth.gov*

What does mental health and wellness mean to you?

Resources

- Alliance for Healthy Communities
<https://empoweredcommunities.org/>
727-315-8658
- BayCare Behavioral Health Community Health Activation Team (CHAT)
727-315-8644
- Dreamers Teatro Crew - Dreamer's Teatro Crew
<https://dreamersteatrocrew.wixsite.com/teatro>
- Farmworkers Self Help Inc.
37240 Lock St, Dade City, FL 33523
- Mariposa Dance Group
37421 Lock St., Dade City, FL 33523
(352) 567-1432

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Child and Family Studies

College of Behavioral and Community Sciences
University of South Florida



Story 1: Everyone Needs Support

Eva is a high school student. She has missed several days of school because she was concerned about her family's immigration status and who might be asking questions. She also has responsibilities to help support her family. She has missed classwork and now has a big test the next day.



FOOD FOR THOUGHT

How would you feel if you were Eva? What could you do?

How would you help a friend who was in a similar situation?

BULLETIN

Ways to Handle Stress

Stress Relieving Strategies

- ✓ *Exercise and eat regularly.*
- ✓ *Get enough sleep and have a good sleep routine.*
- ✓ *Avoid excess caffeine which can increase feelings of anxiety and agitation.*
- ✓ *Avoid illegal drugs, alcohol, and tobacco.*
- ✓ *Learn relaxation exercises (abdominal breathing and muscle relaxation techniques).*
- ✓ *Build a network of friends who help you cope in a positive way.*

More Strategies

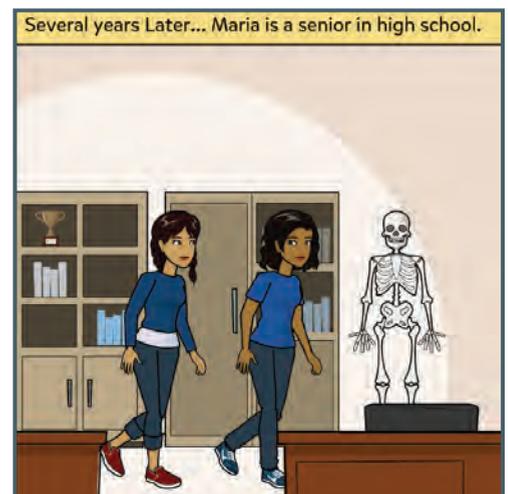
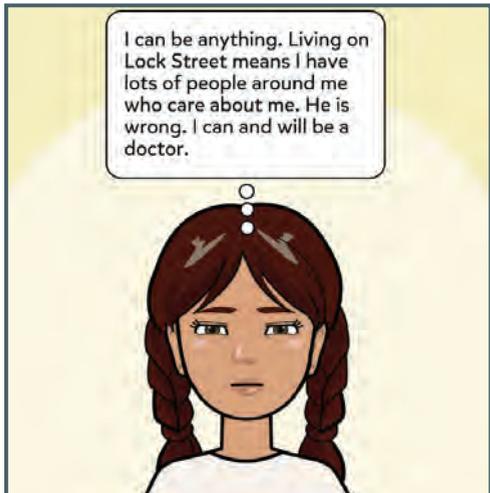
- ✓ *Develop assertiveness training skills.* For example, state feelings in polite, firm, and not overly aggressive or passive ways: (“I feel angry when you yell at me.” “Please stop yelling.”)
- ✓ *Learn to feel good about doing a competent or “good enough” job* rather than demanding perfection from yourself and others.
- ✓ *Take a break from stressful situations.* Activities like listening to music, talking to a friend, drawing, writing, or spending time with a pet can reduce stress.

Source: Stress management for teens from American Academy of Child and Adolescent Psychiatry
https://www.aacap.org/AACAP/Families_and_Youth/Facts_for_Families/FFF-Guide/Helping-Teenagers-With-Stress-066.aspx

Story 2:

Only You Get to Define Yourself

Maria has always wanted to be a doctor. She has been teased about this and doubted since she was young. People made assumptions about her because of where she grew up.



She mentored other girls in the neighborhood and helped with dance group.



Maria has a very busy schedule. She has many college entry exams to study for, college applications to submit, and papers due for school.



The Principal calls the entire school to the auditorium for the senior assembly and awards ceremony.



After school, Maria meets some friends in the library.



Together the girls work on homework and get ready for Eva and Daniella's test and make plans to meet again the next day.



FOOD FOR THOUGHT

What are your goals?
 What steps can get you there?
 Who is there to help and support you?

Who were Maria's mentors? Who do you look to as a mentor?
 How can you be a mentor?
 What is Leadership?

BULLETIN

What is Mentorship?

“Leadership is a process of social influence, which maximizes the efforts of others, towards the achievement of a goal.”
— Kevin Kruse

<https://www.forbes.com/sites/kevinkruse/2013/04/09/what-is-leadership/?sh=2a60da6f5b90>

“Mentoring is to support and encourage people to manage their own learning in order to maximize their potential, develop their skills, improve their performance and become the person they want to be.”

— Eric Parsloe

There are particular words and phrases in this quote that draw our attention:

- ‘Supporting’ and ‘encouraging’ suggest it is non-directive.
- ‘Manage their own learning’ suggests that the responsibility for this lies with the mentee.
- ‘Maximize potential, develop their skills, improve their performance’ identifies the spirit of growth and development.
- ‘The person they want to be’ clarifies that this is about an individual establishing their own goals with help.

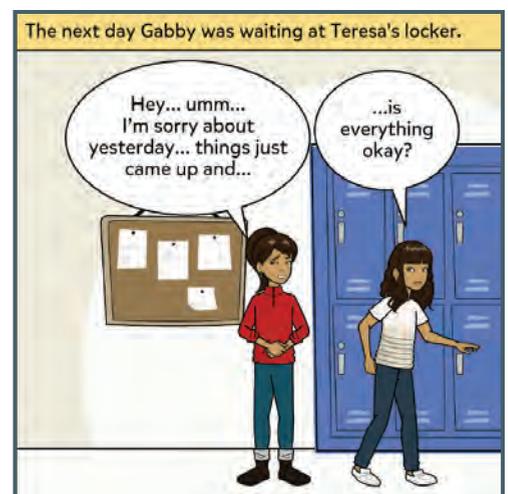
<https://www.reading.ac.uk/engageinmentoring/what-is-mentoring/eim-definitions.aspx>

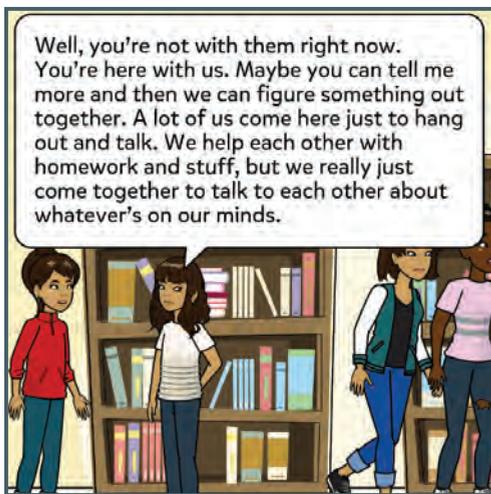
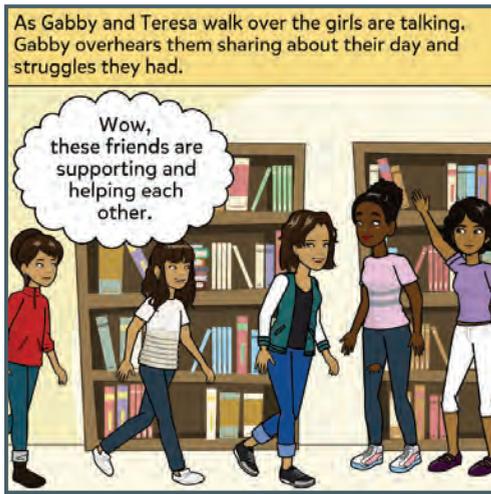


Story 3:

I Got Your Back

This story follows Teresa and her friend Gabby, whom Teresa noticed to be hanging out with a new group of friends that might be pressuring Gabby to get along in ways that are not comfortable for her. Gabby is unsure how to be assertive and make her own decisions around this. Through a reconnection with someone she trusts and access to a broader safe space in her community, Gabby is now able to imagine what her next steps may be in resolving her current dilemma.





FOOD FOR THOUGHT

What would you consider to be safe spaces in your life?

What does this space look and feel like?

Who else is there?

How might we be able to identify and/or create more safe spaces in the community?

BULLETIN

Peer Pressure

Peers and School

Friends and acquaintances who use drugs can sway young people to try drugs for the first time. Academic failure or poor social skills can also put a person at risk for drug use.

Early Use

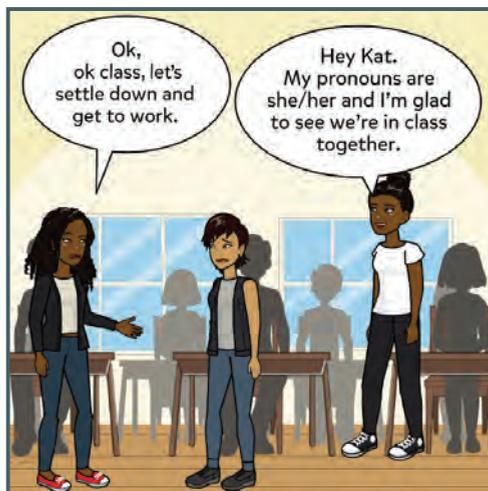
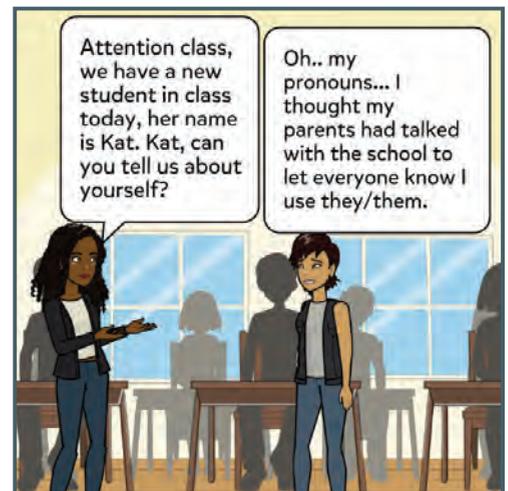
Although taking drugs at any age can lead to addiction, research shows that the earlier a person begins to use drugs, the more likely they are to progress to more serious use. This may reflect the harmful effect that drugs can have on the developing brain. It also may be the result of early biological and social factors, such as genetics, mental illness, unstable family relationships, and exposure to physical or sexual abuse. Still, the fact remains that early drug use is a strong indicator of problems ahead—among them, substance use and addiction.

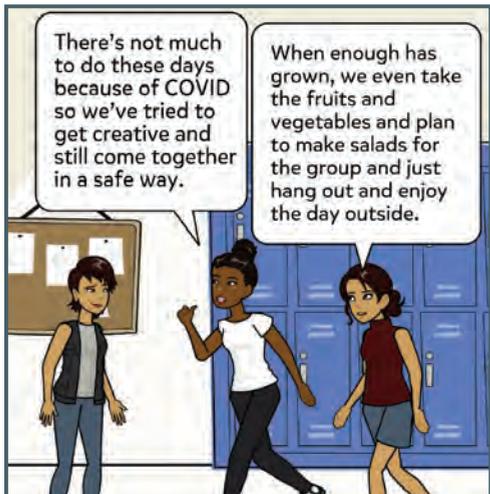
NIDA website

<https://teens.drugabuse.gov/drug-facts/brain-and-addiction>

Story 4: The First Day of School

Kat has just moved into the community. They identify as nonbinary and are an only child. They are excited about a new start, but also nervous about putting themselves out there to meet new people all on their own. This story follows Kat on their first day of school and all of its unpredictability.





FOOD FOR THOUGHT

How do you imagine yourself addressing what occurs in class as:

- Kat?
- Kat's classmates?
- Kat's teacher?

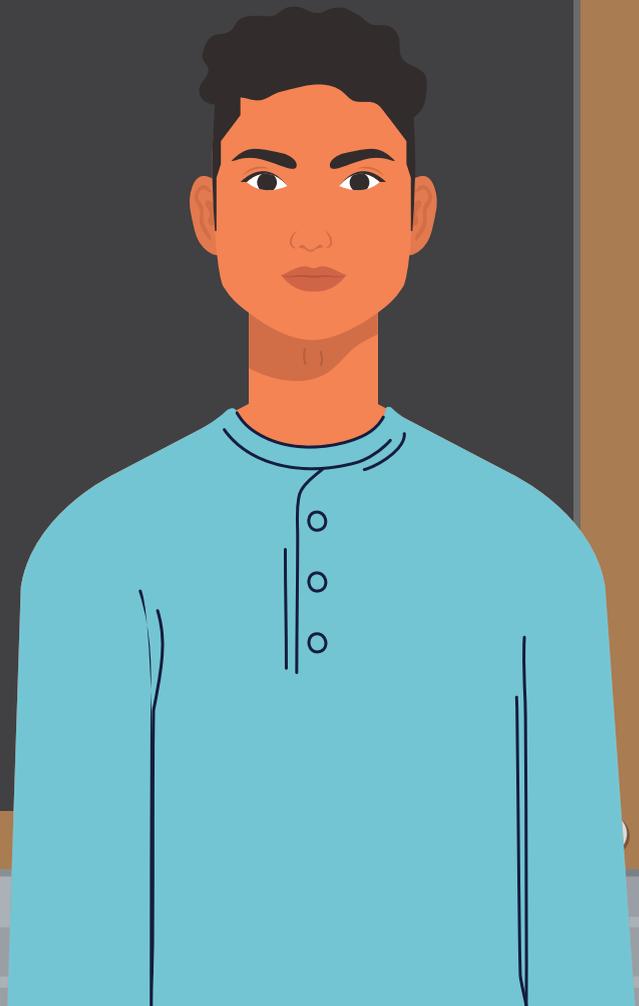
How might the examples/lessons reflected in this story be applied to other kinds of issues around identity (race/ethnicity/sexuality/culture/language/etc.)?

BULLETIN

Acceptance

Dealing with Acceptance:

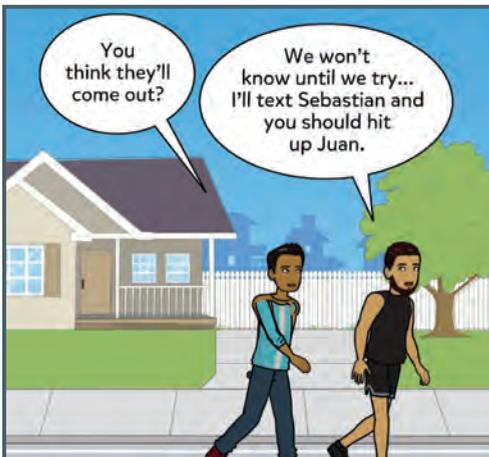
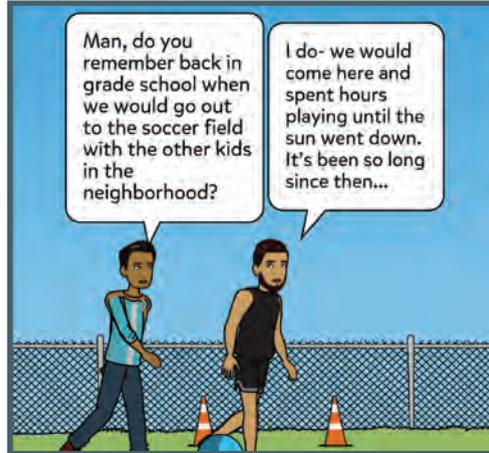
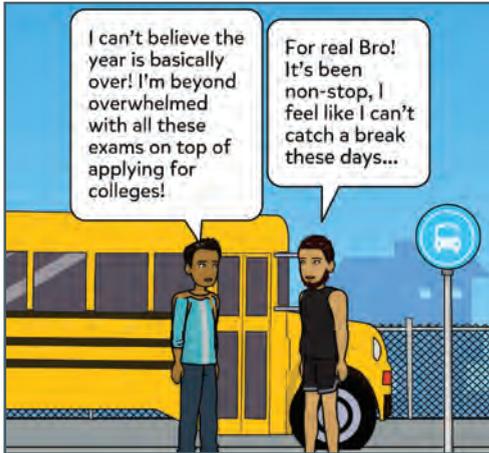
- ✓ Acceptance from at least one adult can decrease the risk of LGBTQ youth attempting suicide by 40%.
– The Trevor Project
- ✓ Transgender and nonbinary youth who reported having pronouns respected by all or most people in their lives attempted suicide at half the rate of those who did not have their pronouns respected.
– The Trevor Project



Story 5:

Staying Active and Connected

Carlos and Daniel are feeling pressure from all of their responsibilities. They decide to get their childhood friends together to take a break from the stresses of teen life.



FOOD FOR THOUGHT

- What can you do to manage stress?
- Is there a place you can go?
- Who would you call?

BULLETIN

Mental Health & Wellness

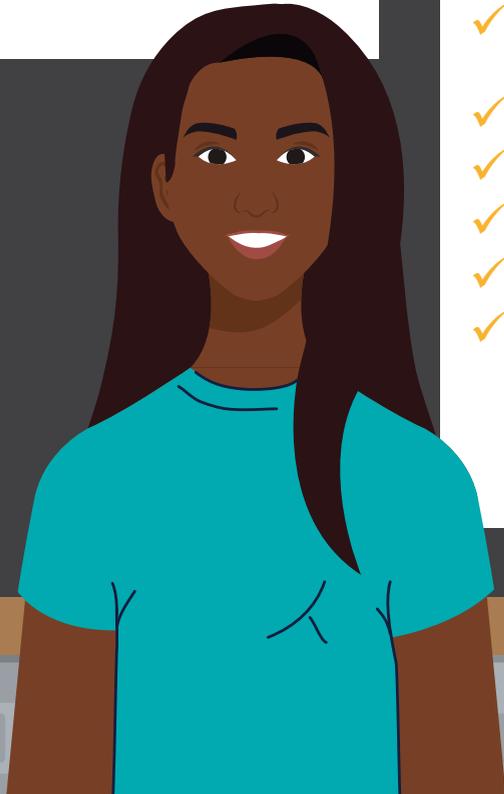
Positive mental health allows people to:

- ✓ Realize their full potential
- ✓ Cope with the stresses of life
- ✓ Work productively
- ✓ Make meaningful contributions to their communities

Ways to maintain positive mental health include:

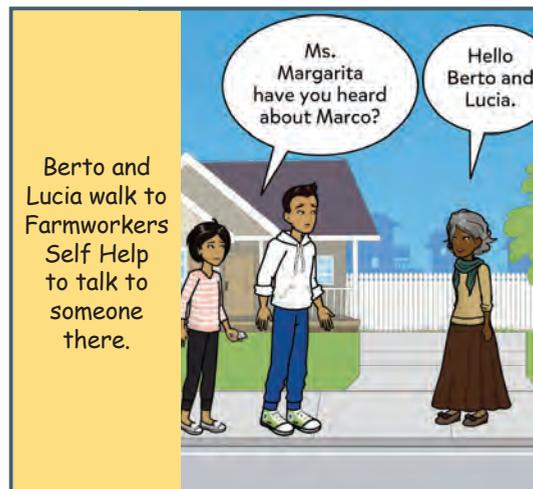
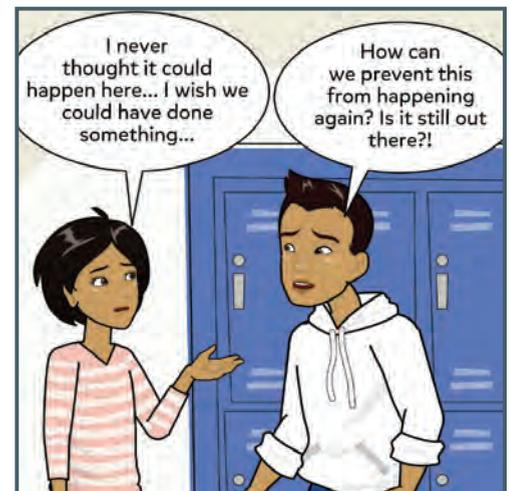
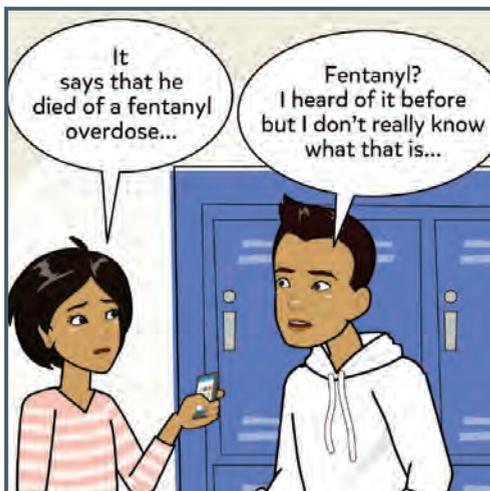
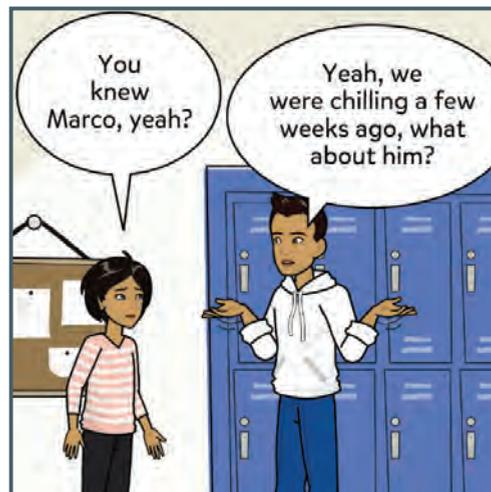
- ✓ Getting professional help if you need it
- ✓ Connecting with others
- ✓ Getting physically active
- ✓ Helping others
- ✓ Getting enough sleep
- ✓ Developing coping skills

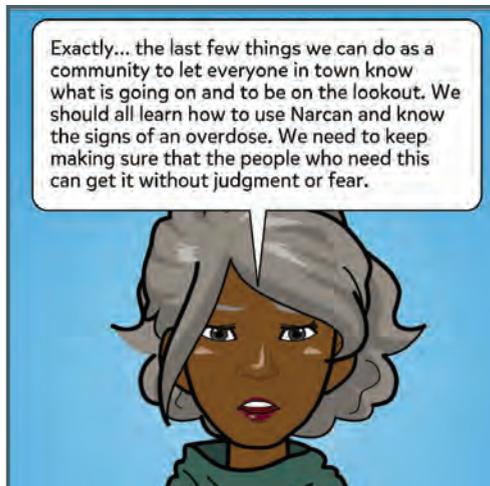
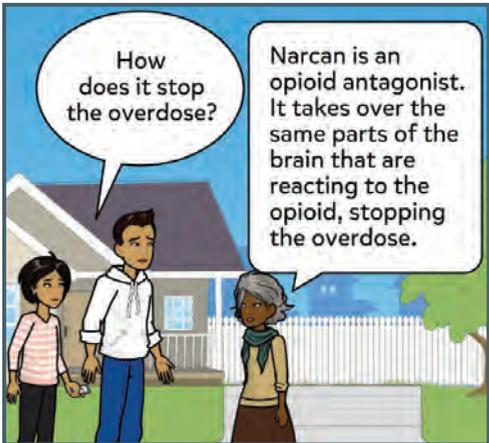
– Mentalhealth.gov



Story 6: The Dangers of Fentanyl

Two friends learn that their friend has died of an overdose. They did not know he used drugs and are shocked. Follow them as they learn how they can help others in their community.





Let's talk about it...

Stigma: The disapproval of, or discrimination against, a person based on perceivable social characteristics that serve to distinguish them from other members of a society.

- What is Stigma in your own words?

STATISTICS

- In 2019, 7.4 million Hispanics 18 or older had a mental illness in the US. (NSDUH, 2019).
- In 2019, 1.8 millions Hispanics with opioid misuses, majority of them are Rx Pain Relievers Misusers, 26,000 misuse Rx Fentanyl. (NSDUH, 2019).
- Hispanic Females experience 2 times higher rates of depression compared to Hispanic Males through the lifespan. (NSDUH, 2019).

WHAT YOU SHOULD KNOW

- Fentanyl in prescription form is known as Actiq®, Duragesic®, and Sublimaze® (NIDA, 2019).
- "Naloxone is a medicine that can be given to a person to reverse a fentanyl overdose. Multiple naloxone doses might be necessary because of fentanyl's potency." (NIDA, 2019).
- Illegal fentanyl is sold in the following forms: as a powder, dropped on blotter paper like small candies, in eye droppers or nasal sprays, or made into pills that look like real prescription opioids. (NIDA, 2019).

**SAMHSA'S NATIONAL HELPLINE:
1-800-662-HELP (4357)**

SIGNS OF AN OVERDOSE

Opioid overdose is life-threatening and requires immediate emergency attention. Recognizing the signs of opioid overdose is essential to saving lives.

Call 911 immediately if a person exhibits ANY of the following symptoms:

- Their face is extremely pale and/or feels clammy to the touch
- Their body goes limp
- Their fingernails or lips have a purple or blue color
- They start vomiting or making gurgling noises
- They cannot be awakened or are unable to speak
- Their breathing or heartbeat slows or stops

Substance Abuse and Mental Health Services Administration

<https://www.samhsa.gov/medication-assisted-treatment/medications-counseling-related-conditions/opioid-overdose>