

WEBVTT

1 "Davis, Clayton" (4110786304)
00:00:00.987 --> 00:00:04.960
Bye.

2 "Donovan, Amanda" (833286144)
00:00:04.960 --> 00:00:09.599
Thank you for calling in to signals 2020 for children and family awareness series.

3 "Donovan, Amanda" (833286144)
00:00:09.599 --> 00:00:13.649
My name is Amanda Donovan and I'm a coaching and support case manager at Cigna.

4 "Donovan, Amanda" (833286144)
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The format of this call, you will not be able to ask questions during the teleconference.

5 "Donovan, Amanda" (833286144)
00:00:17.999 --> 00:00:21.660
The conference will be open up for Q and a, at the completion of the presentation.

6 "Donovan, Amanda" (833286144)
00:00:21.660 --> 00:00:26.700
A handout to today seminar is available online at Cigna dot com forward slash children families.

7 "Donovan, Amanda" (833286144)
00:00:26.700 --> 00:00:34.650
Please note all, not all policies cover today's topic for more specific information. If your policy covers topics discuss in today's seminar.

8 "Donovan, Amanda" (833286144)
00:00:34.650 --> 00:00:40.500
Please contact the number on the back of your insurance ID card. Today. I have the pleasure of introducing Clayton Davis.

9 "Donovan, Amanda" (833286144)
00:00:40.500 --> 00:00:44.490
Davis has been the behavioral health clinician for over 25 years.

10 "Donovan, Amanda" (833286144)
00:00:44.490 --> 00:00:51.510
He joins sickness, behavioral operations in 2011 to provide wellness coaching, behavioral, clinical reviews and case management for members.

11 "Donovan, Amanda" (833286144)
00:00:51.510 --> 00:00:55.650
He turns us into New York, New Jersey market as behavioral clinician.

12 "Donovan, Amanda" (833286144)

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Clinical account manager in 2018 in this role, he translates the latest behavioral health innovations and products into actionable steps that our business partners can use for improving their team's mental health.

13 "Donovan, Amanda" (833286144)

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Prior to Sigma, he was a therapist and clinical director for 16 years with mental health organizations in the Midwest.

14 "Donovan, Amanda" (833286144)

00:01:12.120 --> 00:01:20.340

A short description of the presentation, every generation grows up with experience that are unique to their age group and affects their outlook on life.

15 "Donovan, Amanda" (833286144)

00:01:20.340 --> 00:01:27.510

We'll dive into the experience and then mental health needs on this talk with resources available to them to the prior generations. Did not have.

16 "Donovan, Amanda" (833286144)

00:01:27.510 --> 00:01:32.779

But thank you for being here today and you're welcome to start your presentation.

17 "Davis, Clayton" (4110786304)

00:01:32.779 --> 00:01:51.470

Alright, thank you. And thank you everybody for taking out some time out of your day to kind of look into jz and mental health. And I'm sure that everybody that attending has very personal reasons for attending today's webinar, whether it's, you're the parents of somebody that is within this age.

18 "Davis, Clayton" (4110786304)

00:01:51.470 --> 00:02:11.470

Traffic or you work with this age group, either in the schools, or with young adults, or the other thing is, maybe you're just curious about, you've seen a couple of articles, and you want to kind of learn a little bit more about this age demographic. So 1 thing I want to make clear is that I will not be dog piling on this age group.

19 "Davis, Clayton" (4110786304)

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As you can probably guess that every generation usually likes to have an opinion about the use of that particular time, period, you know, you go all the way back to the 16th. The greatest generation was looking at the people with, like, long hair hippies going. Oh, my gosh, they're going to destroy the world.

20 "Davis, Clayton" (4110786304)

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Then the boomers started looking at the, and they started saying, oh, my gosh, they're going to destroy the world and it just keeps going on. And so, on they start saying, the millennials everybody gets the trophy, that's not the case. Every age demographic has faced very unique challenges that, and environments that they grew up.

21 "Davis, Clayton" (4110786304)

00:02:51.470 --> 00:03:00.630

That's the previous generation did not experience so it makes each kind of it's kind of life experience a little bit unique and different.

22 "Davis, Clayton" (4110786304)

00:03:00.630 --> 00:03:20.630

And I think 1 of the things is now that we're talking about today, I'm not necessarily going to give you, like, an opinion of what's good or bad about each about the I'm going to talk a little bit about what are the current trends these are the things that we've been starting to see because Lindsay is starting to merge into adult.

23 "Davis, Clayton" (4110786304)

00:03:20.630 --> 00:03:35.910

But, you know, this is an age group that, you know, overlaps into people in their mid to early twenties. So we've now been able to start to see what type of an adult is the gen, Z person going to kind of start to emerge into.

24 "Davis, Clayton" (4110786304)

00:03:35.910 --> 00:03:55.910

And I think we want to kind of start setting the stage and what is DMZ so, 1st, off as a time time period reference. Typically, the official definition is anybody born between 19, 97 and 2012. so roughly for those of your parents, this is the middle schoolers.

25 "Davis, Clayton" (4110786304)

00:03:55.910 --> 00:03:59.820

We up to the young adults up into their mid mid twenties.

26 "Davis, Clayton" (4110786304)

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And so that's kind of the timeframe of people that we're dealing with and I think it's also important to know that this is going to be 30% of the workforce within the next 6 years. So this is individuals that in the work environments, you're going to be working with these individuals. If you're the parent of 1 this is.

27 "Davis, Clayton" (4110786304)

00:04:19.820 --> 00:04:30.179

Some of the trends of typically the statistically this is some of the things that your child as they transition to adulthood is going to be facing.

28 "Davis, Clayton" (4110786304)

00:04:30.179 --> 00:04:36.419

So, a couple little other tidbits about this I know earlier I said, how older generations like to kind of.

29 "Davis, Clayton" (4110786304)

00:04:36.419 --> 00:04:45.539

You know, get on top of, and kind of get their opinion about the younger generation. But this generation, a couple of things I do want to point out that are strength is.

30 "Davis, Clayton" (4110786304)

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This group values, learning and career growth much more than any prior generation is what the data has been showing. This age group has been more likely to graduate high school. So their high school graduation rates are higher than what has ever been seen previously. Also.

31 "Davis, Clayton" (4110786304)

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The other thing is, they're enrolling in either college and.

32 "Davis, Clayton" (4110786304)

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Or votech score, so they are really looking at learning whether it's in a traditional academic environment, or in 1 of the trades. And so they're seeing record enrollments in both types of additional career growth, you know, learning opportunities. And I think the other thing is also the demographics of who goes to college.

33 "Davis, Clayton" (4110786304)

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In the past colleges enrollment used to be predominantly males that's actually changed to where college admission for the last 2 years. And enrollments have been predominantly women in roughly about the mid 50 percentile of incoming freshman, being women and the other.

34 "Davis, Clayton" (4110786304)

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Is that young women? Traditionally? Well, of course, the stats have a much higher graduation rates so in 4 or 5 years from now, you're looking at anywhere. It could be anywhere from 60 to 65% of.

35 "Davis, Clayton" (4110786304)

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You know, women coming out of college with a degree, in terms of the white collar positions. So the so the dynamics of the workforce is going to be able to change. And so, like we said, for young individuals that are in middle school and college, they may be looking at things and careers that in the past. They may not have been looking at.

36 "Davis, Clayton" (4110786304)

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Another dynamic you kind of consider is that this age group.

37 "Davis, Clayton" (4110786304)

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This age group also has very increased expectations about what environments and what workforces and what academic areas that they want to be in. They have higher expectations around the diversity and inclusive environments. And this is something I'm going to circle back on a little bit more in a little bit.

38 "Davis, Clayton" (4110786304)

00:06:46.159 --> 00:06:59.369

And so, once again, they have expectation they want where they are involved to kind of reflect some of the dynamics of where they came from of what type of environment they are from. The other thing is.

39 "Davis, Clayton" (4110786304)

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In terms of their ability to tolerate an ability to, to kind of go along with the flow is much less than priority.

40 "Davis, Clayton" (4110786304)

00:07:09.029 --> 00:07:29.029

Part of generation, what will happen is that this is also the group that when they go transition to young adulthood, they're the most likely to quit and leave a position if it is not supportive of inclusive environments and some of the resources for their own mental health services, so I think that's another thing that's actually really kind of.

41 "Davis, Clayton" (4110786304)

00:07:29.029 --> 00:07:50.689

Important to to look at now the experience I mentioned before about how every age group kind of looks at what's going on around but these are the events that have shaped their lives where once again, every age group has different things, the greatest generation they had to deal with World War 2, which had a huge impact on the way they.

42 "Davis, Clayton" (4110786304)

00:07:50.689 --> 00:08:07.859

The boomers, they went through the sixty's in the seventies, so culturally, there's a lot of change going on and you can kind of see on how each each generation has certain events that shaped their outlook and how they mentally, uh, deal with things. So, the experience.

43 "Davis, Clayton" (4110786304)

00:08:07.859 --> 00:08:14.039

If we go back the things that have been going on since, say, 4,001.

44 "Davis, Clayton" (4110786304)

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We've had ongoing military conflict as they were growing up as children. You know, they, some of some of the can remember the 9:11:attacks who has a very small child, which could be very, very scary.

45 "Davis, Clayton" (4110786304)

00:08:26.699 --> 00:08:46.699

An addition to, we've had ongoing military conflicts in the Middle East throughout, for gosh, probably a good 20 years going on with some type of conflict going on there. So, they may have either seen older brothers or siblings or sisters, you know, in list and go through some of the tools. They also had to go through active shooting drills.

46 "Davis, Clayton" (4110786304)

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School where prior generations, the only drill they had to learn was the fire drill, and being someone who grew up in the Midwest tornado drills. I did not grow up with active shooter drill. So, now that it's standard practice for many schools.

47 "Davis, Clayton" (4110786304)

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To have these trains of this is what we happen.

48 "Davis, Clayton" (4110786304)

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And that puts it puts that in the mind that this could happen, there could be a mass shooting in their school. And so as a small child, that's not necessarily, you know, helpful for keeping the anxiety levels down.

49 "Davis, Clayton" (4110786304)

00:09:18.389 --> 00:09:33.149

Another component is financial security they remember 2008 maybe as a small child during the 2008 recession. We had 80% of the United States lost 20% of their assets.

50 "Davis, Clayton" (4110786304)

00:09:33.149 --> 00:09:53.149

And so they can remember with some of the children, remember some of these things that either maybe they had to move or maybe a parent was laid off a lot of financial uncertainty and this carried on again recently because in 2020, you know, when we were going through a lot of financial turmoil is a byproduct of.

51 "Davis, Clayton" (4110786304)

00:09:53.149 --> 00:10:13.849

Half of the gen, Z homes had to pay cut or job loss. So those very young adults that had just entered the workforce right away either was laid off, or had to take another job with significant loss and pain. So coming right out of the gate. So, that's something for, like, said, a young middle schooler or.

52 "Davis, Clayton" (4110786304)

00:10:13.849 --> 00:10:25.619

Lessons seeing this as the child seeing older brothers, seeing older sisters, seeing siblings. A lot of these dynamics are so they're grown up in a certain period of financial uncertainty.

53 "Davis, Clayton" (4110786304)

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And then to top it all off. So this is the 1st generation.

54 "Davis, Clayton" (4110786304)

00:10:30.179 --> 00:10:50.179

That's pretty much from birth, had a flood of social media. We had access to cell phones and Internet to where prior generations did not have that information flow that connectivity to people and social media. That's a new thing. And so that's also another unique thing that is.

55 "Davis, Clayton" (4110786304)

00:10:50.179 --> 00:11:06.719

The whole that could be a whole, another presentation and into itself talking about the social media and the youth today. But today I'm really just going to pinpoint that. Yes, they grew up that's a uniquely different experience having that constant flood of information that.

56 "Davis, Clayton" (4110786304)

00:11:06.719 --> 00:11:10.859

May or may not have affected people's mental mental health.

57 "Davis, Clayton" (4110786304)

00:11:10.859 --> 00:11:19.169

So, let's kind of circle back I want to kind of circle back to the diversity component.

58 "Davis, Clayton" (4110786304)

00:11:19.169 --> 00:11:37.079

Because I think the other aspect about this is I mentioned before that they have different expectations of inclusivity of what they want the work environment and the environment places they are. So you can kind of see the shift. Demographically that's occurred.

59 "Davis, Clayton" (4110786304)

00:11:37.079 --> 00:11:40.499

With just and I just arbitrarily I picked the.

60 "Davis, Clayton" (4110786304)

00:11:40.499 --> 00:11:48.359

You know, an experience versus the gen, X experience. So if you kind of look, what did the classroom look like.

61 "Davis, Clayton" (4110786304)

00:11:48.359 --> 00:11:57.359

In 1987, and what did a classroom look like in 2019 pulling off some of the census that I was able to to pull out.

62 "Davis, Clayton" (4110786304)

00:11:57.359 --> 00:12:03.179

Well, 1st of all, let's just say your average classroom size is somewhere in the mid twenties.

63 "Davis, Clayton" (4110786304)

00:12:03.179 --> 00:12:06.899

If you were somebody that fell into 1 of these minorities.

64 "Davis, Clayton" (4110786304)
00:12:06.899 --> 00:12:10.499
Say, if you're saying, for example, Latin American.

65 "Davis, Clayton" (4110786304)
00:12:10.499 --> 00:12:30.499
There was not a lot of other minorities you were looking at the classroom that if you kind of looked around, there may have been and this is in if it's your classroom is exactly the same. And it's not always the same in all different parts of the country. But there would only be say, 6 other minorities in the classroom with you and then the experiences much different.

66 "Davis, Clayton" (4110786304)
00:12:30.499 --> 00:12:36.299
If you're once again, typically classified as a minority, and you look around the classroom.

67 "Davis, Clayton" (4110786304)
00:12:36.299 --> 00:12:39.689
Pretty much almost close to half of the class.

68 "Davis, Clayton" (4110786304)
00:12:39.689 --> 00:12:59.689
And so you have a different opportunity to a be able to see other phases that look like, you culturally can relate to and have that bonding that component. Or the other aspect is, if you were in the majority, you were exposed to people. That didn't quite look like you and and had different cultural experiences.

69 "Davis, Clayton" (4110786304)
00:12:59.689 --> 00:13:13.649
So, you get as children, the children grow up in that environment, and they get used to a lot more diversity than what people used to see another age demographics growing up. And so that's another reason why they're looking for.

70 "Davis, Clayton" (4110786304)
00:13:13.649 --> 00:13:33.649
You know, they having inclusive environments, because the other component is Malthus, they weren't, they weren't representation as far as the to be reflective of what the where they came from in the schools. And I think that's actually something that many of us and many generations. That's what they're kind of used to. They, they're used to things being more.

71 "Davis, Clayton" (4110786304)
00:13:33.649 --> 00:13:46.469
Reflective of the environment they grew up and so now they're looking at those expectations of the workforce where they move where they, their, their communities. And so that's another component of that.

72 "Davis, Clayton" (4110786304)
00:13:46.469 --> 00:13:49.739
Another thing also, speaking of the diversity.

73 "Davis, Clayton" (4110786304)

00:13:49.739 --> 00:14:09.739

The LGB now 1 of the things is that's actually rapidly changed. So that jenvi, even in high school, and in middle school. And when you start looking at the young adults, they are 5 times more likely to identify as plus than.

74 "Davis, Clayton" (4110786304)

00:14:09.739 --> 00:14:31.009

Duration X, so, now and this is this is some of the things on self identify. There may be some moderators on, you know, maybe closeted individuals back in the 80, but being out in the open 5 times, more open than what we are in the previous generations. And so I think that's the other component where jenvi is a little more.

75 "Davis, Clayton" (4110786304)

00:14:31.009 --> 00:14:51.009

Testing a little more open of a lot of differences, whereas older generations may be accepting of it but as a statistical view, not as open in other demographics and so I think that's something to look at in terms of being a little more comfortable in things and also, being able to process some of these things.

76 "Davis, Clayton" (4110786304)

00:14:51.009 --> 00:15:11.009

And also, the other thing is, if you are a minority now, you're starting to be able to have a a better sense of the cultural background of being able to connect with people. So you do have that shared experience where you're not as lonely experiencing. Some of these things, so I think that's another component. And I'm once again, I'm actually going to circle back to this component also is.

77 "Davis, Clayton" (4110786304)

00:15:11.009 --> 00:15:14.969

Another factor in the mental health components.

78 "Davis, Clayton" (4110786304)

00:15:14.969 --> 00:15:21.329

Now, now, unfortunately, I'm going to dive into some of the things that may not be as good news.

79 "Davis, Clayton" (4110786304)

00:15:21.329 --> 00:15:41.329

So, when we start seeing some of the trends, and once again, now that we've kind of starting to have as young adults seeing. What are some of these adolescents? What statistically, what are some of the dynamics of what they're going to be growing into, into young adulthood as far as trends that we'd be aware of that hopefully we can help guide them through that transition into adulthood.

80 "Davis, Clayton" (4110786304)

00:15:41.329 --> 00:15:46.769

Or actually help understand what are some of the complexities of what they're dealing with.

81 "Davis, Clayton" (4110786304)

00:15:46.769 --> 00:15:53.789

So, your thing that we've done a number of studies throughout the years, and since 2018.

82 "Davis, Clayton" (4110786304)

00:15:53.789 --> 00:16:06.179

It's not been really all positive news for this age demographic when we 1st did 1 back and loneliness. jenvi turned out they have the lowest amount of.

83 "Davis, Clayton" (4110786304)

00:16:06.179 --> 00:16:20.999

Of the connectedness to their communities and to others. So this is the loneliest generation according to what we've been able to research, despite having all these quote, connectivity tools that we have. So it's the loneliest generation.

84 "Davis, Clayton" (4110786304)

00:16:20.999 --> 00:16:38.609

Another thing is the resiliency the ability to bounce back is that the young adults are showing to have the least amount of resilience and confidence that they have some type of emotional challenge that they will be able to overcome this. So this is another disturbing trend with that.

85 "Davis, Clayton" (4110786304)

00:16:38.609 --> 00:16:45.689

And then most recently, last year in 2023, looking in vitality, just the emotional.

86 "Davis, Clayton" (4110786304)

00:16:45.689 --> 00:17:05.689

Just vitality, zip and vigor about engaging in life. They have the lowest average scores for vitality. So, this is actually very disturbing in terms of, you know, what is going on with the mental health, you know, and that's something to to consider. So, once again, very lonely. The lack of connectivity.

87 "Davis, Clayton" (4110786304)

00:17:05.689 --> 00:17:16.049

The ability to have confidence that you'll be able to overcome and bounce back from when life throws you some curve balls and the emotional vitality to be able to engage in some stuff.

88 "Davis, Clayton" (4110786304)

00:17:16.049 --> 00:17:26.309

And then I'm going to also bring up a more recent study that just was released about 3 weeks ago, unrelated to the mental health with today's.

89 "Davis, Clayton" (4110786304)

00:17:26.309 --> 00:17:40.289

Now, now, some more of the issues is, when you start thinking, can you take all this collectively about the financial and certainly the threat of violence the military conflict is globally.

90 "Davis, Clayton" (4110786304)

00:17:40.289 --> 00:17:53.159

And then you throw in some of the other dynamics that the change, a lot of change going on. You start seeing what's happening with the mental health insurance and so 1 of the things to kind of keep in the back of your mind when you're working with some of the youth.

91 "Davis, Clayton" (4110786304)

00:17:53.159 --> 00:18:02.219

Um, these are some of the things that when they reach middle, their mid twenties, this is some of the things that they're gonna most likely statistically experience. So, 1st, off.

92 "Davis, Clayton" (4110786304)

00:18:02.219 --> 00:18:06.569

This age group is 2 times more likely to battle depression.

93 "Davis, Clayton" (4110786304)

00:18:06.569 --> 00:18:19.469

Than any other age group, according to some of the studies that we've been able to look at, um, other the other problem 1 in 3 people, we'll actually know somebody that has been sexually assaulted.

94 "Davis, Clayton" (4110786304)

00:18:19.469 --> 00:18:24.209

So, there's once again that concerns about the safety.

95 "Davis, Clayton" (4110786304)

00:18:24.209 --> 00:18:39.209

1, in 5, we'll actually have known somebody who died by suicide. You're going back into the untreated depression that's been made. Sometimes lead into somebody engaging into suicidal thoughts thoughts. And this is the other thing. There are 3 times.

96 "Davis, Clayton" (4110786304)

00:18:39.209 --> 00:18:44.429

More likely to cite self harm or suicidal thoughts than any other age group.

97 "Davis, Clayton" (4110786304)

00:18:44.429 --> 00:18:59.489

And so I think these are some of the trends that we need to be aware of, because I think that's the other component in that they're having a very hard time managing and coping and developing coping skills for mental health.

98 "Davis, Clayton" (4110786304)

00:18:59.489 --> 00:19:12.599

All right quick trivia question and so, let's just think about this. I don't have a poll up for you, but think about this, which generation.

99 "Davis, Clayton" (4110786304)
00:19:12.599 --> 00:19:16.379
Has the highest rate of reporting they need therapy.

100 "Davis, Clayton" (4110786304)
00:19:16.379 --> 00:19:21.359
But did not actually accesses it within the prior 4 weeks.

101 "Davis, Clayton" (4110786304)
00:19:21.359 --> 00:19:29.459
Think about that for the 2nd, the baby boomers, the jenex millennials or the.

102 "Davis, Clayton" (4110786304)
00:19:29.459 --> 00:19:49.459
Well, probably could figure out because the title of today's talk is gender and mental health. This is the Gen Z age group. So, yes, this is the age group that there was a CDC pulse survey and the fall of 2022 was when ilst checked it and then I went back and check it again.

103 "Davis, Clayton" (4110786304)
00:19:49.459 --> 00:20:09.459
In the spring of 2024, and it's still consistently tracking as once again they're the most likely to come forward and admit that they're struggling with the mental health challenge. And when you didn't look at what age groups are, the most least likely to have connected with some type of help they are.

104 "Davis, Clayton" (4110786304)
00:20:09.459 --> 00:20:12.839
Here and seeing the lowest amount of connecting to services.

105 "Davis, Clayton" (4110786304)
00:20:12.839 --> 00:20:20.879
So that is another really disturbing trend when we start looking at that they're struggling, they're admitting to it.

106 "Davis, Clayton" (4110786304)
00:20:20.879 --> 00:20:24.359
Yet, they're not connecting to it for some reason.

107 "Davis, Clayton" (4110786304)
00:20:24.359 --> 00:20:39.089
You know, and there's a number of things that we can talk about in that because, like, for example, the eversource study that just was put out 3 weeks ago, they found that 28% of young people are experiencing a mental health diagnosis.

108 "Davis, Clayton" (4110786304)
00:20:39.089 --> 00:20:59.089
Or, actually, no, I take that back. It's 28% increase and young people with a mental health diagnosis. So that's a big jump from what we had in

prior years. So it's still on the uprise and then the other components. They found that for young for young children. And adolescents that too.

109 "Davis, Clayton" (4110786304)

00:20:59.089 --> 00:21:07.019

In 5 are not getting the care that they really need for the mental health services. So I think that's 1 of the other components is that.

110 "Davis, Clayton" (4110786304)

00:21:07.019 --> 00:21:27.019

Basically, at this point, we've got a lot of uncertainty around the world. We also have a generation. That is very driven, which I didn't get deep into what drives them. This could be a case. That the reason they're seeking out, you know, training and other stuff is because of the anxiety of the uncertainty of trying to.

111 "Davis, Clayton" (4110786304)

00:21:27.019 --> 00:21:30.449

Marketing themselves and put them in the best situation.

112 "Davis, Clayton" (4110786304)

00:21:30.449 --> 00:21:50.449

So, let's think about it, what is some of these barriers to treatments where it is kind of causing some of the problems for them that they don't connect the treatment and I think that's really important to really talk about when you're looking at that for the either the middle schoolers, or the high schoolers.

113 "Davis, Clayton" (4110786304)

00:21:50.449 --> 00:21:54.839

For the young adults, so there's a couple things about it.

114 "Davis, Clayton" (4110786304)

00:21:54.839 --> 00:22:03.479

And I really kind of put it into 3 main characters, a lack of awareness, uh, lack of understanding how to connect.

115 "Davis, Clayton" (4110786304)

00:22:03.479 --> 00:22:23.479

And then the other problem is treatment delay just a couple of weeks ago. Our team lead cascaded another article related to team self diagnosing so that there's an overflow of individuals, and the schools teachers, and notice that teams are getting on the social media. And they're.

116 "Davis, Clayton" (4110786304)

00:22:23.479 --> 00:22:39.809

To identify that this. Oh, I got, I must have this diagnose. I must have this and so there's self diagnosing and then the other problem is, yes, we live in a world where there is social media and there may be some positive components. But the other problem is.

117 "Davis, Clayton" (4110786304)

00:22:39.809 --> 00:22:59.809

There's a lot of information out there that is not evidence based materials that don't necessarily have a basis into research. And so there may be a lot of misinformation being cascaded to gensci. And unfortunately, there's a high amount of utilizing the Internet to do some of this stuff to and.

118 "Davis, Clayton" (4110786304)

00:22:59.809 --> 00:23:19.809

Into misinformation, so, and this is dangerous in that a, they may be this diagnosing what they think they are, because it's not being done by a professional B. they're going to get some misinformation about the treatment process of what is actual legit treatment for that. What are some legit coping skills?

119 "Davis, Clayton" (4110786304)

00:23:19.809 --> 00:23:23.099

For some of these tools and resources here.

120 "Davis, Clayton" (4110786304)

00:23:23.099 --> 00:23:30.209

So, I mean, that's 1 of the things that's causing a problem. So, the awareness is.

121 "Davis, Clayton" (4110786304)

00:23:30.209 --> 00:23:33.929

It may be misdirected in terms of the awareness.

122 "Davis, Clayton" (4110786304)

00:23:33.929 --> 00:23:53.929

The other thing is cost concerns and I think that's the other components for young adults. And other ones is that they may feel that therapy is going to be a very long time. They may be worried about cost. If you're a young adult or high schooler, their financial resources are very limited. And so you may.

123 "Davis, Clayton" (4110786304)

00:23:53.929 --> 00:24:13.929

Not think that we can afford it or the other thing is, if you're growing up these days, as a child, you probably saw the financial uncertainty. Because I know that adults many times, like, the things that they've been hiding certain aspects in the home to children, and many times, the children do have a sense that something's off. They may not.

124 "Davis, Clayton" (4110786304)

00:24:13.929 --> 00:24:29.759

I always had exact words to describe what's going on, but they are, do pick up on little things here and there to where they may be concerned about. They don't want to be costly. So, I think that's the other concern about looking about the costs.

125 "Davis, Clayton" (4110786304)

00:24:29.759 --> 00:24:45.599

You know, once again, it's a lack of awareness that of what does, how much is there is there therapy out there that's available and I'm going

to circle back to that 1 here in a little bit about next steps of what you can actually do to be helpful for this age demographic.

126 "Davis, Clayton" (4110786304)

00:24:45.599 --> 00:24:49.169

Another thing is the connection.

127 "Davis, Clayton" (4110786304)

00:24:49.169 --> 00:24:54.389

And I think this is the other component about connecting 2 services.

128 "Davis, Clayton" (4110786304)

00:24:54.389 --> 00:25:14.389

To where I think they want a connection, they want to feel comfortable sharing about some of these things and there's a couple 2 other barriers there to this. So, the 1st thing is many times in therapy. We want to feel comfortable in sharing because I think the other component I.

129 "Davis, Clayton" (4110786304)

00:25:14.389 --> 00:25:17.789

Talk about in another, another lecture is that.

130 "Davis, Clayton" (4110786304)

00:25:17.789 --> 00:25:37.789

Therapy is a little different than all kinds of other treatment. There is a personal emotional connection to the person treating us. In many cases. This is going to be actually benefit in the treatment process. So, like, when I go say, for my eye appointment to see to get new glasses, I may not be.

131 "Davis, Clayton" (4110786304)

00:25:37.789 --> 00:25:54.629

He is concerned is are they going to be able to connect to me emotionally whether it's language, whether it's neighborhood whether it's my cultural background. My connection is, can I read a C and 2 from 20 feet away?

132 "Davis, Clayton" (4110786304)

00:25:54.629 --> 00:26:07.499

Whereas when you're talking about things, there's may be subtle nuances that somebody in the same culture may pick up that somebody that may not understand all the other thing is we want to feel comfortable.

133 "Davis, Clayton" (4110786304)

00:26:07.499 --> 00:26:27.499

Whether it's the case of I feel better with either a male therapist or a female therapist, or maybe it's the case of language. That if I'm sharing very deeply personal aspects of what I'm going through. I may need to do this in my 1st language and especially if it's a young adolescence or.

134 "Davis, Clayton" (4110786304)

00:26:27.499 --> 00:26:37.919

You know, this may be easier for them to process in the original language. And 1 of the problems is with the mental health field for a couple of things. Number 1.

135 "Davis, Clayton" (4110786304)

00:26:37.919 --> 00:26:42.089

This is the shortage of mental health clinicians, industry wide.

136 "Davis, Clayton" (4110786304)

00:26:42.089 --> 00:27:02.089

And then, the other thing is, there may not be as much of diversity written in the mental health conditions available in your, in the region you live in. Because typically, for example, the average age of a therapist is usually in their mid forties to the early 50 s, you know, older millennials or.

137 "Davis, Clayton" (4110786304)

00:27:02.089 --> 00:27:09.839

So, where that age demographic just physically has less diversity. Also the other component is.

138 "Davis, Clayton" (4110786304)

00:27:09.839 --> 00:27:29.839

Traditionally, in the mental health field did not have a lot of diversity in it as far as clinicians. So unfortunately, many clinicians may well, look like me. And so they that may be something that they just not feel uncomfortable. They want to speak to somebody. So that's 1, another 1 barrier in there, which I'll, I'll come back to some of.

139 "Davis, Clayton" (4110786304)

00:27:29.839 --> 00:27:37.559

Things you can do for that. So it's important. So lack of diversity in there. And then the other thing is.

140 "Davis, Clayton" (4110786304)

00:27:37.559 --> 00:27:45.179

Trying to find out what really fits for that person. I saw some interesting information where.

141 "Davis, Clayton" (4110786304)

00:27:45.179 --> 00:28:03.809

Maybe Z actually want some connection, even though they're the most skills when it comes to the Internet and social media versus say, and boomers. They also many times I've seen some indications that they see virtual therapy as.

142 "Davis, Clayton" (4110786304)

00:28:03.809 --> 00:28:17.459

And something that's in personal they want to be able to utilize. So, like a deeper connection they want to feel comfortable. So trying to find the right fit. So they may not always understand the component of the aspects of their.

143 "Davis, Clayton" (4110786304)

00:28:17.459 --> 00:28:22.829

Then, another barrier that we look at is the treatment delay.

144 "Davis, Clayton" (4110786304)
00:28:22.829 --> 00:28:26.219
That many times people will wait.

145 "Davis, Clayton" (4110786304)
00:28:26.219 --> 00:28:30.149
They're thinking that it's not quote air quotes bad enough.

146 "Davis, Clayton" (4110786304)
00:28:30.149 --> 00:28:43.229
So, that many people will delay mental health services now and that's even still today because I know the aspect of stigma around mental health is actually gotten a lot better. But now, the problem is.

147 "Davis, Clayton" (4110786304)
00:28:43.229 --> 00:29:03.229
Is it bad enough? I really need to see somebody. So unfortunately, sometimes with mental health people will wait and wait until there's like, some kind of crisis or some kind of event happens. That really triggers something to where it just like with say, medical conditions. It could have been treated so much easier.

148 "Davis, Clayton" (4110786304)
00:29:03.229 --> 00:29:06.629
With early detection and earlier interventions.

149 "Davis, Clayton" (4110786304)
00:29:06.629 --> 00:29:11.729
And I think that's really, really important to start being able to look at that component.

150 "Davis, Clayton" (4110786304)
00:29:11.729 --> 00:29:16.319
Yeah, I think the other thing is frustration.

151 "Davis, Clayton" (4110786304)
00:29:16.319 --> 00:29:36.319
And this is an age group that sometimes when they get frustrated and that's excellent with every age group, when you're in your teams is the frustration kicks in and it's just like, well, nevermind, I'm not going to need to go in there. And I think that's the other component, because with mental health, we feel what we feel now.

152 "Davis, Clayton" (4110786304)
00:29:36.319 --> 00:29:56.319
Now, and many times we want immediate treatment, and that's part of the problem with the treatment delay. So we wait until that comes almost a crisis or close to a crisis. But then you mix that in a perfect storm where there's a lack of mental health providers, there may be a delay of being able to access services.

153 "Davis, Clayton" (4110786304)
00:29:56.319 --> 00:30:16.319

For example, for treatment in some parts of the country, there's a long delay and being able to get into outpatient services. I'm presently in North New Jersey, and last year, the New Jersey chapter of the American counseling association they did a study on looking on. What are the wait times?

154 "Davis, Clayton" (4110786304)

00:30:16.319 --> 00:30:36.319

Actually see a mental health clinician, and for outpatient clinics and North Jersey, it was a 6 wait, 6 week waiting list to get in. And so, at that point, it's very difficult, you know, and at that point many people were, like, you know what? Nevermind, I'll just try to do something. I see off the Internet as far as taking care of this.

155 "Davis, Clayton" (4110786304)

00:30:36.319 --> 00:30:41.729

So, I think that's the other component about that. So, once again.

156 "Davis, Clayton" (4110786304)

00:30:41.729 --> 00:30:53.879

Most likely to identify struggling with mental health. There's been a 2008% increase in mental health diagnosis by actual clinicians.

157 "Davis, Clayton" (4110786304)

00:30:53.879 --> 00:31:10.019

Then you throw in there the least likely to connect to services and so this, once again, it's a, it's a kind of a very big alarm bell on what it is and looking at some of these barriers on what is preventing them from accessing services here.

158 "Davis, Clayton" (4110786304)

00:31:10.019 --> 00:31:13.049

Okay.

159 "Davis, Clayton" (4110786304)

00:31:13.049 --> 00:31:27.119

So actions, so let's look at what, what can you do as either a young adult yourself or someone who works with this age group or as a parent of a adolescent.

160 "Davis, Clayton" (4110786304)

00:31:27.119 --> 00:31:30.659

Child somebody that is from 12 to 2.

161 "Davis, Clayton" (4110786304)

00:31:30.659 --> 00:31:34.739

27, so 1st thing.

162 "Davis, Clayton" (4110786304)

00:31:34.739 --> 00:31:39.149

Become familiar with the range of behavioral resources available.

163 "Davis, Clayton" (4110786304)

00:31:39.149 --> 00:31:59.149

In this day and age 1 of the real great things about the mental health field is there has actually been a lot of innovations in types of services that are available. So, where I remember in the old days, like 20:30:40:years ago, people don't assume the well, you got to go see a psychiatrist in.

164 "Davis, Clayton" (4110786304)

00:31:59.149 --> 00:32:05.249

Be put on medications and have 6 months of individual talk therapy.

165 "Davis, Clayton" (4110786304)

00:32:05.249 --> 00:32:25.249

Well, today that's not the case that yes, we, they still have psychiatrists that maybe sometimes their pharmacology needs to be brought into it. If somebody is clinically depressed or anxious to wear an anti anxiety or anti, depressant would be clinically appropriate as evaluated by the medical.

166 "Davis, Clayton" (4110786304)

00:32:25.249 --> 00:32:45.249

But then there's also other things you have your talk there, be tons of innovation and talk therapy methods. You've got, you've got a lot of mindfulness tools, you got cognitive, behavioral therapy that's been around for a while lots of different interventions and tools there. But we also have wellness programs, certain codes.

167 "Davis, Clayton" (4110786304)

00:32:45.249 --> 00:32:51.989

Programs that's available, you know, that I would like to compare the coaching programs to almost like a personal trainer.

168 "Davis, Clayton" (4110786304)

00:32:51.989 --> 00:33:11.989

Because when you look at say, a personal trainer, they're gonna be helping your physical health, but they're not necessarily they're not a doctor. They're not a nurse. They may not even have a, but they have very specific training and those physical exercises. So, there's a number of wellness programs out there where you can get coaching for mental health conditions of.

169 "Davis, Clayton" (4110786304)

00:33:11.989 --> 00:33:31.989

Somebody who is understanding about stress management tools, whether it's also stuff like anxiety of recognizing, and some of the coping skills that can be taught to you through a wellness coach. So, ask about some of those tools and resources and I can tell you right now, I don't want to make it a signal advertisement, but some of the tools that I am familiar with.

170 "Davis, Clayton" (4110786304)

00:33:31.989 --> 00:33:48.809

And there are other organizations that have some of the same tools. So, look at, do the do you have access to some of those coaches that have

expertise in stress management, or anxiety and stuff? So become familiar with all those different tools and resources? And some of them.

171 "Davis, Clayton" (4110786304)
00:33:48.809 --> 00:33:52.589
Is actually self directed.

172 "Davis, Clayton" (4110786304)
00:33:52.589 --> 00:33:57.059
You know, you got here to this webinar today, accessing.

173 "Davis, Clayton" (4110786304)
00:33:57.059 --> 00:34:17.059
You know, a link on Cigna dot com and on dot com on the very same website there's 2 mental health resources that are available right now that you can you can access to that's open to anybody. That's here. 2 of the 2. I'm thinking of is there. Is a page on there changing lives through integrating mind and body.

174 "Davis, Clayton" (4110786304)
00:34:17.059 --> 00:34:37.059
They they have a number of embedded podcasts in there, you know, anywhere from about 6 to 12 minutes and a clinician will walk you through different types of exercises related to mindfulness whether it's a mind body scan or a little bit of a mindfulness meditation. And it's a number of those tools that you could have access to, that are free.

175 "Davis, Clayton" (4110786304)
00:34:37.059 --> 00:34:51.179
So there is no cost to be able to listen to those and learn a little bit about how to kind of bring it down a little bit. And the other benefit is those podcasts are also done in Spanish. So, the Spanish version of it on the same page.

176 "Davis, Clayton" (4110786304)
00:34:51.179 --> 00:35:11.179
Also embedded in there is a stress management tool kit so that you can either share that with the high school, or the middle schooler, and kind of like direct them. And so there's a little assessment tool in there to see what is their stress levels also? Some materials you can read on yourself about helpful stress management techniques. So, once again.

177 "Davis, Clayton" (4110786304)
00:35:11.179 --> 00:35:22.739
And there are free resources out there once again, I'm showing you some right off the top of my head within how you got here. And I think another thing is.

178 "Davis, Clayton" (4110786304)
00:35:22.739 --> 00:35:36.089
Educate yourself on the latest behavioral tools available to you, you know, once again, learn what your benefits are that you have with, either within your organization, or within your community.

179 "Davis, Clayton" (4110786304)

00:35:36.089 --> 00:35:56.089

You know, for example, some of the things of do, you know, whether or not your company that you work for, has an employee assistance program um, 1 of the things about employee assistance programs is those are available within an organization company will have it. It's available to everybody that's that's under their employee. Um, whether or not.

180 "Davis, Clayton" (4110786304)

00:35:56.089 --> 00:36:09.179

You're enrolled in their, their traditional benefits are not so find out about and 1 of the other things that, in case, you didn't know employee assistance program is at no cost to, you.

181 "Davis, Clayton" (4110786304)

00:36:09.179 --> 00:36:29.179

And here's the other components, most that I can tell you, the signal, the AP has the capability to provide those free counseling sessions with a license combination to the adolescents in the middle scores. Now, you may have to make sure you match up with a clinician that has expertise, but you can actually have that.

182 "Davis, Clayton" (4110786304)

00:36:29.179 --> 00:36:43.199

Availability, so, once again, that's another resource that you may not know about. So, educate yourself on what benefits and tools you actually have access to. There are virtual mental health resources out there.

183 "Davis, Clayton" (4110786304)

00:36:43.199 --> 00:36:52.529

And I think that's the other component is, when you start looking at accessing services, um, virtual mental health has just exploded the last few years.

184 "Davis, Clayton" (4110786304)

00:36:52.529 --> 00:37:12.529

Going back into 2019 very, very small percentage of outpatient counseling was done within a virtual environment. 2019. I can tell you that we were looking at under. 2% of our patient counseling was being conducted virtually. And lately during the that was roughly.

185 "Davis, Clayton" (4110786304)

00:37:12.529 --> 00:37:24.239

About 2 thirds of people, we're getting their mental health services through virtual options because, you know, everybody was under stay at home orders but now that those stay at home orders has been lifted.

186 "Davis, Clayton" (4110786304)

00:37:24.239 --> 00:37:44.239

We're finding that more people are still utilizing a majority of the outpatient counseling services are still being conducted with virtual mental health. So that's another resource that actually makes it more accessible for people. Because remember earlier, I said before about how to connect few services and say.

187 "Davis, Clayton" (4110786304)

00:37:44.239 --> 00:38:04.239

Jersey, you're looking at a 6:6:week, waiting list, most of the virtual for options and for example, I can't speak to other organizations, but within Cigna, our virtual partners are able typically to get you in within 2 business days for the virtual, mental health counseling. So be aware of the tools you have, and actually.

188 "Davis, Clayton" (4110786304)

00:38:04.239 --> 00:38:24.239

Some tools out there are available within your benefits for free, whether it is, there is a hackathon program that kind of help learn a little bit about some of the tools to move the needle for mental health. There's also I prevail. So these are things you can do for yourself. Another thing you can also do.

189 "Davis, Clayton" (4110786304)

00:38:24.239 --> 00:38:37.440

Is have an open and non judgmental attitude about mental health, have a discussion about this. Even if there are no signs that maybe this adolescent is mentally doing just fine.

190 "Davis, Clayton" (4110786304)

00:38:37.440 --> 00:38:57.440

Today, that's the key word today, because you look at the just because they're doing good. Today does not mean that There'll be some other channels 6 months from now. So have a very open and non judgmental discussion around mental health so that they continue to be stigmatize about this so that they will then reach out.

191 "Davis, Clayton" (4110786304)

00:38:57.440 --> 00:39:06.000

Because remember earlier that's that about so many of this population is not accessing services. So when sometimes.

192 "Davis, Clayton" (4110786304)

00:39:06.000 --> 00:39:26.000

We can't help, but we don't know. So model that open and non eligible discussion have to bring it up even if they're like, trying to Peru and you're like, I don't want to talk about that at least, put that information in their head. So that if they had need to talk about later on, they know they can come forward and know that they're not.

193 "Davis, Clayton" (4110786304)

00:39:26.000 --> 00:39:46.880

And I think the other thing is, when you're having those discussions approach it in the same manner as physical health, because we want to continue to normalize and de stigmatized, because more and more if you think about it, mental health is exactly like your physical health there is a wide range of tools just like with physical health. You have physical trainers, you have.

194 "Davis, Clayton" (4110786304)

00:39:46.880 --> 00:40:06.880

Dietitians, you got nurses exercised geologists, you have hospitals, you have doctors, mental health, same thing. You have psychiatrists, you have some places that if they need to be treated where they're observed 24, 7 or all the way down to mental health resources, you can do on your own. So there's a broad range of spectrum.

195 "Davis, Clayton" (4110786304)

00:40:06.880 --> 00:40:26.880

The other thing is, once again, just like, with physical health, there is early warning sites and the earlier you can begin to learn coping skills, the better that somebody has a chance to get a handle on their mental health before it escalates to more higher levels. That can create more and more problems, for example.

196 "Davis, Clayton" (4110786304)

00:40:26.880 --> 00:40:46.880

That untreated anxiety many times can evolve in the depression or into people's self self medicating where then they're starting to access substances, either drugs or alcohol that is available out of the out in the quote streets. So early intervention, connecting some of these tools.

197 "Davis, Clayton" (4110786304)

00:40:46.880 --> 00:40:52.650

Even if it's something simple, like, going through some of the stress management tool kit on Cigna dot com.

198 "Davis, Clayton" (4110786304)

00:40:52.650 --> 00:41:12.650

So, accessing those tools about that, and processing and normalizing these tools and resources here. So early intervention, other than just role model, you know, because I think that's the other component is that children and adolescents, they do.

199 "Davis, Clayton" (4110786304)

00:41:12.650 --> 00:41:32.650

To observe things, you can say 1 thing, but they're going to pick up on. Are you actually role modeling this? Are you really doing some stuff too? Like, maybe it's the case of taking some time and meditating, or whether you're doing some things tostep back and take those breaks when you're working from home. And that's the other component more. And more people are working from home.

200 "Davis, Clayton" (4110786304)

00:41:32.650 --> 00:41:52.650

So the adolescents are seeing what you're doing, during your work day, whether you like it or not. So are you taking those little breaks stepping away for just a couple minutes to recharge and get back to refresh? So, we want to roll out the healthy mental health practices and that's something we do even at work, you know, does our leaders.

201 "Davis, Clayton" (4110786304)

00:41:52.650 --> 00:42:12.650

Role model, those healthy practices, is it less service or not? And I think that's the, as a component with gen. Z is they do not have as much as a tolerance to lip service. And the other component is, if you are actually in the process where you're going to be accessing mental health services.

202 "Davis, Clayton" (4110786304)

00:42:12.650 --> 00:42:32.650

Ask the questions about therapist option for matching more and more organizations like an example talk space, virtual, mental, health providers many of them have large organizations actually will walk you through. And in fact thing. That does this too. And it's not like something. That's super new innovative, but.

203 "Davis, Clayton" (4110786304)

00:42:32.650 --> 00:42:52.650

Do ask a lot of innovative questions to find out what is going to be a good match for therapy, because positive clinical outcomes. There is a correlation with having a good match with the therapist for therapeutic alliance. And these are things you want to ask the questions with the child that you're trying to assist.

204 "Davis, Clayton" (4110786304)

00:42:52.650 --> 00:43:06.570

Because they may not even know the question. They just know that they're having a hard time and the anxieties through the roof, or they're feeling depressed or lonely for whatever it is. Whatever a little bit of slipper information. They've actually shared with you that then.

205 "Davis, Clayton" (4110786304)

00:43:06.570 --> 00:43:12.810

You ask the question to try to help them find out what's going to be an environment and the service that's going to connect with them.

206 "Davis, Clayton" (4110786304)

00:43:12.810 --> 00:43:32.810

You know, things like male or female, you know, is it somebody, is it somebody that a younger therapist or an older therapist? Is it somebody that looks like them that maybe they want to match up from an estimate standpoint? All these different things that you want to look at matching for the things to.

207 "Davis, Clayton" (4110786304)

00:43:32.810 --> 00:43:48.510

Questions so that we can at least have a closer fit for what's going to make them comfortable and relaxed to be able to get comfortable in there because I think that's the other thing is, as a therapist I've been practicing since the mid nineties.

208 "Davis, Clayton" (4110786304)

00:43:48.510 --> 00:44:08.510

A lot of times, there's a little bit of feeling out that 1st, 1 or 2 sections people start to get comfortable with you and also being able to trust and I think that's the other component is we want to be able to

trust to be able to share some things that is very, very embarrassing and can be very emotionally vulnerable, you know think back to when.

209 "Davis, Clayton" (4110786304)

00:44:08.510 --> 00:44:28.290

You know, many of us were in that age demographic even as adults, we still get very sensitive about sharing these things and even back then go back and take away some of your, you know, emotional maturity and strips in that way. And so it's very, very critical to try to find those options. So, once again.

210 "Davis, Clayton" (4110786304)

00:44:28.290 --> 00:44:48.290

There's some, there's some trends with this age group, once together very driven, they're very open. They share what they feel and what they think they also are willing to make sacrifices they're willing to learn. So it's incumbent upon somebody's engaging with ginger Z to embrace that. They want.

211 "Davis, Clayton" (4110786304)

00:44:48.290 --> 00:44:55.950

They want to develop the skills, but also being able to match them to the thing so that they are comfortable doing it.

212 "Davis, Clayton" (4110786304)

00:44:55.950 --> 00:45:13.170

And so, with that said, hopefully, you've learned a little bit here. I want to be able to kind of start throwing this out to the question and answers to see if there's anything out there for areas that you would have questions about, or concerns here. So.

213 "Davis, Clayton" (4110786304)

00:45:13.170 --> 00:45:16.564

So.

214 "Donovan, Amanda" (833286144)

00:45:16.564 --> 00:45:29.246

Yeah, just looking through the Q and a right now. 1 of the questions is if gensci is the loneliest then, does it not figure that they are not used to personal interaction because of their use of social media?

215 "Davis, Clayton" (4110786304)

00:45:29.246 --> 00:45:33.390

What that is a very loaded question.

216 "Davis, Clayton" (4110786304)

00:45:33.390 --> 00:45:53.390

Um, 1 of the things that we found with the loneliness, when you get deep dive in, and this is an older study. So some of the data may is needs to be re, research, but they found the social media. There's actually some, something to do with the amount of social media utilized. And what particular social.

217 "Davis, Clayton" (4110786304)

00:45:53.390 --> 00:46:13.390

The media there's involved, like, for example, some of the loneliness factors, where it's not only the positive is social media where it's connected to say how many likes are involved. There's not necessarily a real interaction. It's just either. I like you. Or I don't like you. So, that component has not been a real positive thing, but there is some aspects to that to look at.

218 "Davis, Clayton" (4110786304)

00:46:13.390 --> 00:46:20.910

Um, but, no, there is some of the components that it is worth looking at whether or not this is the driver.

219 "Davis, Clayton" (4110786304)

00:46:20.910 --> 00:46:26.790

Of the loneliness, or whether they're going to social media because of their lungs.

220 "Davis, Clayton" (4110786304)

00:46:26.790 --> 00:46:34.860

So, like I said, that once again is a very complex question that there's a lot of different research out there for you.

221 "Davis, Clayton" (4110786304)

00:46:34.860 --> 00:46:38.126

Hello.

222 "Donovan, Amanda" (833286144)

00:46:38.126 --> 00:46:57.234

Thank you for that and then the other thing we had was just a question about the download link for the presentation. There was a little issue on our Web site. So, we're going to make sure our team is able to adjust that and put the proper hand out once we post the replay. So, I apologize for that for anyone who was looking for the handouts.

223 "Davis, Clayton" (4110786304)

00:46:57.234 --> 00:47:16.430

Yes, yes, and I'm looking at the chat and I see somebody put a comment in there about the financial and benefit resources of barrier as well. And that's and that's 1 of the thing is, that's why I was also stressing finding out what are some of the resources within your organization if you're working if you're not working what.

224 "Davis, Clayton" (4110786304)

00:47:16.430 --> 00:47:36.430

Some of the community organizational tools and resources, whether it's a case of, is there is there community resources where you have some components in there? You know, like, for example, there is many self health groups that's available to maybe learn a little bit about the tools you're on. 1 today of educating your.

225 "Davis, Clayton" (4110786304)

00:47:36.430 --> 00:47:49.830

Of learning about some of these things. So finding out, what are the 3 or very low cost resources is something that's always really good to know. Take a look at the fine print in there of, of what's available.

226 "Davis, Clayton" (4110786304)

00:47:49.830 --> 00:47:54.090

Because that is the, that is a barrier, especially say.

227 "Davis, Clayton" (4110786304)

00:47:54.090 --> 00:48:14.090

Uh, the high schoolers, they, they're only financial resources is usually their family. If you're a young that's in your twenties. Well, you may not be really relying upon parental financial support and so you're like, I'm trying to save for a car payment or paying off my student loans other things. So.

228 "Davis, Clayton" (4110786304)

00:48:14.090 --> 00:48:34.090

It may be a little bit difficult and I think the other component is sometimes just ask how much is there, if they're going to cost because I think that's the other thing that sometimes people have no idea or how much therapy is costs. It may be more it may be less, you know, I, I sometimes almost compare it to, like, repair bills in a car. All they know.

229 "Davis, Clayton" (4110786304)

00:48:34.090 --> 00:48:51.870

Is my car doesn't run the same way. It smells funny. And I have no idea how much is going to cost, but take the mechanic. It could be something like maybe a simple sensors who shipped and replace that where it's not that expensive. Or is it going to be thousands of dollars and I'm financially.

230 "Davis, Clayton" (4110786304)

00:48:51.870 --> 00:49:11.870

Put it in a big hole and I think that's the other thing is it's kinda scary. Be be open to actually asking and looking and researching and most many times you can actually pull up and look, but those of you are signal members you can actually pull up for the app based providers. There's an option in there to see what is your typical out of pocket.

231 "Davis, Clayton" (4110786304)

00:49:11.870 --> 00:49:18.150

It's going to be to access those services, so just ask just research.

232 "Davis, Clayton" (4110786304)

00:49:18.150 --> 00:49:25.087

All right, any other questions in the, in the, in the panel box that you're seeing.

233 "Donovan, Amanda" (833286144)

00:49:25.087 --> 00:49:28.620

I'm not seeing any at the moment.

234 "Donovan, Amanda" (833286144)

00:49:28.620 --> 00:49:33.521

I don't know if we want to give it another, like, 30 seconds to a minute and see if any pop through.

235 "Davis, Clayton" (4110786304)

00:49:33.521 --> 00:49:37.680

Yeah, yeah, let's let's do that. So.

236 "Davis, Clayton" (4110786304)

00:49:37.680 --> 00:49:40.680

Nope.

237 "Davis, Clayton" (4110786304)

00:49:40.680 --> 00:50:00.680

So, like I said, I just put it back on the jenvi experience on all of the dynamics there. So hopefully you learn a few things and open your eyes up to some of the dynamics of what this generation has gone through. In some ways. It kind of makes some sense. Like, when you look at the experience of a, I'm looking at all this and it just gosh.

238 "Davis, Clayton" (4110786304)

00:50:00.680 --> 00:50:05.670

It almost makes me feel a little anxious just thinking about all this and so collectively.

239 "Davis, Clayton" (4110786304)

00:50:05.670 --> 00:50:13.950

You know, you can kind of see a lot of instability and exposure to many many of these issues going on.

240 "Davis, Clayton" (4110786304)

00:50:23.820 --> 00:50:31.721

Okay.

241 "Donovan, Amanda" (833286144)

00:50:31.721 --> 00:50:40.260

Hey, I'm not seeing any additional questions in the chat quick. Did you have any.

242 "Donovan, Amanda" (833286144)

00:50:40.260 --> 00:50:43.819

Final thoughts or anything you want to leave before I conclude.

243 "Davis, Clayton" (4110786304)

00:50:43.819 --> 00:50:57.810

No, I said, thank you for once again. Thanks to everybody for joining us and looking in there. I hope it was informative on some of the dynamics and looking at what's going on with Jesse. So, once again, if there's 1 thing to take away.

244 "Davis, Clayton" (4110786304)

00:50:57.810 --> 00:51:17.810

Just always remember this is a generation, most likely to admit to and discuss openly about their mental health issues, but unfortunately they're the generation that is less likely to have actually connected to services. And so we really want to be able to be helpful and assistance to lower those barriers to connecting them to mental health services.

245 "Davis, Clayton" (4110786304)

00:51:21.630 --> 00:51:27.040

And that's with that. I'm good for the rest of the day unless there's any last minute questions once again. Thanks for coming.

246 "Donovan, Amanda" (833286144)

00:51:27.040 --> 00:51:43.770

Well, thank you so much, but, and then, thank you so much everyone for attending. I think it's running the vulnerable insights. If you have any specific questions about any of the topics discussed, though, please contact segment by calling the number on the back of your insurance card. Our next webinar will take place on June 21st, 2024 with our center being client names again.

247 "Donovan, Amanda" (833286144)

00:51:43.770 --> 00:51:48.810

We'll be discussing the state of mental health with you, thank you for attending and have a great day. Everyone.