

# CTC YOUTH

MENTAL  
HEALTH  
TOOLKIT



Honoring Yourself  
For Now & For Life

# CTC YOUTH MENTAL HEALTH TOOLKIT

## Honoring Yourself - For Now and For Life

This toolkit was designed by teens, for teens.

It's for YOU to have the tools and tips, right at your fingertips,  
to help you live your best life.

Mental Health is part of our nature - it's as normal  
as our physical health.

We all have our ups and downs. Sometimes it's  
hard to know what's normal and what we need  
to be concerned about.

The Youth Mental Health Toolkit has answers and resources.

We hope you enjoy using it as much as  
we had developing it.

*"Having the resources necessary in order to cultivate a safe mindspace should be a universal experience, and it was with that in mind that we created this toolkit."*

- Arantza Pedraza Espinoza, Student at Park City High School

# COMMUNICATION:

Especially with Parents & Other Trusted Adults



## KEYWORDS:

#hardconversations #healthycommunication  
#nonviolentcommunication

## TRUSTED RESOURCES:

[Nonviolent Communication](#)

Same for: Divorce, family conflict, eating disorders, school pressure, annoying brother or sister.... any of the above...

## SCRIPT

*Mom, Dad, I'd like to have a conversation, this is important to me I'm asking you to be open and listen non judgmentally and stay open minded. This is difficult for me to share and I need to trust that I have your support. What I'm experiencing is XYZ, I need your help with it in this way,*

*Can you do that for me?*



## BOOKS: Search on the [Goodreads APP](#):

- [How to Talk So Teens Will Listen and Listen So Teens Will Talk](#)
- [How To Talk So Children Will Listen and Learn](#)
- [The Anatomy of Peace](#)
- [Leadership and Self Deception](#)

Great books for parents to read too!

# SOCIAL MEDIA:

Wean Yourself Off and Have More Fun



## KEYWORDS:

#thesocialdilemma #lesssocialmedia  
#lessscreenetime

## TRUSTED RESOURCES:

[The Social Dilemma](#) [Film on Netflix](#)

## 5 TIPS CHECKLIST

1. Track your social media time. (usually your phone has a screentime report)
  - For the time you spend on social, spend the same amount of time doing something from your lists of enjoyable and responsible.
  - Make a list of things you enjoy doing.
  - Make a list of tasks you are responsible for.
2. Don't sleep with your phone in your room.
3. Unfollow someone if you don't feel good when you see or interact with them.
4. Social Media Challenge or competition with friends or family.
5. Create "Device Free" zones.



## APPS & INSTAGRAM LINKS

[Moment APP](#)

[Unglue APP](#)

[Screentime APP](#)

# HEALTHY RELATIONSHIPS:

## Self Care and Community Care

### KEYWORDS:

#selfcare #healthyrelationships

### TRUSTED RESOURCES:

[teenspeak.org/](https://teenspeak.org/)

[youngwomenshealth.org/](https://youngwomenshealth.org/)

[youngmenshealthsite.org/general-health-index/](https://youngmenshealthsite.org/general-health-index/)

[kidshealth.org/en/kids/](https://kidshealth.org/en/kids/)



### 5 TIPS CHECKLIST

1. Is my behavior toxic? See this checklist:
  - Taking everything personally.
  - Obsessing about negative thoughts.
  - Treating yourself like a victim.
  - Cruelty – lacking in empathy or putting yourself in others shoes.
  - Excessive reactivity. Needing constant validation from others.
2. Use a **checklist of red flags** to identify unhealthy behavior in others:
3. What makes for a **healthy relationship?**
4. How do I advocating for myself?
5. Remember **The 4 Agreements**.

### APPS & INSTAGRAM LINKS

[@the.holistic.psychologist](https://www.instagram.com/the.holistic.psychologist)



# HEALTHY BOUNDARIES:

## "No." Is A Complete Sentence

### KEYWORDS:

#boundaries  
#healthyrelationships  
#healthycommunication  
#healthyboundaries

### TRUSTED RESOURCES:

[teenspeak.org/about/](https://teenspeak.org/about/)  
[youngmenshealthsite.org/general-health-index/](https://youngmenshealthsite.org/general-health-index/)  
[youngwomenshealth.org/](https://youngwomenshealth.org/)  
[kidshealth.org/en/kids](https://kidshealth.org/en/kids)



### 5 TIPS CHECKLIST

1. Role play saying “no” and “no thank you”.
2. Clarify your values and what you stand for.
  - Think of 3 people you admire and why. What are the values they exhibit? Example: kindness, courage and honesty.
  - Think of 3 people who you don’t like and why. What are the behaviors they exhibit? How do these behaviors show you what you value? Example: "Diana never follows through on our plans, she cancels last minute". Your reaction to Diana’s behavior is illuminating your value of commitment and/or integrity.
  - You can find [a complete list of values here](#).
3. Trust your gut- if it’s a no - it’s a no.

*continued...*



# HEALTHY BOUNDARIES:

## "No." Is A Complete Sentence

### 5 TIPS CHECKLIST ...*continued*

4. Don't be afraid to say no- IT IS OK to say no.



5. Remember - being able to say “no” sometimes is an important part of establishing healthy boundaries. You don't owe anyone an explanation. “I don't want to” is more than enough.



### APPS & INSTAGRAM LINKS:

[@the.holistic.psychologist](https://www.instagram.com/the.holistic.psychologist)

# SELF AWARENESS:

Checking In With Myself: How Am I Doing?



## KEYWORDS:

#selfawareness #selfcare #selflove

## TRUSTED RESOURCES:

[The Artist's Way](#)

[Byron Katie - The Work](#)

## 5 TIPS CHECKLIST

1. DAILY journaling - do I know how I'm feeling?
2. Body scan - from head to toe, notice what I'm feeling - breathe into tight and constricted areas.
3. When I'm triggered, ask myself, "Is this true?" "Am I sure?" "how would I feel without this thought?".
4. Am I honoring my boundaries?
5. Am I asking for what I need and want?

## APPS & INSTAGRAM LINKS

[Mood Meter APP](#)



# SELF-REGULATION:

I've Got This



## KEYWORDS:

#selfcontrol #self-discipline #decompress  
#decompress

## TRUSTED RESOURCES:

[youngmenshealthsite.org/general-health-index/](http://youngmenshealthsite.org/general-health-index/)  
[teenspeak.org/about/](http://teenspeak.org/about/)

## 5 TIPS CHECKLIST

### If I'm worked up and want to storm out...

1. Take 10 deep breaths or get up and go for a walk.
2. Pause before responding: take time to think and feel.
3. Put your barefeet on the ground for 5 minutes.
4. Get your feelings out on paper.
5. Repeat the Serenity Prayer (as a meditation).

*"Spirit, grant me the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference."*

## APPS & INSTAGRAM LINKS

[Calm APP](#)

# EXERCISE:

It's Good For Your Everything

## KEYWORDS:

#exercise #exerciseideas #exerciseathome  
#youthfitness

## TRUSTED RESOURCES:

[youngwomenshealth.org/](http://youngwomenshealth.org/)  
[youngmenshealthsite.org/](http://youngmenshealthsite.org/)  
[girlshealth.gov/](http://girlshealth.gov/)

## 5 TIPS CHECKLIST

1. Go for a walk in nature.
2. Turn on your favorite music and have a dance party.
3. Do something with your friends / Try something different that sounds fun.
4. Strive for exercise 30 minutes a day, 5 days a week.
5. Do you know all of your sports / exercise options at school? Are there groups you could join?

## APPS & INSTAGRAM LINKS

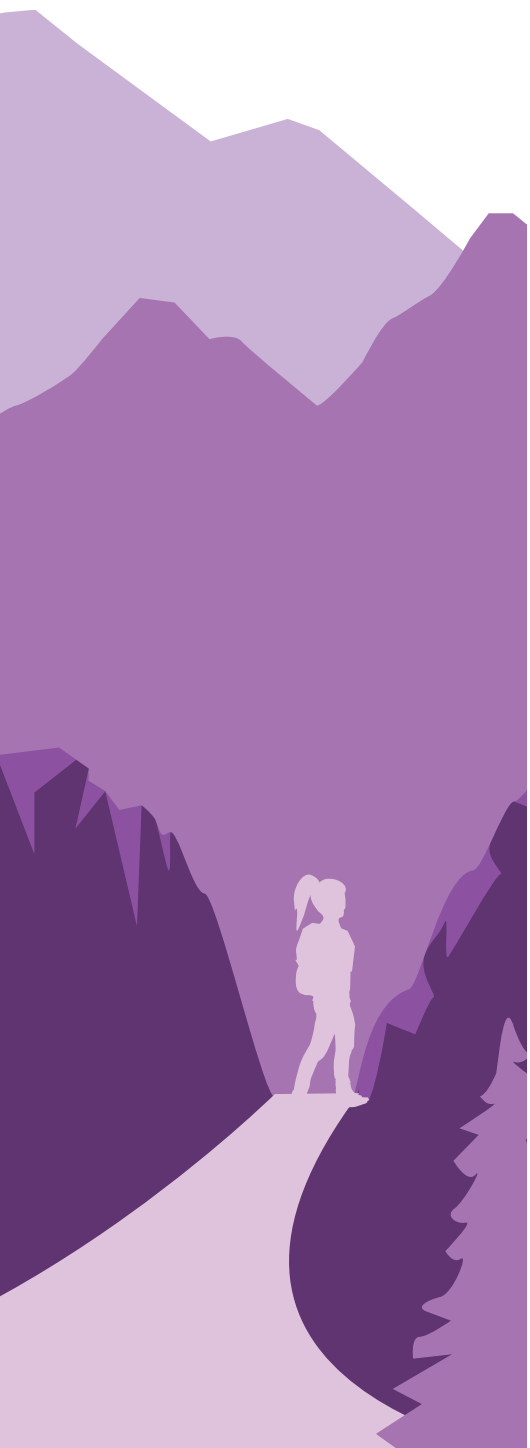
[The 7 minute workout APP](#)

[Nike Training Club App](#)

[Yoga For Beginners APP Daily](#)

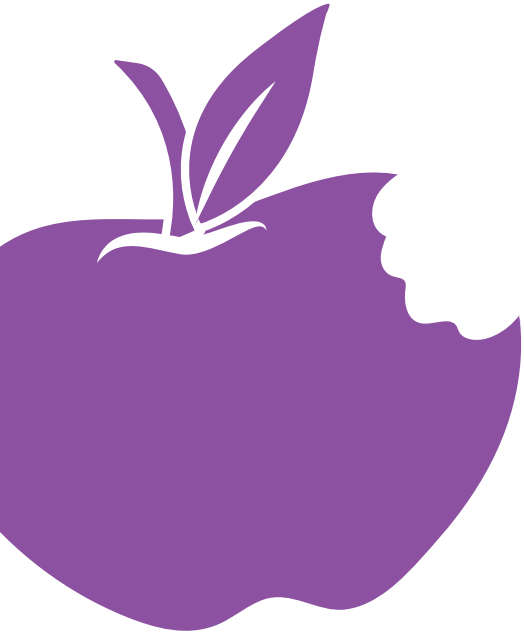
[Workouts Fitness Trainer](#)

[Sugarpop fitness \(Youtube\)](#)



# NUTRITION:

## Food as Medicine



### KEYWORDS:

#nutrition #brainfood, #healthyfoods

### TRUSTED RESOURCES:

[www.nutrition.gov](http://www.nutrition.gov)

[www.eatright.org/for-kids/for-teen](http://www.eatright.org/for-kids/for-teen)

### 5 TIPS CHECKLIST

1. Hydrate. Water is the essence of life! Drink lots of water every day.
2. Limit sugar and processed foods as these agitate the amygdala and the flight or fight response.
3. Eggs, nuts and poultry have serotonin, a mood stabilizing neurotransmitter.
4. If you have a healthy meal ready to eat when you're hungry, you're more likely to stick to it.
5. **Meal Planning:** Shopping and cooking that sets you up for success.

### APPS & INSTAGRAM LINK

[My Plate APP](#)

[@EATSParkCity](#)

[@nutrition](#)



# NUTRITION:

## Food as Medicine, Continued



### **RECIPES: Zero in on These Brain Boosters**

Research suggests that omega-3 fatty acids found in oily fish, nuts, and seeds help reduce the risk of depression and anxiety. Spices like turmeric may also reduce symptoms of depression by reducing brain inflammation. Yogurt, fresh sauerkraut, kefir, and kimchi are fermented foods containing “good bacteria” that add balance to the naturally occurring bacteria in your gut known as the microbiome. The microbiome plays a role in brain development, behavior, and mood. A diet rich in fruits and veggies is associated with higher levels of happiness. And if you need a treat after all that healthy eating, dark chocolate has been found to reduce symptoms of stress.

### **NUTS AND SEEDS: Add Them to Everything**

Walnuts, flaxseeds, chia seeds are also good sources of healthful omega-3 fatty acids if you consume them regularly. Sprinkle chopped nuts and ground seeds on everything from hot or cold breakfast cereals to fruit and vegetable salads to stir-fries. Add them to the blender when making smoothies. Stir them into pancake, waffle, and muffin batters. Soak 1 tablespoon of chia seeds in 3 tablespoons of water until thickened, and use as an egg substitute in baked goods. You can also use ground walnuts and chia seeds alone or combined with bread crumbs as a coating or topping for baked seafood or chicken.

# MEDITATION TECHNIQUES:

## For Calming The Mind And Feeling Ok Inside



### KEYWORDS:

#meditation, #mentalhealth, #mindfulness  
#clearyourmind

### TRUSTED RESOURCES:

[Transcendental Meditation](#)

### 5 TIPS CHECKLIST

1. Spend time in nature.
2. Light a candle and set your intention for your day.
3. Spend 5 minutes, seated quietly, focused on your breath to decrease cortisol and increase well-being.
4. Give and receive 8 second hugs, 8 times a day to release the bonding neurotransmitter called oxytocin.
5. Check out one of the following meditation apps.

### APPS & INSTAGRAM LINKS

[Dharma Seed App](#)

[Aura APP](#)

[Calm APP](#)

[Simple Habit APP](#)

[Insight timer APP](#)

[@transcendentalmeditation](#)

# HELPING OTHERS:

## What Can I Do If I'm Worried About Someone?

### KEYWORDS:

#helpingothers #supportsystem  
#supportingothers

### TRUSTED RESOURCES:

[Connect Summit County  
Mental Health Resource List](#)

### 5 TIPS CHECKLIST:

1. Check in - ask how they are doing. Encourage them to share what they are feeling and experiencing. Listen without judgement.
2. Checklist signs to look for - signs of depression / abuse / suicidal thoughts / drug or alcohol abuse / dangerous behavior.
3. Direct them to the [Mental Health Resource List](#) in English and Spanish to find the help they need.
4. Contact [CONNECT Summit County](#) for Peer to Peer (or other) services if needed.
5. Contact Communities that Care to take a free QPR suicide prevention training and other courses that help us live our best lives.

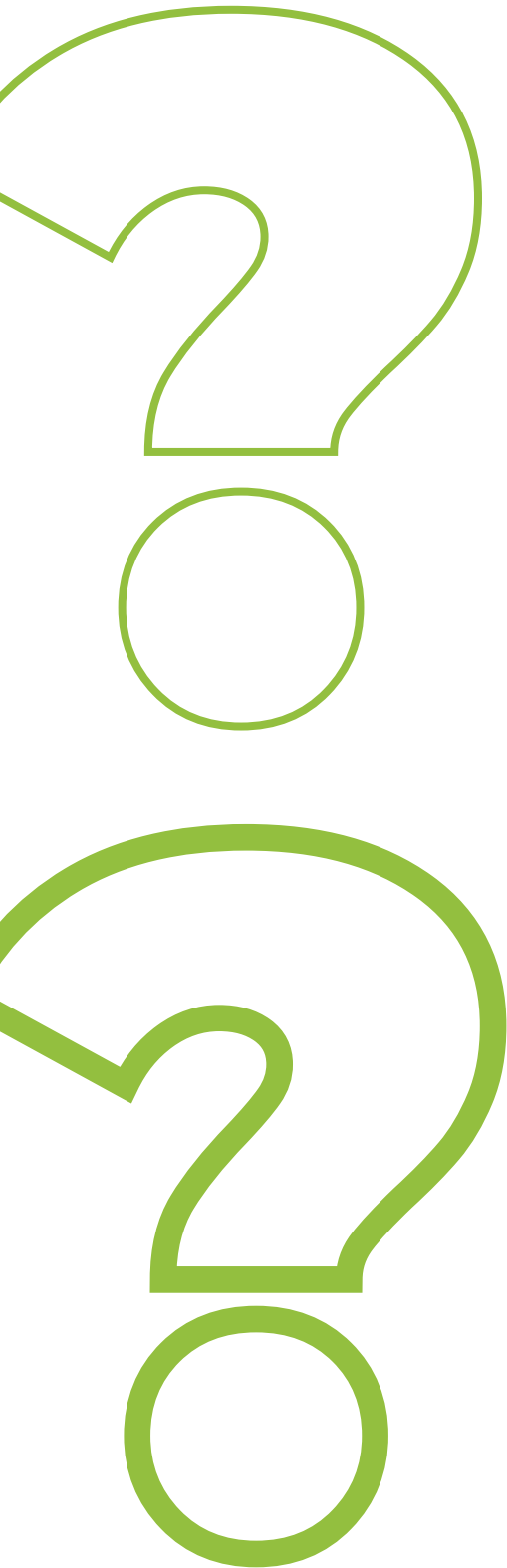
### APPS & INSTAGRAM LINKS

[SAFE UT app](#)



# WHERE TO GET HELP:

## Local Community Resources for Youth



**When you are not sure you can trust the adults around you - even your school counselor, who else can I reach out to?**

### **5 TIPS TO FINDING A TRUSTWORTHY ADULT**

**A trusted adult is one who...**

1. ...is non-judgmental.
2. ...doesn't give you the answer - they help you find the answer for yourself.
3. ...doesn't ask you to keep secrets, break boundaries or participate in any activity that is immoral or illegal.
4. ...models healthy behavior and values in their life.
5. ...you feel safe and comfortable with in their company.

# WHERE TO GET HELP:

## Self Advocacy



### FINDING YOUR TRUSTED THERAPIST - THE INTERVIEW PROCESS

Empowering you to advocate for yourself when finding a counselor.

1. Ask your friends and trusted adults for recommendations.
2. Explain to me how you will protect my privacy? What can be kept confidential and what you are required to report to my parents, school admin, or law enforcement or \_\_\_\_\_?
3. If your therapist is trying to solve your problems or give you answers, find another therapist.
4. If your gut tells you it's not a good fit - then it's not a good fit. They can be a good trustworthy therapist but you just don't jibe.
5. Find out about insurance, payment and costs. Are there scholarship or sliding fee options? (my parents don't have a lot of money but I really need this).
6. Ask them why they got into therapy



# RESOURCES:

## Local Community Resources for Youth

### GENERAL

- [SAFE UT app](#) to call or text a therapist
- [Connect Summit County](#)
- School Counselors

### REPRODUCTIVE HEALTH

- [Planned Parenthood](#)
- [People's Health Clinic](#)
- [Summit County Health](#)

### DATING OR DOMESTIC VIOLENCE

- [Peace House](#)

### LGBTQ+

- [Trevor Project](#)
- [Utah Pride Center](#)
- [Encircle](#)

# RESOURCES:

## Local Community Resources for Youth

### SUICIDE PREVENTION

**SAFE UT** – download the app

**QPR – Question, Persuade, Refer trainings**  
available for **free** in Summit County.

Counseling is available to all youth in Summit County Utah through the **University of Utah network**.

Contact your school counseling office to set up an appointment.

North Summit School District (435) 336-5654

South Summit School District (435)-783-4301

Park City School District (435) 645-5600

### I'M NOT SURE WHERE TO FIND A COUNSELOR.

Contact **CONNECT Summit County's Peer Navigator**

Email: [Resources@CONNECTSummitCounty.org](mailto:Resources@CONNECTSummitCounty.org)

# PEER TO PEER CONNECTIONS

## Youth Leadership: Advocate For Yourself And What You Believe In

- Join or start a mental health club at your School, such as Hope Squad
- If interested in leadership opportunities, reach out to CTC to join our youth coalition.

### CREDITS

Sunrise Rotary Sponsorship

#### **YOUTH FOCUS GROUP:**

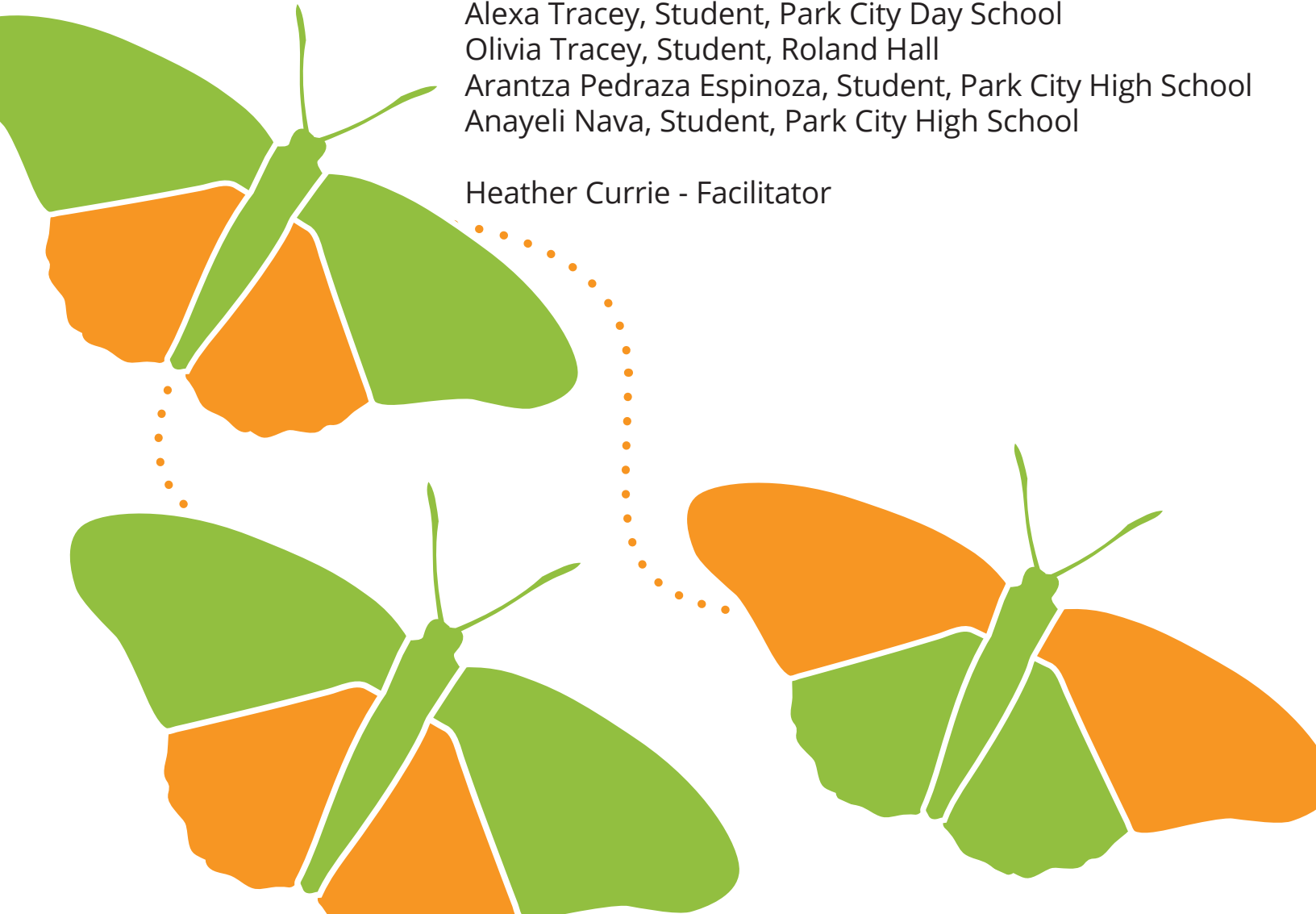
Alexa Tracey, Student, Park City Day School

Olivia Tracey, Student, Roland Hall

Arantza Pedraza Espinoza, Student, Park City High School

Anayeli Nava, Student, Park City High School

Heather Currie - Facilitator





## Thoughts from Arantza

We've all heard of how important it is to take care of our mental and emotional health, but doing so when life is so hectic and draining can seem like a monumental task at times. Other times, we just don't have access to the means we need, or don't know how to implement the information we do have. That is why this toolkit was created, for teens and by teens. Since the mind is like a garden, having the instruments necessary to tend to it empowers us to take care of all aspects of our health. Having the resources necessary in order to cultivate a safe mindspace should be a universal experience, and it was with that in mind that we created this toolkit. No matter how difficult life can get sometimes, remember that your mind is a powerful yet delicate thing you always ought to take care of... but you do not have to do it alone! We hope that this toolkit is helpful to you. Always remember that you are cherished, appreciated and loved.

Kind regards,

- Arantza Pedraza Espinoza,  
Student at Park City High School