

- Ketamine Treating Mental Health*
- It's Been A Year*
- Coping with Mental Health Challenges*
- Tips for First-Time Therapy Go-ers*
- Social Media Lawsuits*

A Monthly Insight into Mental Health Trends

Mental Health **newsletter**

Other names for Ketamine

- **Special K**
- **Cat-Valium**
- **Kitty-Kat/Kit-Kat**
- **Super C**
- **Jet**
- **Super Acid**
- **Green, K**
- **Wonk**
- **Donkey Dust**
- **Calvin-Klein (mix of cocaine and ketamine)**
- **Kitty-Flipping (mix of ketamine and MDMA)**

Effects of Ketamine

- **Short-term**
 - Fever, jitters/trembling, sickness and vomiting, sweating and dehydration, core temperature rising leading to seizures, confusion, hallucinations, increase in blood pressure, muscle spasms, dissociation, difficulty breathing, incontinence
- **Long-term**
 - Brain changes leading to developmental issues, bladder capacity/emptying, agitation, panic attacks, memory gaps, depression, liver damage, psychosis

Ketamine and Mental Health

Educate yourself before you use!

Ketamine clinics are popping up all over the US as it is now an approved drug in treating depression and other mental health disorders. What is ketamine? What are the short- and long-term effects of ketamine? How are people using it in appropriate and dangerous ways to treat their mental health?

“Ketamine is a dissociative drug with the ability to distort sensory perception and impart a feeling of detachment from oneself

and the environment.” It shares many chemical similarities to phencyclidine (PCP). It is often used as an anesthetic in medical and veterinary procedures, but continues to be illegal to use recreationally. In 2019, the FDA approved esketamine, or Spravato, to treat depression in

cases where all other treatment methods have failed. It is an inhaled version that must be administered in a doctor’s office. A danger to using this approach currently however, is that doctors can prescribe off-label Ketamine products and the clinics performing Ketamine-assisted psychotherapies are not federally regulated. These therapies also have a limited amount of longitudinal studies backing the findings. Ketamine is being used

by people of all ages all over the world, but 75% of all users are between the ages of 12-25. In the US, 1.5% of 12th grade students

reported using ketamine on a regular basis. This is extremely dangerous, as Ketamine is a highly psychologically addictive drug. Teens also tend to feel low in mood or even more depressed for several days following infrequent use. With longer-term use, withdrawal can cause

physical and psychological effects that may last from several days to months. Although the Alcohol and Drug Foundation found that the risk of dying from Ketamine alone is low, there is still a toxic level of this drug and when combined with other substances, it can result in death. Even though there have been shown to be benefits of using Ketamine, one should be an adult and be under strict supervision of a physician before, during, and after use.

“It’s very hard to predict who is going to respond and how long it’s going to last.”
 - Dr. Virk, treating patients with Ketamine since 2018

Coping with Mental Health Challenges

Listed in this corner of the newsletter are multiple coping skills and techniques to use to try to improve your mood and help you cope with difficult situations.

Remember This

- It's OK if 2022 wasn't your year.
- You can say no to plans without feeling guilty
- It's not selfish to make sure your needs are being met

Think on This

- What are some ways that you can be kinder to yourself?
- Do you feel the need to people please? If so, how can you make an active effort to do it less often?
- Who had the most positive impact on your life?
- What is a positive change that you see in yourself or you made for yourself last year? How can you keep moving in that direction this year?

TYPES OF COPING SKILLS

EMOTIONAL AWARENESS

Tools for identifying and expressing your feelings.
Ex: Journaling

DISTRACTION

Tools for taking your mind off the problem.
Ex: Reading, puzzles, exercising, crafts

GROUNDING

Tools for centering yourself and staying present.
Ex: Meditation, yoga, 5 senses check-in

SELF-SOOTHING

Tools for comforting yourself through your 5 senses.
Ex: Music, bubble bath, stress ball, candles

COGNITIVE CHALLENGE

Tools for pushing back against negative thoughts.
Ex: "What are the facts?"

CRISIS PLANNING

Tools for staying safe when coping skills aren't enough.
Ex: Crisis line, safety plan, therapist, 911

@POSITIVELYTHERAPY

Try This

- What is one goal you can realistically achieve this week (go to bed 10 minutes earlier, read a chapter in a book that you like and have been wanting to read, going to that yoga class or to the gym one day, etc.)?
- Write down the steps you can take to help you achieve this goal.

Shifting Gears!

This week in sessions, I am noticing my clients and students expressing that they feel a lot of pressure put on them in the new year. To have experienced trauma, loss, or less positive moments/progress than they were initially hoping for can be very discouraging and send someone into the new year with a sour taste in their mouth. They may be less likely to create goals for this coming year or have less confidence in their abilities to achieve tasks. I played this song for a student this week and the quote (right) was one that stuck out to her.

Just because a year was not 365 days of pure bliss and positivity, does not mean that it was not a good year overall. Sometimes the positive moments are also disguised as negative or appear when you are facing an obstacle - you ended an unhealthy relationship and advocated for yourself more. Advocating for yourself was maybe a big goal and something positive to do, but it seemed at first glance to be overshadowed by the grief of losing that relationship. Coming into this year, try shifting your focus from "this moment is negative" to "what did I learn from this obstacle or challenge?"



new year advice >>>

It's Been A Year

"And I ain't sayin' it ain't been a good one. It's been a did a lot more than I thought I could one. It's been 365 of record lows and record highs. Loving and losing, fun and confusing, praying and shifting gears."



Essential Tips for First-Time Therapy Go-ers

Starting therapy can be scary and I often hear comments like “this is new to me, I don’t know what I’m supposed to talk about” or “what are we supposed to do here?” Here are some tips to prepare you for your first therapy session!

Going to therapy for the first time or starting with a new therapist can be a nerve-racking experience. You don’t know what to say and it sometimes feels like all of your social skills went right out the window! Following some of the tips (right) will not necessarily get rid of the nerves, but they can help you feel a bit more calm and in control coming into your session.

1. Setting goals is important in helping you to remember what brought you in therapy and to remain introspective.
2. Therapy is not a magic cure-all...it takes time and hard work. Don’t expect to leave your first session cured from all problems.
3. It is not easy to seek therapy and the stigma around mental health often deters people from seeking help. Praise yourself for taking this step in helping yourself!
4. Schedule your therapy sessions for a time when you have off of work/school or do not have a lot of commitments. You may feel energized after the session, or you may need time to reflect on your feelings.

5. Take time to relax and ease your nerves before going to session, as high stress can be counter-productive.
6. You want to feel as comfortable as possible in the therapy session to allow you to let your walls down, so do not treat this like a black-tie event or work.
7. There are no wrong questions to ask, and asking any questions you have tends to help you to feel more at ease.
8. The therapist is not there to judge you and what you say there is confidential.
9. You are allowed to feel scared, excited, or overwhelmed. Try not to judge these feelings and maybe even start the session with discussing how you are feeling in the moment.
10. Take a walk, journal, draw, etc. to reflect on how you are feeling and what you thought of the therapist.
11. Examine feelings if something does not feel right.
12. One session will not solve all of the problems you have. It can take several sessions to find resolution to one problem.
13. One therapist is not a perfect fit for all people. Find one that works for you!

Q: *Should I move to Disney to improve my mental health?*

A: *Live somewhere that has events, experiences, opportunities, and hobbies that interest you!*

Casey Clark moved 10 minutes from Disney after having struggled with anxiety and depression for years. She consulted with her therapist, family and friends before making this move (which is reversible if it doesn’t work out), and decided to make the leap to the “happiest place on earth.” What helped Casey was not just living in a place that is all pixie dust and Mickey Mouse (because she does still struggle with her anxiety and depression from time to time), but rather that she is surrounded by activities which interest her and push her to socialize, as well as get outdoors (which she needs to help her get out of her anxiety and depressive episodes). What can we learn from Casey? Try to live somewhere that offers you opportunities to engage in your hobbies and get outside!

13 Tips for Starting Therapy

There is no one right way to start or do therapy! This process is different for everyone. These tips are meant to help you feel more comfortable as you take your first steps into helping yourself!

1. Set goals
2. Have realistic expectations
3. Give yourself credit
4. Schedule your first session at a convenient time
5. Reserve time for yourself before the session
6. Dress for comfort
7. Don’t be afraid to ask questions
8. Be open and honest
9. Go easy on yourself
10. Reflect on your session
11. Go with your gut
12. Remember that change takes time
13. Remember it’s okay to not like the therapist

Social media lawsuits...

A Seattle school district is suing multiple social media companies due to the impact they have been seeing social media have on youth mental health. "Defendants' growth is a product of choices they made to design and operate their platforms in ways that exploit the psychology and neurophysiology of their users into spending more and more time on their platforms. These techniques are particularly effective and harmful to the youth audience," the 91-page suit said.

This lawsuit, filed on Friday, is accusing the social media companies behind Facebook, YouTube, Snapchat, Instagram, and TikTok of "successfully exploited the vulnerable brains of youth, hooking tens of millions of students across the country into positive feedback loops of excessive use and abuse of defendants' social media platforms...citing harmful content including extreme diet plans and encouragements of self-harm." They are also attributing the rise in anxiety, depression, thoughts of self-harm and suicidal ideation to the misconduct of these companies. The issue is not centered around regulating what people are posting, but rather points blame at the algorithm that promotes harmful content on the pages of youth (e.g., substance use, self-harm, extreme diet plans, etc.). Some of these social media companies have been working with mental health organization to provide in-app tools and resources for users, but this is not addressing the algorithm that is behind the ads and content promoted on users' devices.

So how can you as a parent or guardian help your child's mental health and social media usage?

- Understand the apps they are using
- Show interest in their online presence and ask questions
- Use parental controls when available
 - Enforce time limits and monitor the apps/websites being visited
- Follow their accounts and monitor the use of fake accounts
- Have open conversations about the people they meet online
- Talk about safety in relationships online and in-person, as well as appropriate communication
 - If they want to meet an online friend in-person, it should be in public and with an adult present
- Talk about what is safe and what is unsafe to post online

Common Causes of Eye Twitching

- Stress/anxiety
- Lack of sleep
- Lack of exercise
- Lack of water intake
- Too much caffeine/alcohol
- Eye strain from technology/light
- Allergies

Ways to Stop the Eye Twitching

- Drink more water
- Get enough sleep
- Cut back on caffeine and alcohol
- Exercise more
- Apply warm compress and gently massage eyelids
- Alleviate stress
- Take breaks from screens/computers/phones

coming soon >>>

In The Next Issue

Human Trafficking Awareness

No Name Calling Week

National Mentoring Month

National Fun At Work Day

7 TIPS FOR A CLEAN DESK



National Clean Off Your Desk Day


betterhelp

Do you also have the dreaded eye twitch?!

