

Resources, Notes, and Links from Kevin Hines Presents: The Art of Wellness for Youth & Adolescents

March 25, 2021

Maryland Crisis Line – 24/7 support- Dial **211** then press **1** for information, referrals, and crisis intervention

<https://211md.org>

National Crisis Text Line-Text “HOME” to 741741”

<https://www.crisistextline.org>

National Suicide Prevention Lifeline-24/7 support at 1-800-273-TALK

<https://suicidepreventionlifeline.org>

SAMHSA’s National Helpline 24/7 support at **1-800-662-HELP (4357)**

Kevin’s Website <https://www.kevinhinesstory.com/>

Kevin’s YouTube Channel <https://www.youtube.com/channel/UCYZeM7MIkXtU--r9BIDTQA>

Kevin’s Facebook Page <https://www.facebook.com/KevinHinesStory.us/>

Kevin’s Twitter Feed <https://twitter.com/kevinhinesstory?lang=en>

Kevin’s LinkedIn Profile

<https://www.linkedin.com/public-profile/in/kevinhinesstory?challengeId=AQHduEUfVfK8mgAAAXi26Q04wLBrVs5syYBHhN1O1Ffa10ZzJQRNgFn-2IWg7MShhzivXicf784FyFMcbUkShFDtSpTyf6b2NQ&submissionId=c30baa7c-fd34-7416-8e2b-3c777e5dec7c>

Video notes:

Resonance Breathing- Kevin inhales for 4 seconds, holds his breath for 4 seconds, then exhales for 8 seconds. He does this 30 times in the morning, and again in the afternoon and evening.

Kevin also uses the Calm and Headspace Apps for meditating

Kevin's Book Recommendations:

Loving Someone with Bipolar Disorder (by Julie A. Fast)

Bipolar Disorder for Dummies (by Candida Fink and Joe Kraynak, and Kevin is featured in the 3rd edition)

Movie: *The Bridge*, directed by Eric Steel (2005)

For more information about **The Bridge Rail Foundation**, go to <http://www.bridgerail.net/>

The Art of Wellness:

- 1) Therapy
- 2) Nutrition
- 3) Exercise
- 4) Sleep
- 5) Education
- 6) Medication
- 7) Meditation
- 8) Advocacy for self and others
- 9) Coping mechanisms and strategies
- 10) The Plan (emergency plan)

Dr. Kelly Posner- Professor of Psychiatry at Columbia University

The Columbia Lighthouse Project aims to identify risk and prevent suicide

<https://cssrs.columbia.edu/>

Columbia-Suicide Severity Rating Scale (C-SSRS) for families, friends, and neighbors

<https://cssrs.columbia.edu/the-columbia-scale-c-ssrs/cssrs-for-families-friends-and-neighbors/>

Q & A Panelists:

Heather Baginski (Family Peer Support Specialist) & **Brendel Mitchell** (Youth Engagement Specialist)-
Maryland Coalition of Families

Maryland Coalition of Families helps families who care for someone with behavioral health needs. Using personal experience as parents, caregivers, youth, and other loved ones, they connect, support, and empower Maryland's families. Their staff provide one-to-one support to parents and caregivers of young people with mental health issues and to any loved one who cares for someone with a substance use or gambling issue.

<https://www.mdcoalition.org/>

The Maryland Early Identification Project offers specialized programs with expertise in the early identification, evaluation, and comprehensive psychiatric treatment of adolescents and young adults at risk for, or in the early stages of, a mental illness with psychosis.

<http://marylandeip.com/>

National Alliance on Mental Illness (NAMI) shares essential information and resources intended to help young people get the mental health support they need.

<https://www.nami.org/Your-Journey/Kids-Teens-and-Young-Adults>

American Academy of Child and Adolescent Psychiatry-provides information about developmental, behavioral, emotional, and mental disorders affecting children and adolescents.

<https://www.aacap.org/>

The Child Mind Institute offers guides, latest diagnostic information, webinars, and chats with experts.

<https://childmind.org/>

On Our Sleeves is a national movement to break stigmas around children's mental health

<https://www.onoursleeves.org/>

The Youth Mental Health Project educates, empowers, and supports families and communities to better understand and care for the mental health of youth.

<https://ymhproject.org/>

