

HEALTHY HEARTS & MINDS

CCYSB YOUTH SUICIDE PREVENTION

FEBRUARY 2025



COGNITIVE SHUFFLING

Cognitive shuffling is a technique that was created by Dr. Luc Beaudoin as a way to calm the mind. This technique has become popular on social media recently due to its effectiveness at helping people fall asleep and stop the negative thought cycle that often happens when our heads hit the pillow. It's a pretty easy technique too that we can do anywhere or at any time with no extra materials needed. In addition to promoting better sleep, cognitive shuffling has also been shown to help individuals fall asleep faster, reduce anxiety by providing a mental distraction, and increase feelings of relaxation. The Cognitive Shuffle involves thinking of random items that are easy to visualize. (There is also an app to help with this if you find it difficult to think of a word at first- it's called mySleepButton. You can also do a quick search on Youtube.com to find videos that can help walk you through if needed). The process works by providing a structured way to direct your thoughts away from worries and towards random, neutral images and words. It can help minimize stress by disrupting the thought cycle and intrusive, bothersome thoughts to help you with emotional regulation. Here's how it works:

First, get yourself settled, either in bed or somewhere you feel comfortable.

Next, think of a random, emotionally neutral word that contains at least 5 letters. For this example, we will use the word BEDTIME.

Then, gradually spell out the word BEDTIME. For each letter of the word, think of a word that starts with that letter. Imagine the item in your mind. Repeat this many times for each letter until you are unable to come up with more. So for example, BEDTIME starts with B. Repeatedly think of a word that starts with B and imagine it. Ex. B... baby, banana, berry, blink, etc. The next letter in BEDTIME is E, so think of words that begin with E and imagine them...eagle, egg, elephant, etc. Repeat this for all of the letters of your chosen word.

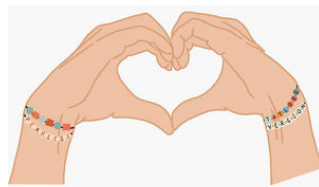
If you happen to make it to the end of your word and haven't fallen asleep or calmed down, pick a new word and start over. Try out this technique for yourself and see how it goes!

What's Inside:

Cognitive Shuffling: How to Practice
This Technique

SAMHSA's Black Youth Suicide
Prevention Initiative

February 6th is Time to Talk Day



Teen Lock-In: Taylor Swift Party

Friday, 2/21 at 6 PM • Registration opens 2/7

Ages 11 - 17. We're in our library era! Join us after hours for a celebration of all things Taylor Swift! Dance to your favorite songs, make friendship bracelets, and more! All attendees need to register. Eldersburg Library



Teen Service Hours: Valentine's Day Cards Craft

Monday, 2/3 at 3 PM • Registration opens 1/20

Ages 12 - 17. Earn some service hours by making Valentine's Day cards to be distributed to Carroll County community members. Candy and drinks will be available for attendees. Crafting materials will also be provided. All attendees need to register.





SAMHSA'S BLACK YOUTH SUICIDE PREVENTION INITIATIVE

From the years 2018 to 2021, suicide rates among Black youths ages 10–24 increased from 8.2% to 11.2% (a 36.6% increase). In 2021, suicide was the 3rd leading cause of death for Black youth. And in the last 25 years, self-reported Black youth suicide attempts increased by 73%. The Substance Abuse and Mental Health Services Administration (SAMHSA) created the Black Youth Suicide Prevention Initiative (BYSPI) to address these alarming growing rates of suicide among Black youth and adults. The goal of this initiative is to reduce suicidal thoughts, attempts, and deaths of Black youth and young adults between the ages of 5 and 24 across the country. The first major activity that the BYSPI took was a Policy Academy in which 8 states (Maryland being one of them) were selected based on suicide rates of Black youth and created several multidisciplinary teams. These teams were comprised of a state suicide prevention coordinator, crisis center staff, a local clinician, individuals with lived experience and affected family members, and representatives from the state department of education, colleges and universities, and community and faith based organizations. The goal of these teams was to develop a state specific action plan to implement policy, systems, and environmental change strategies to reduce Black youth suicide. At the conclusion of the Policy Academy, state teams were invited to participate in a learning collaborative, led by SAMHSA staff in the suicide prevention branch. The BYSPI continues to host webinars and fire side chats for the public to participate in these conversations and to find out more about the program and policies being put in place.

RESOURCES FOR FAMILIES & PROFESSIONALS

National Organization for People of Color Against Suicide (NOPCAS)

Provides training on recognizing the signs when someone is in a suicidal crisis. nopcode.org

Therapy for Black Men — therapyforblackmen.org

Web site and directory for men of color seeking support from mental health guidance or professionals.

Therapy for Black Girls — therapyforblackgirls.com

Web site and directory for women of color seeking support from mental health guidance or professionals.

Black Mental Health Alliance for Education and Consultation

Mental health referrals and resources. (410) 338-2642

National Directory of Black Psychiatrists of America: Black Mental Health Alliance — blackmentalhealth.com/black-psychiatrists

Develops, promotes and sponsors trusted culturally-relevant educational forums, trainings and referral services that support the health and well-being of Black people and other vulnerable communities.

The National Queer and Trans Therapist of Color Network — nqttn.com

A community of care, resource sharing, connection, and learning for queer and trans black, indigenous and people of color providing and seeking mental health resources.

TIME TO TALK DAY: FEBRUARY 6TH

Time to Talk Day is the nation's biggest mental health conversation. It is meant as a day for friends, families, communities, and workplaces to come together to talk, listen, and change lives. Started in Scotland by Mind and Rethink Mental Illness, it has been celebrated across the United Kingdom since 2014. The purpose of the day is to create supportive communities by having conversations with family, friends, or colleagues about mental health. Talking openly and honestly can be the first step towards better mental health for everyone and can reduce stigma and help people feel comfortable enough to seek help when they need it. While there is no right or wrong way to talk about mental health, Time to Talk Day founders have shared talking tips that can help you to have those all-important conversations.

Tips for Supporting Someone Else

1. Ask questions and listen. Asking questions can give the person space to express how they're feeling and what they're going through. Try to ask questions that are open and non-judgmental like "what does that feel like?"
2. Use positive body language and encourage them. Small verbal comments like "I see" or "what happened next?" will let them know you are paying attention to them and actively listening.
3. Don't try and fix it. Try to resist the urge to offer quick fixes to what someone is going through. Just talking can be really powerful, so unless they've asked for advice directly, it might be best just to listen.
4. Dispel and myths and avoid cliches. Mental health problems are more common than people think and can affect anyone at any time. Comments like "pull yourself together" or "you're just having a bad day" are not helpful.
5. Be patient. No matter how hard you try, some people might not be ready to talk. That's okay- the fact that you've tried to talk to them about it may make it easier for them to open up another time.

Sharing Your Own Feelings

1. Find a way that feels right for you. This could be a face-to-face conversation, or you might find it easier to talk on the phone or even write down how you feel.
2. Find a suitable time and place. Sometimes it's easier to talk side-by-side rather than face-to-face. You might want to chat while you're doing something else, like walking.
3. Practice what you want to say. You could do this in your head or make some notes. Phrases like "I haven't been feeling like myself lately" might provide a starting point.
4. Be honest and open. It can be uncomfortable sharing something so personal, but explaining how your feelings are affecting your life may help others to understand.
5. Suggest things they could do to help. This might just be listening and offering emotional support or there may be practical help you need.



Safety Plans Work

There is hope.



1. Write 3 warning signs that a crisis may be developing.

2. Write 3 internal coping strategies that can take your mind off your problems.

3. Who/What are 3 people or places that provide distraction?
(Write name/place and phone numbers)

_____	Phone _____
_____	Phone _____
_____	Phone _____

4. Who can you ask for help? (Write names and phone numbers)

_____	Phone _____
_____	Phone _____
_____	Phone _____

5. Professionals or agencies you can contact during a crisis:

Clinician: _____ Phone _____

Local Urgent Care or Emergency Department:

Address _____ Phone _____

Call or text 988 or chat 988lifeline.org

6. Write out a plan to make your environment safer.
(Write 2 things)



Modified from Stanley & Brown (2021)

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Crisis Resources

National Suicide & Crisis Lifeline:

9-8-8 (Call or Text)

Chat: <https://988lifeline.org/chat>

The Trevor Project
thetrevorproject.org

1-866-488-7386

text 678-678

Carroll County Mobile Crisis:

410-952-9552

To access assessment and treatment services at CCYSB call

410-848-2500 x 1

or

Walk-in Assessment Hours:

Tuesday: 8:30am-11 am & 2-5pm

Wednesday: 11:30am-2pm

(We have a limited number of assessment slots available each day. See our website for arrival and check-in details)



CARROLL COUNTY
YOUTH SERVICE BUREAU

"It Starts With the Heart."



WE ALL NEED MENTAL HEALTH SUPPORT.

TEXT MDYoungMinds to 898-211

Teens, get supportive text messages.

Information Network
POWERED BY MARYLAND

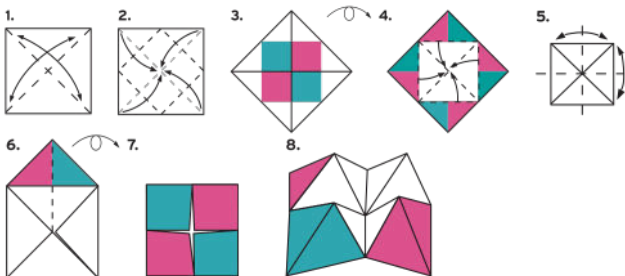
Maryland
DEPARTMENT OF HEALTH

Scan to learn more

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Folding instructions



How to make a conversation starter

- Pick a circled number and open in alternate directions that amount of times
- Pick a blue number and open alternately that amount of times
- Pick your final number, open flap and start your conversation

