

August 2023



Lunch & Learn
Bullying

Hosted By

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Hope and Healing Center & Institute

Our four-part approach



01. Education

Raise awareness and educate community on relevant mental and behavioral health topics.



02. Training

Develop local networks of guidance and support with Gateway to Hope training.



03. Clinical Services

Provide personalized mental health care through dedicated professional services.



04. Research

Explore and advance new resources and approaches for unmet mental health needs.

Meeting Agenda

- Introductions to Today's Topic
- Next Lunch & Learn: September 7, 2023

Introduction to Types of Grief

- Community Empower: September 5th at 6:00 PM CT
- Questions
- Survey



**INTERESTED IN
RECEIVING THIS
TRAINING IN SPANISH?**

**USE THE LINK IN THE CHAT TO
REGISTER FOR OUR UPCOMING
LUNCH AND LEARN ON BULLYING
IN SPANISH!**

AUGUST 10 AT 12:00 PM CT

What is Bullying?

Bullying is a form of aggressive behavior characterized by **intentional** and **repetitive** mistreatment of an individual or a group of individuals. It involves an **imbalance of power**, with the bully using their position of power to target and harm the victim.

The Impact of Bullying

The effects of bullying vary on the severity and the type of bullying. Some of these effects may include:

- Emotional and Psychological Effects
- Health Consequences
- Academic Effects
- Social Consequences





Emotional and Psychological Effects

- Low Self Esteem
- Feeling Lonely
-
- Feeling Isolated
- Depression/Anxiety/
Eating Disorders



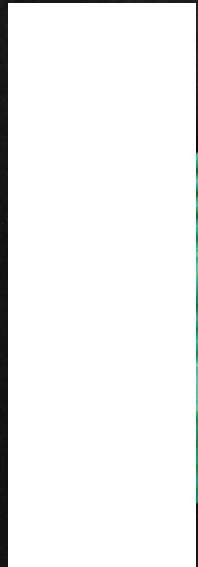
Physical Health Consequences

- Physical harm due to physical bullying
- Sleep Disturbances
- Anxiety Manifests in the body (stomachache, headache)

Social Consequences

- Social withdrawal
- Isolation
- Difficulty trusting others
- Interpersonal difficulties in adulthood





Academic Consequences

- Difficulty with concentration
- Lower grades
- Frequently missing school
- Academic achievement also has an impact on self-esteem

The Four Rs

RECOGNIZE

REFER

RELATE

RESTORE



RECOGNIZE

a mental health problem

Types of Bullying

Bullying can occur in various settings, such as schools, workplaces, online platforms, and communities.

There are also different types of bullying such as:

- Physical Bullying
- Verbal Bullying
- Relational/Social Bullying
- Cyber-Bullying

Cyberbullying

A form of bullying that takes place in the digital world

- Spreading rumors or lies online
- Posting hurtful messages or threats
- Posting Hurtful Pictures
- Fake profiles to impersonate the victim
- Sharing Embarrassing or private pictures of the victim



Recognizing signs of bullying

- Decline in Self-Esteem
- Physical Injuries
- Frequent complaints of illnesses
- Social Withdrawal



Bullying and Suicide

Although bullying itself may not be the sole direct cause of suicide, it can act as a significant contributing factor that worsens preexisting mental health problems and intensifies feelings of despair, especially in vulnerable individuals.

Assessing Suicidality

Ask specifically if they...

- (1) are having suicidal thoughts/ideas
- (2) have a plan of action
- (3) have access to the lethal means

REFER

to a mental health professional



Barriers to Mental Health Care

Accessibility

- No Transportation
- Serious Lack of Mental Health Facilities
- Too Few Mental Health Professionals

Affordability

- Limited Financial Resources
- No Insurance or Mental Health Coverage

Acceptability

- Stigma
- Cultural Beliefs
- Lack of Knowledge and Education

Navigating the System

PROVIDERS	TYPES OF LICENSURE	PROVIDER SPECIFICS
Primary Care Physicians	LPC, LMFT, LCSW, LCDC	Clientele
Counselors	PhD, PsyD	Specialties
Clinical Psychologists	MD, DO	Treatment Approach
Psychiatrists		Insurance, Sliding Scale
Hospitals & Treatment Facilities		Treatment Facilities



RELATE

to those in distress

Supporting the victim of bullying

- Validate their concerns and take them seriously
- Listen Empathetically
- Avoid Victim Blaming
- Report/Document instances of Bullying
- Teach and Model Healthy Coping Strategies
- Work with the school authorities

Understanding the Bully

What creates a bully?

- Need for control
- Home Life
- Model behavior
- Lack on empathy
- Insecurities
- Previous victims

Encouraging student bystanders

- Awareness and education about bullying
- Create a culture of respect and empathy
 - Affirm and Highlight Positive Behavior
 - Model Positive behavior
- Teach safe intervention skills
 - Distract
 - Support for Target ‘
 - Report to an adult
 - Offer anonymous reporting systems

Gateway to Hope Trainings

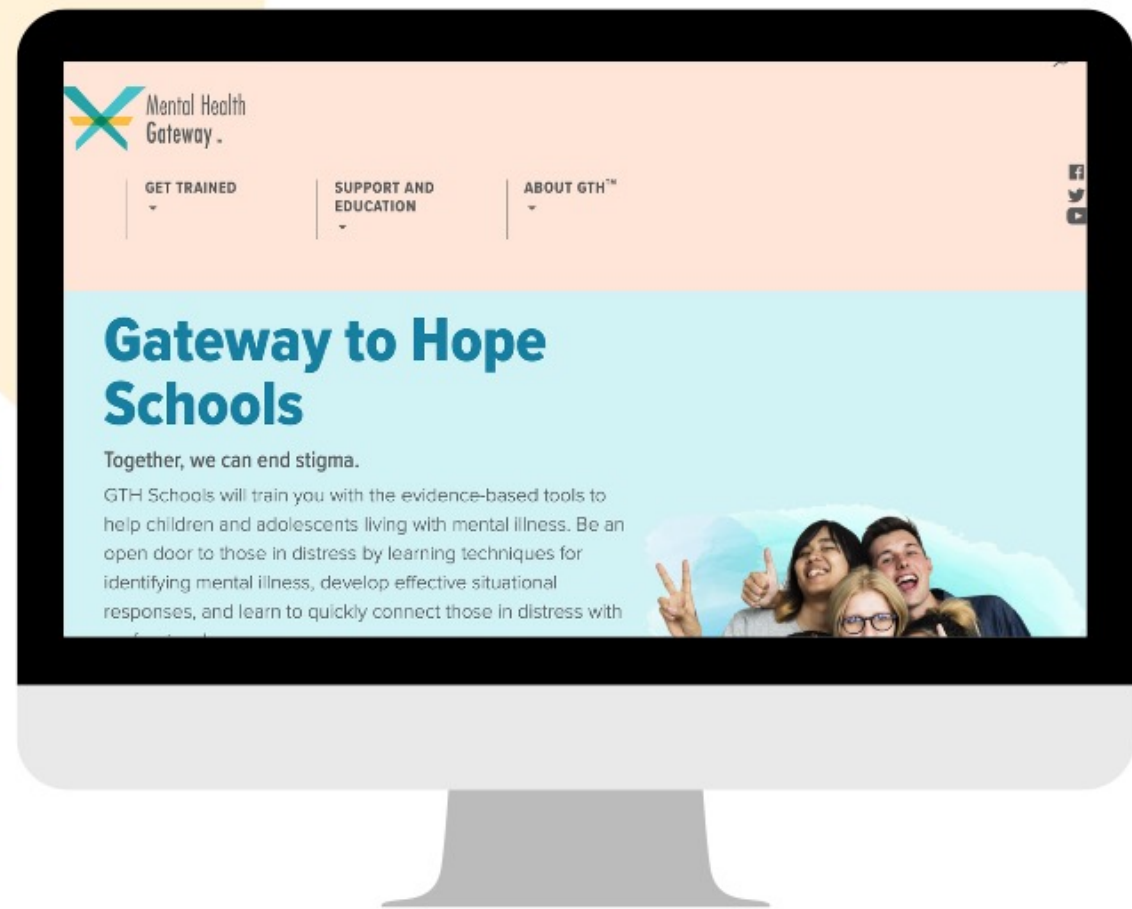
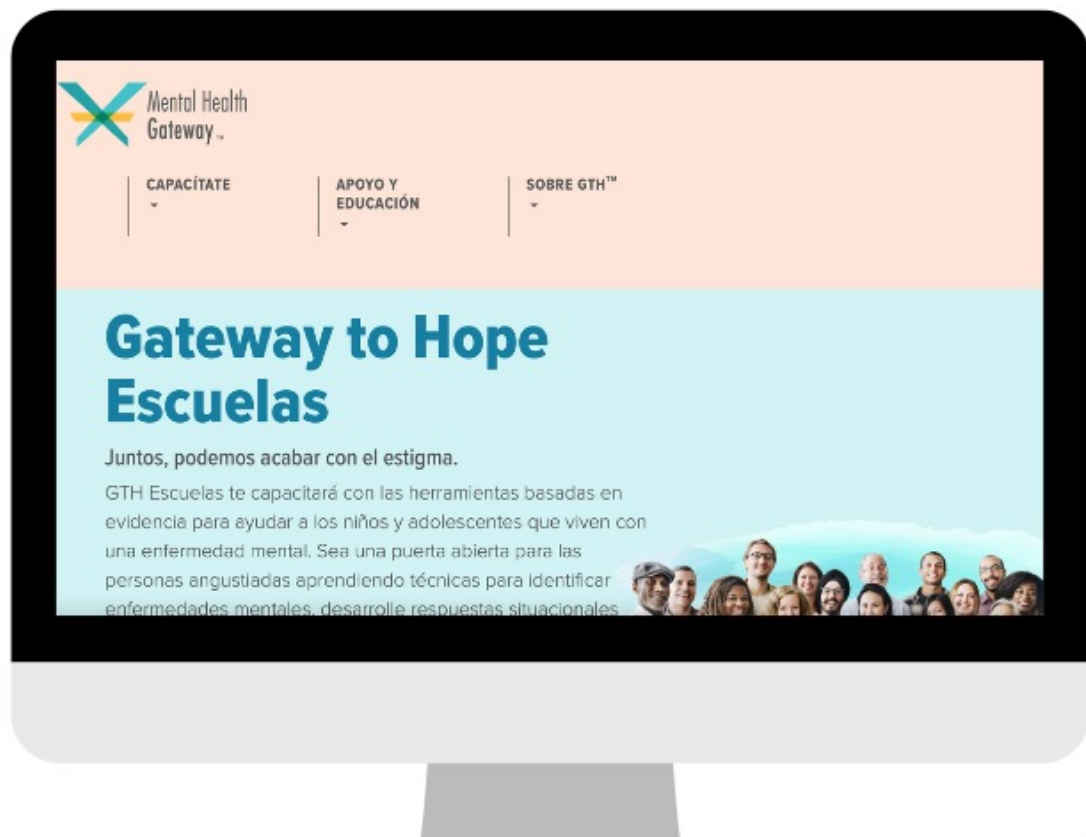


Hope Line



Relief. Just a Call Away.

mentalhealthgateway.org/es

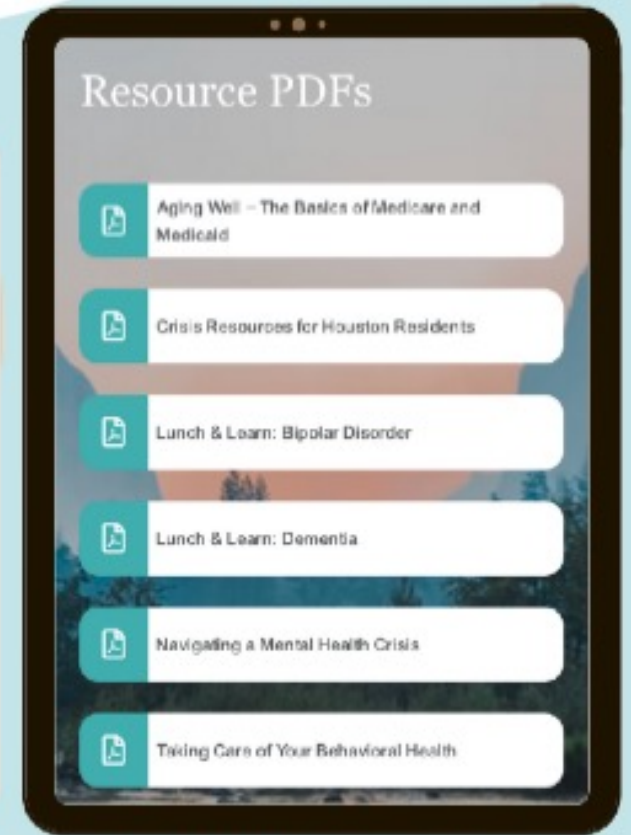
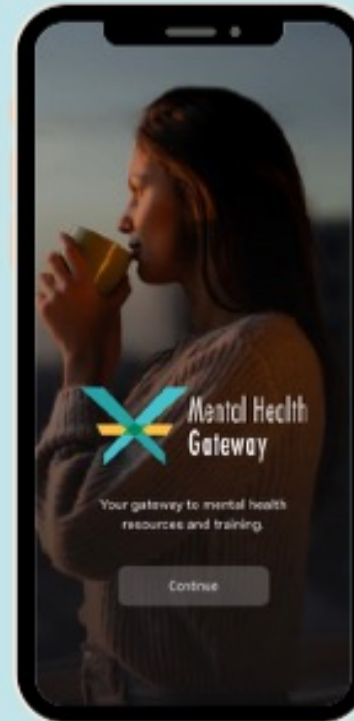


mentalhealthgateway.org



Mental Health Gateway App

- **Mental health resources- videos, workbooks, and PDFs**
- **Easy Access to Trainings**
- **Features specifically for Mental Health Coaches**

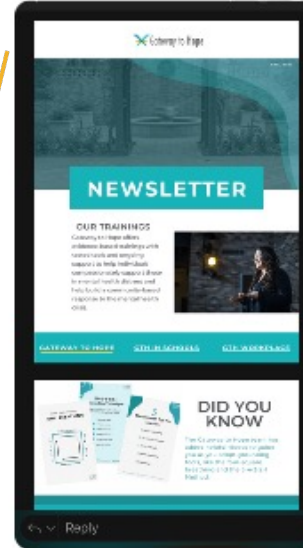


**DOWNLOAD OUR
MENTAL HEALTH
GATEWAY APP**

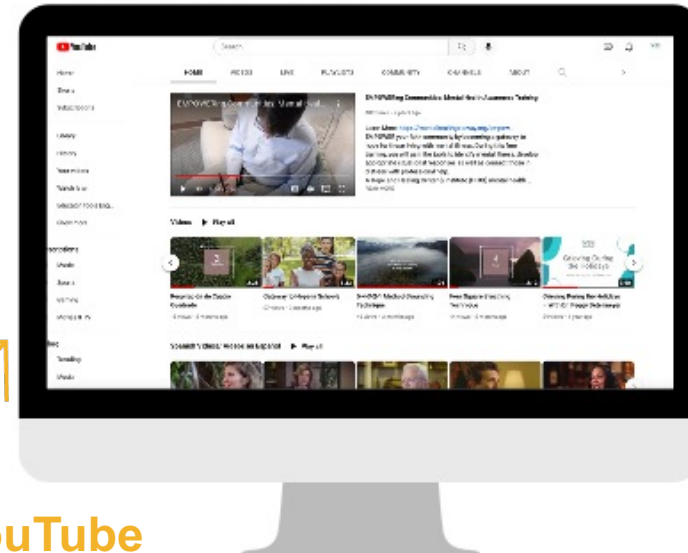
GTH Communications

Additional Platforms: Facebook, Twitter, LinkedIn

Newsletters



Instagram



YouTube



Questions?

- Use the Chat function or unmute yourself to ask any questions.
- If you think of any questions later, reach out to me!

We're Here for You!

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