

# YOMHE

Youth Organizers of  
Mental Health Education

**Suicide is the 3rd leading  
cause of death for 15 to  
24-year-olds  
and 2nd for  
24 to 35  
year olds.**

- DOSOMETHING.ORG



## ABOUT YOMHE

We are a group  
of 6 youth educators based out  
of the Seattle area.

Our mission is to educate youth  
about positive mental health and  
spread our message of suicide prevention.

**Whats good?**



@yomhe.seattle

Young  
and  
Vulnerable

TAKE THIS ACE TEST!

Directions:

1. Go to [KAHOOT.IT](https://kahoot.it) on your internet browser
2. Enter THE PIN
3. Enter a NICKNAME

Join this **Survey** with the **Kahoot! app** or at  
**kahoot.it**

with Game PIN:

**8941840**



Full Screen



**1**

Player

**Kahoot!**

**Start**

Cats are cute!!



Waiting for players...

Were your parents ever divorced or separated?

Full Screen

8



Skip

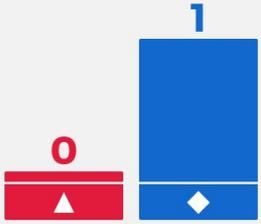
0 Answers

Yes

No

Were your parents ever divorced or separated?

Full Screen



Next

Show image

End survey

Yes

No

PIN: 8941840

10 of 15

PIN: 8941840

10 of 15

Yes

No

You selected

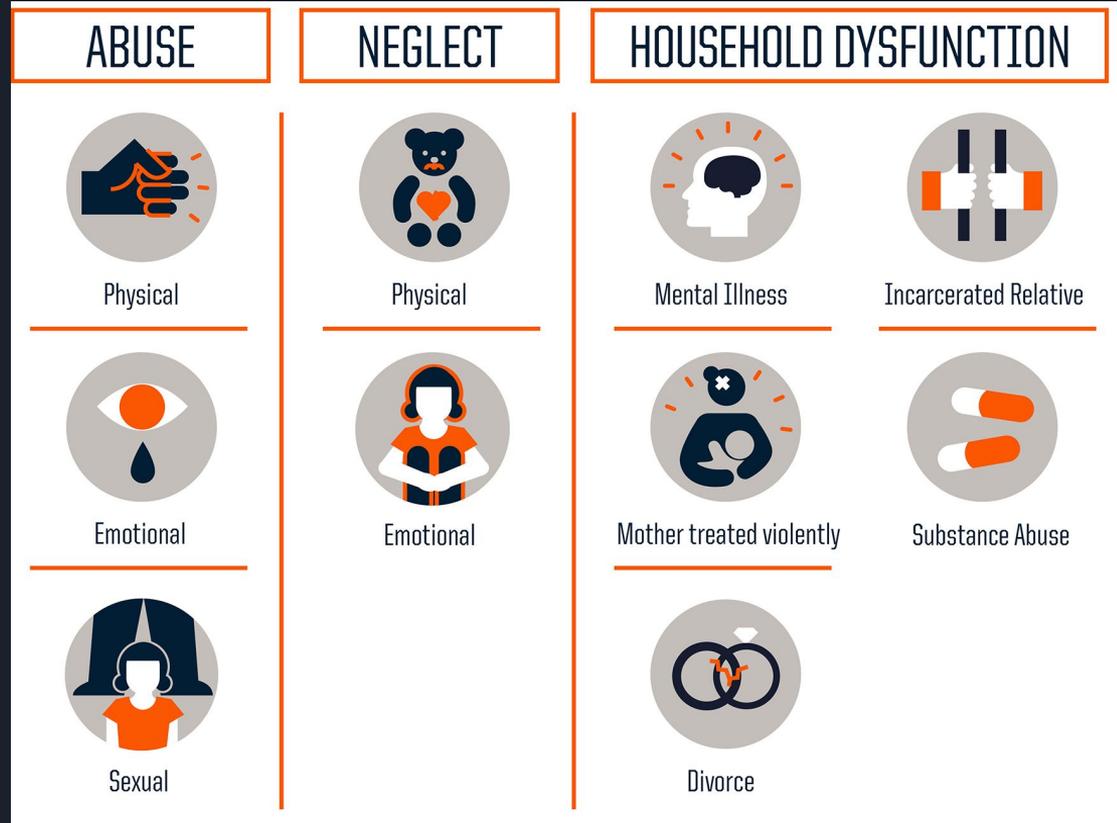
No

Cats are cute!!

Cats are cute!!

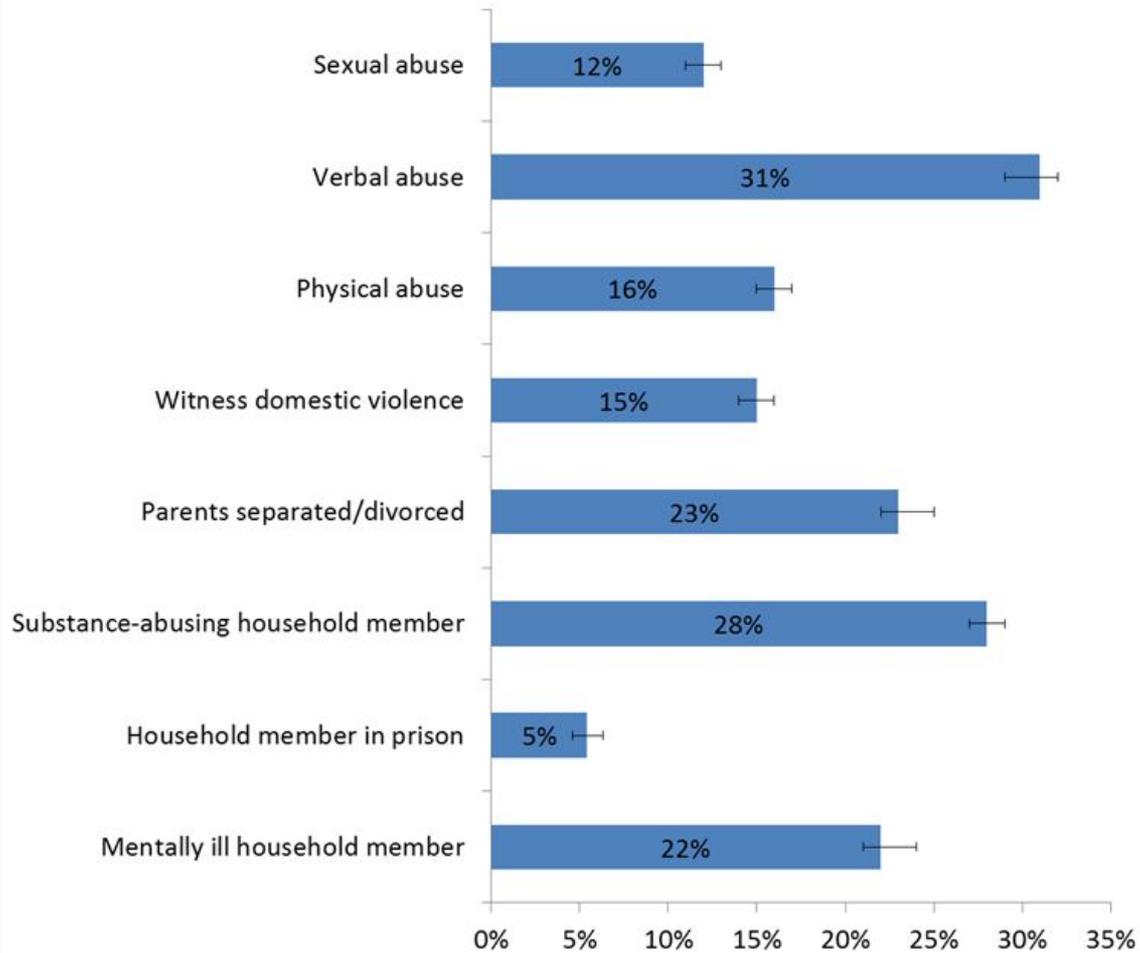
# 10 ACEs

1. Physical Abuse
2. Sexual Abuse
3. Emotional Abuse
4. Physical Neglect
5. Emotional Neglect
6. Parent Treated Violently
7. Substance abuse in Household
8. Incarcerated Household Member
9. Divorce or Parental Separation
10. Mental Illness In Household
11. \* Racism/Discrimination
12. \* Bullying

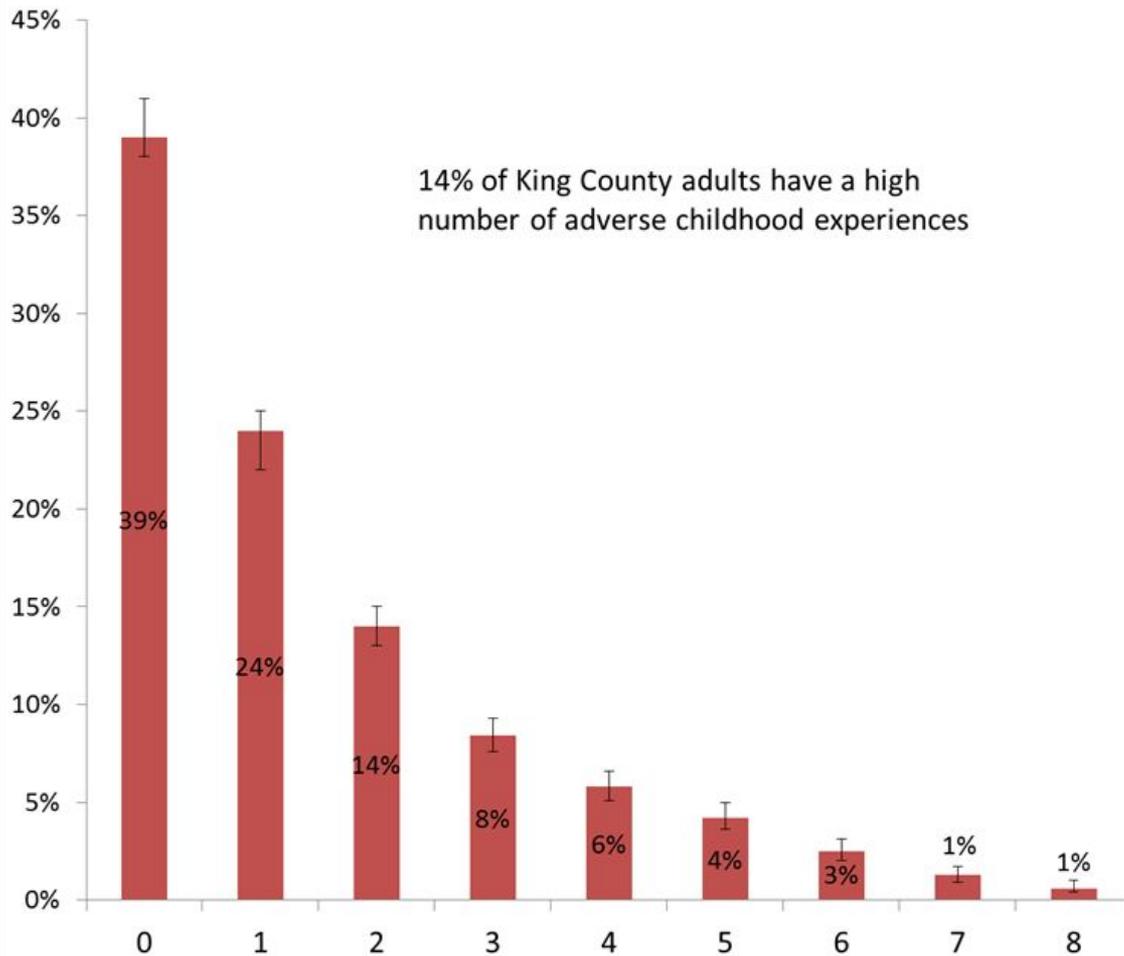


\*not included in original 10

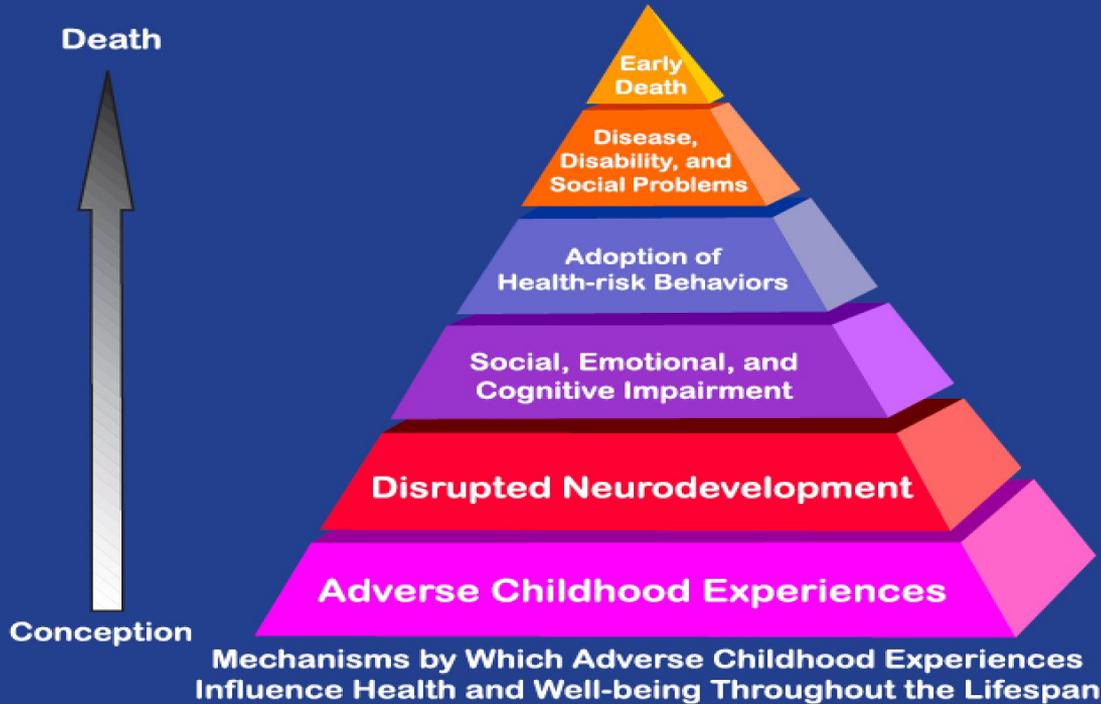
## Adverse Childhood Experiences, King County Adults, 2009-2011



## Number of Adverse Childhood Experiences, King County Adults, 2009-2011



# What Does Your ACE Score Mean





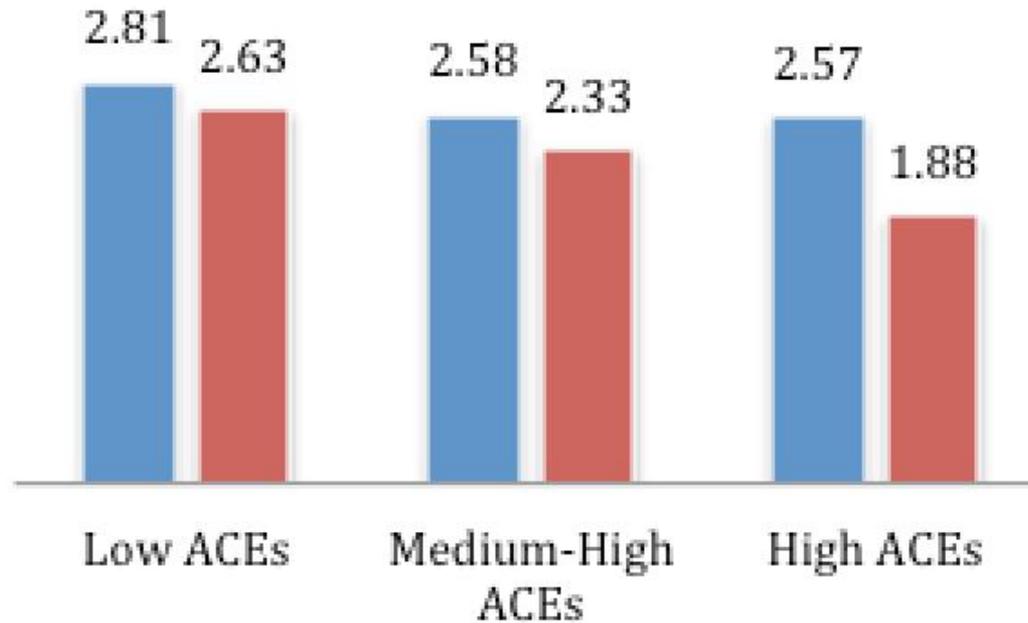
## Ace Score Consequences

Adverse childhood experiences in any category increased the risk of attempted suicide 2- to 5-fold.

Source: [bit.ly/jama-aces](https://bit.ly/jama-aces)

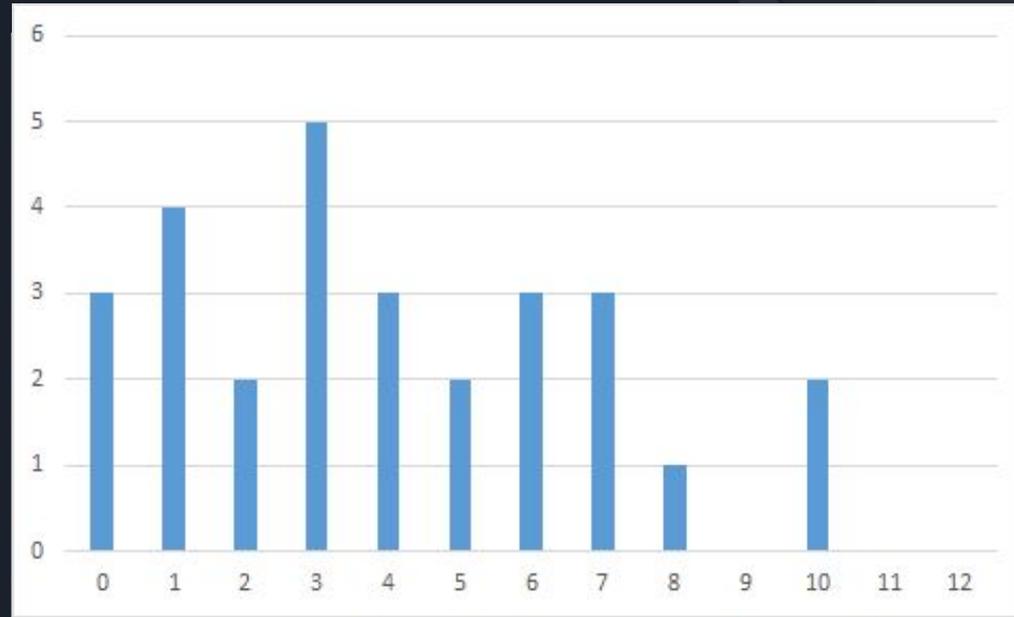
## Mean GPA at Lincoln High By ACE Level and Degree of Resilience Attained

■ Mean GPA High Resilience ■ Mean GPA Low Resilience



# *The ACEs in Public Health's 04/11/2018 Lunch & Learn*

Frequency



ACE Score

# *What We Have Done*

- Video on ACES
- Presentations



What are  
**A C E s ?**



## *“What are ACEs” Video*

- Adverse Childhood Experiences (ACEs)
  - Explaining what they are
- Resiliency
  - Ways we can strive in our situations
- Relatable to youth
- Only example situations

# *ACEs Video*

What are  
**A C E s ?**





## *Video Discussion*

Can anyone tell me some of the ACEs featured in the video?

What does resilience mean?

What is trauma and what could it possibly lead to?



## *Prevention Tactics*

- Talk to someone
- Seek help and resources
- Find positive role models
- Remove yourself from a toxic environment.
- Find things that occupy time
- Help someone



## *Turn and Talk*

- Who can you/your kids talk to?
- Are there any clubs or groups you can join?  
Name a few
- What do you do for fun when you're stressed out?



## *Promoting Positive Mental Health*

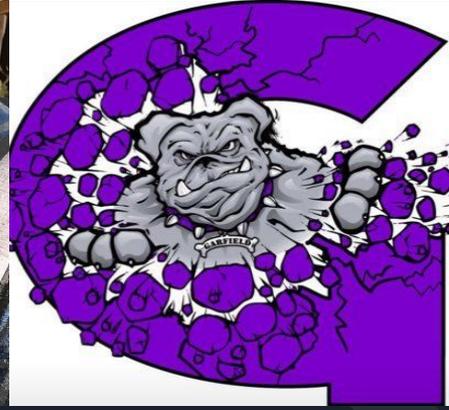
- Sense of purpose in life
- Confidence and high self esteem
- The ability to deal with stress and bounce back from adversity
- Good social life
- Find a role model
- Exercise
- Believe in something that is greater than yourself



**Who are we?**

Gustavo

I am...



# Messiah

I am...



# Chala

I am...



Teddy

I am...





The future of  
**YOMHE**



## ***Resources:***

Teen Link: [866teenlink.org/issues/suicide/](https://866teenlink.org/issues/suicide/)

American Foundation for Suicide Prevention: [afsp.org](https://afsp.org)

Suicide Prevention Lifeline: [suicidepreventionlifeline.org/](https://suicidepreventionlifeline.org/)

National Suicide Prevention Hotline: 1-800-273-8255

The Jed Foundation: [jedfoundation.org/](https://jedfoundation.org/)



## ***Resources:***

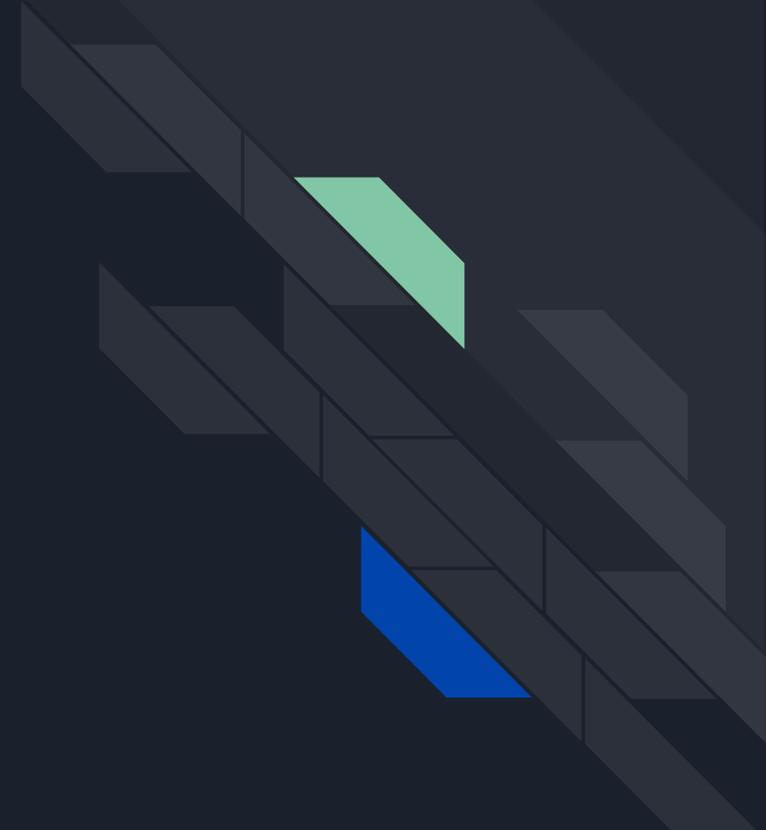
The Trevor Project: [thetrevorproject.org/](http://thetrevorproject.org/)

Forefront: [intheforefront.org](http://intheforefront.org)

Teen Health Centers

YOUTUBE VIDEO “WHAT ARE ACES?”:  
[youtu.be/AJPmxW8kaSE](https://youtu.be/AJPmxW8kaSE)

# Questions, Comments, & Feedback





**THANK YOU**