



3rd Annual **STAND & Raise** **PARENT EMPOWERMENT SPEAKER SERIES**

Speaker & Topic: Clay Olsen - The Hopeful Paradigm Shift We So Desperately Need in Mental Health
Date: February 27, 2024

Main Points	Extended Notes
<p>Screen Use Statistics between Tweens and Teens</p>	<p>In 2015, Tweens (age 8-12 years) used 4.4 hours. Teens (age 13-18 years) used 6.4 hours. In 2019, Tweens used 4.5 hours and Teens used 7.2 hours. In 2021, Tweens used 5.4 hours and Teens used 8.4 hours. "Handling a Tween or Teen a smartphone with access to Instagram and Snapchat with zero training, guidance, or monitoring, is like handing them keys to the family car at twelve with zero driver's education. How then are we shocked when they keep crashing and burning?"- Collin Kartchner</p>
<p>Depressogenic Society</p> 	<p>The forces behind us are guiding us there to a depressogenic society. Depression and Anxiety are intensifying with each new generation. In all ages, from 18 to 60 plus, the numbers have fallen in each cohort. Depression is increasing in all age groups. 1 in 4 teenagers think seriously about suicide.</p>
<p>Genetic Expression</p>	<p>The Brain is changeable and genes are expressed differently depending on what we do. This is known as Epigenetics. Experience can change the brain. "We were never designed for the sedentary, indoor, sleep=deprived, socially isolated, fast-food-laden, screen-addicted, frenetic pace of modern life".- Dr. Stephen Lardi</p>
<p>Depression as a Lifestyle Condition</p>	<p>"Genetic and Environmental factors, lifestyle factors, and both are important in regard to risk for depression. However, our study suggested that lifestyle factors may play a greater role"(Cambridge University Study 2023). Clay Olsen said this is HOPEFUL for those who were told they had a lifelong condition.</p>
<p>8 Patterns From Those Who Overcame Depression</p> 	<ol style="list-style-type: none"> 1. They maintained hope 2. They made lifestyle adjustments 3. They improve their mental diet/mental rest 4. They learn how to mindfully approach thoughts and emotions 5. They address and work through past trauma 6. They seek community support 7. They deepen their spirituality/purpose 8. They reduce their dependence on external substances (medication is not relied on to be the solution.)
<p>The Three H's</p>	<ol style="list-style-type: none"> 1. Mental Health and addiction are part of modern life, but they don't have to define yours or your kids. There is HOPE. 2. Therapy and Medication can be important, but they're not enough on their own. There is HEALING. 3. We all need greater wellness. We can experience thriving and fulfillment. There is HAPPINESS.