



## Featured Web Resources

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[Dr. Bagnell talks about Anxiety in Children and Teens](#)

Take a few minutes to become familiar with the series of videos on anxiety in children by Dr. Alexa Bagnell, one of our favourite psychiatrists from the IWK in Halifax. In the 6 brief videos (3 - 7 minutes) Dr. Bagnell speaks about what is "normal", the dynamic between parents and children around anxiety, tips for managing anxiety and correcting anxious thinking, and so on. These videos are very practical. They can help any health professional provide simple advice to young people with anxiety. Parents and youth are sure to find the videos helpful as well.

### In The Know: Transitions

Transitioning from high school to college or university is an exciting time for young people, but there are often significant challenges and stressors while adjusting to this new type of independent lifestyle. Many young people are living away from home for the first time, dealing with a heavier workload, and experiencing new relationships with both friends and socially. Research has found that making these transitions is having a noticeable effect on students' mental health. In the past, there has not been a comprehensive, reliable, and valuable resource available to support and guide students through this new, exciting, and personally challenging time. That is, until now.

The national launch of a new resource, Transitions, took place on September 27, 2013 at Dalhousie University. There were many honourable guests at this event, including: Louise Bradley, President and CEO of the Mental Health Commission of Canada; Carol Olsen, Deputy Minister of Education; Dr. Bonnie Neuman, Vice President of Student Services at Dalhousie University; Dr. David Pilon, Program Leader of the Stay Connected Mental Health Project, generously funded by the Fountain Family; the Honourable Jane Cordy, Nova Scotia Senator; and Dr. Stan Kutcher, Sun Life Financial Chair in Adolescent Mental Health. The event was also well attended by the community, with Dr. Fred Fountain, Chancellor of Dalhousie University, Elwin LeRoux, HRSB Superintendent, along with many other community leaders.

Transitions is the first Canadian publication of its kind. This resource was developed to help young people know what to expect, and how to be successful as they move from secondary to post-secondary education. This resource addresses some important things for students to consider during this significant and challenging life transition that impacts them socially, economically, emotionally and physically. The content covers a wide variety of topics, for example: roommates, finances, stress management, relationships, and mental health and addictions. A survey of students who had very recently made this transition (second, third, and fourth-year students) revealed that they would have found this information beneficial prior to beginning their post-secondary studies. This transition involves managing life changes, and the mental health challenges that come with it. Dr. Stan Kutcher, the project director, stressed that "we want to give youth the information they need to identify if they have a mental health problem or if there's a mental disorder, where to get help, how to get help, and

the importance of getting help."

Although this resource targets youth transitioning from high school to college or university, it is also a valuable resource for all college/university parents, teachers, counselors, health care professionals, or any other persons dealing with youth entering their post-secondary studies. Transitions is available free of charge on the [teenmentalhealth.org](http://teenmentalhealth.org) website, it can be downloaded as a free iPhone app, the book can be purchased through Amazon.com in both large or pocket size, or purchased as an eBook for iPad for \$0.99 until the end of October 2013.

You can also view an entertaining video concerning this resource at [youtube.com/teenmentalhealth1](http://youtube.com/teenmentalhealth1).

## **In The News: The '25 by 25' slogan**

The 25 by 25 slogan (that you will be hearing more about in time) relates more to people with mental illness than is first realized. The World Health Organization and the United Nations have called for a 25% reduction in mortality due to non-communicable diseases in people 30 to 70 years of age by the year 2025 (compared to 2010 stats), hence 25 by 25. For details see <http://www.nejm.org/doi/full/10.1056/NEJMra1109345>.

To help put this in perspective it is helpful to look at the risk factors and the resultant so-called non-communicable diseases that lead in terms of mortality: tobacco and excessive alcohol use, poor diet, and inadequate physical activity are associated with four disease clusters (cardiovascular diseases, cancers, chronic pulmonary diseases, and diabetes) that result in ~80% of non-communicable disease deaths. It is important to go one step further and consider what groups have a higher prevalence and burden of these and other related risk factors. The answer is found in a brief editorial (freely accessible) in the October 5th issues of [The Lancet](http://www.thelancet.com). The statement "a third of the 100,000 avoidable deaths in the UK are of people with a mental health problem" speaks for itself. The editorial comments on a just released document titled [Lethal Discrimination](http://www.rethinkmentalillness.org) by the Rethink Mental Illness health charity. The solutions are clearly within the scope of practice of many clinicians, including pharmacists, such as offering smoking cessation support and appropriate weight monitoring for people starting antipsychotics and other obesogenic psychotropics. **What can you do today to help achieve 25 by 25?**

Note: The views expressed in this newsletter are for information only. The information is not meant to replace or substitute for information from your health care provider (s). (C) More Than Meds