

## Who We Are

We are a program of Kingsview, a nonprofit, behavioral health organization established in 1951. From the beginning we have had a commitment to advancing positive mental health.

Kingsview is under contract to the Fresno County Department of Children and Family Services through Prop 63, MSHA funds, to provide outreach services throughout Fresno County to unserved and underserved families with children between ages of 10 to 18 years of age.



## Our Purpose

Blue Sky, Youth Empowerment Centers Program has created Youth Empowerment Centers throughout Fresno County communities. These Centers are designed to create leadership and positive decision making within youth. We will provide parenting classes to youth's parents and when necessary, provide assistance to youth and/or their guardian/parent with accessing mental health resources.



### Kingsview MHSA Fresno County Blue Sky Youth Empowerment Centers Program

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Rural Services: 1-877-327-2086  
Crisis Services: (559) 453-3860



**Fresno County MHSA  
Kingsview Blue Sky  
Youth Empowerment  
Centers Program**

*"To develop leadership and  
enhance life skills with all youth."*

## Depression

Is a disorder characterized by an inability to concentrate, insomnia, loss of appetite, feelings of extreme sadness, guilt, helplessness and hopelessness, and thoughts of death.

### SIGNS & SYMPTOMS

- Persistent sad, anxious, or “empty” mood.
- Feelings of hopelessness, guilt, worthlessness, helplessness
- Loss of interest or pleasure in hobbies and activities that were once enjoyed.



## Self Mutilation

Any physical harm done to the body to relieve emotional pain.

### Types of Self Mutilation:

- Cutting of one’s self
- Banging of limbs such as arms or legs
- Burning or branding one’s self

### POSSIBLE REASONS

- Depressed
- Stress
- Feeling Alone
- Break up with boy/girlfriend
- Death of parent/s or friend/s
- Abuse
- Divorce
- Feeling Disconnected

## ADHD

Is a common disorder that can affect children in different forms. Some children may have trouble sitting still or paying attention. ADHD can make it difficult for children to do well in school and at home.

### SOME COMMON CHARACTERISTICS ARE:

- Child becomes distracted easily
- Child had difficult time paying attention
- Have trouble with directions
- Touch and play with everything they see
- Have trouble controlling emotions



## Bipolar Disorder

A brain disorder that causes mood swings & not so typical behavior. Over 10 million people in America have Bipolar.

### TWO TYPES OF EPISODES:

#### Manic (High)

- Extreme Happy, irritable, angry mood
- Increased activity & ideas
- Increased talking
- Racing thoughts
- Unrealistic plans
- Risk taking

#### Depression (Low)

- Loss of energy and activity
- Prolong sadness
- Restlessness & irritability
- Can’t concentrate or make decisions
- Increased feelings of worry & anxiety

## Suicide

Is the act of killing oneself intentionally.

### SIGNS & SYMPTOMS

- Behavioral problems
- Withdrawing from family and friends
- Sleep Changes
- Talking, reading or writing about death
- Self-destructive behavior like self cutting or other risk taking
- Previous suicidal thoughts or suicide attempts

## Eating Disorders

Is a compulsion to eat, or avoid eating, that negatively affects both one’s physical and mental health.

### SIGNS & SYMPTOMS

#### Anorexia Nervosa

- Intense fear of gaining weight
- Preoccupation with bodyweight & Shape
- Depression
- Engages in excessive exercise
- Low heart rate & blood pressure

#### Bulimia Nervosa

- Appears uncomfortable eating around others
- Skips Meals
- Engages in excessive exercise
- Bloodshot eyes
- Poor oral hygiene

#### Binge Eating

- Out of control eating (large amounts)
- Eat whether they’re hungry or not
- Will Continue eating even after they’re full