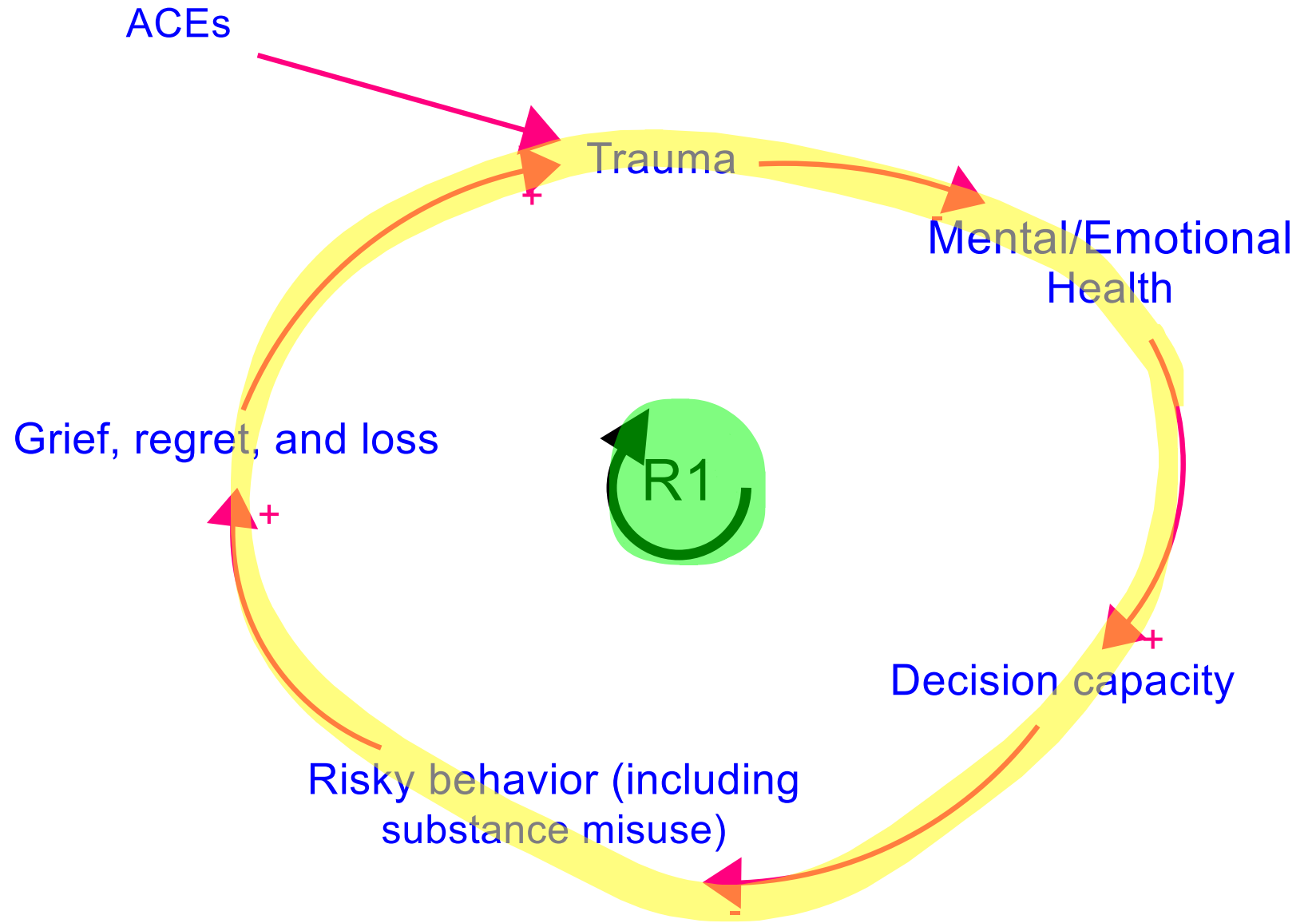
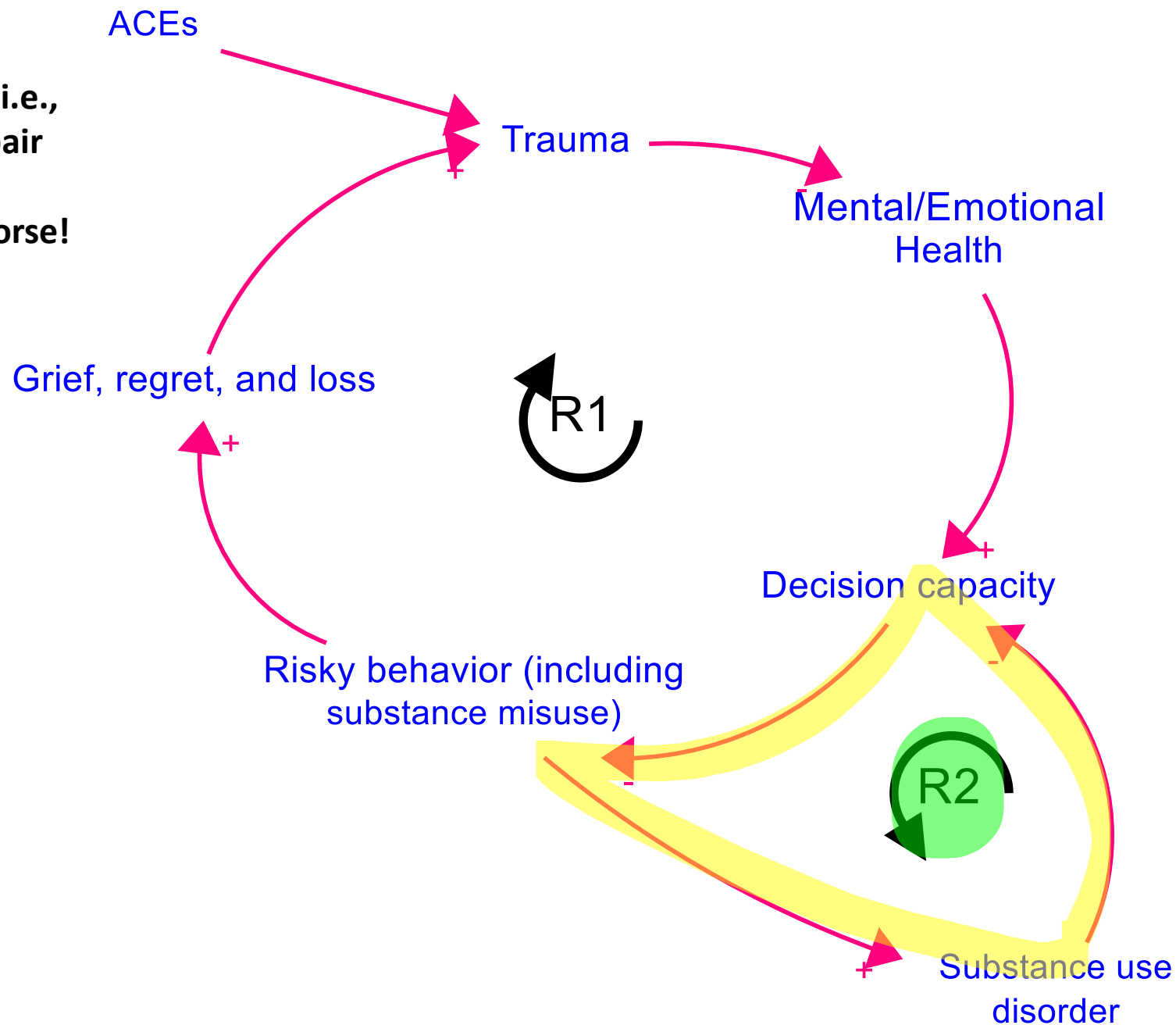


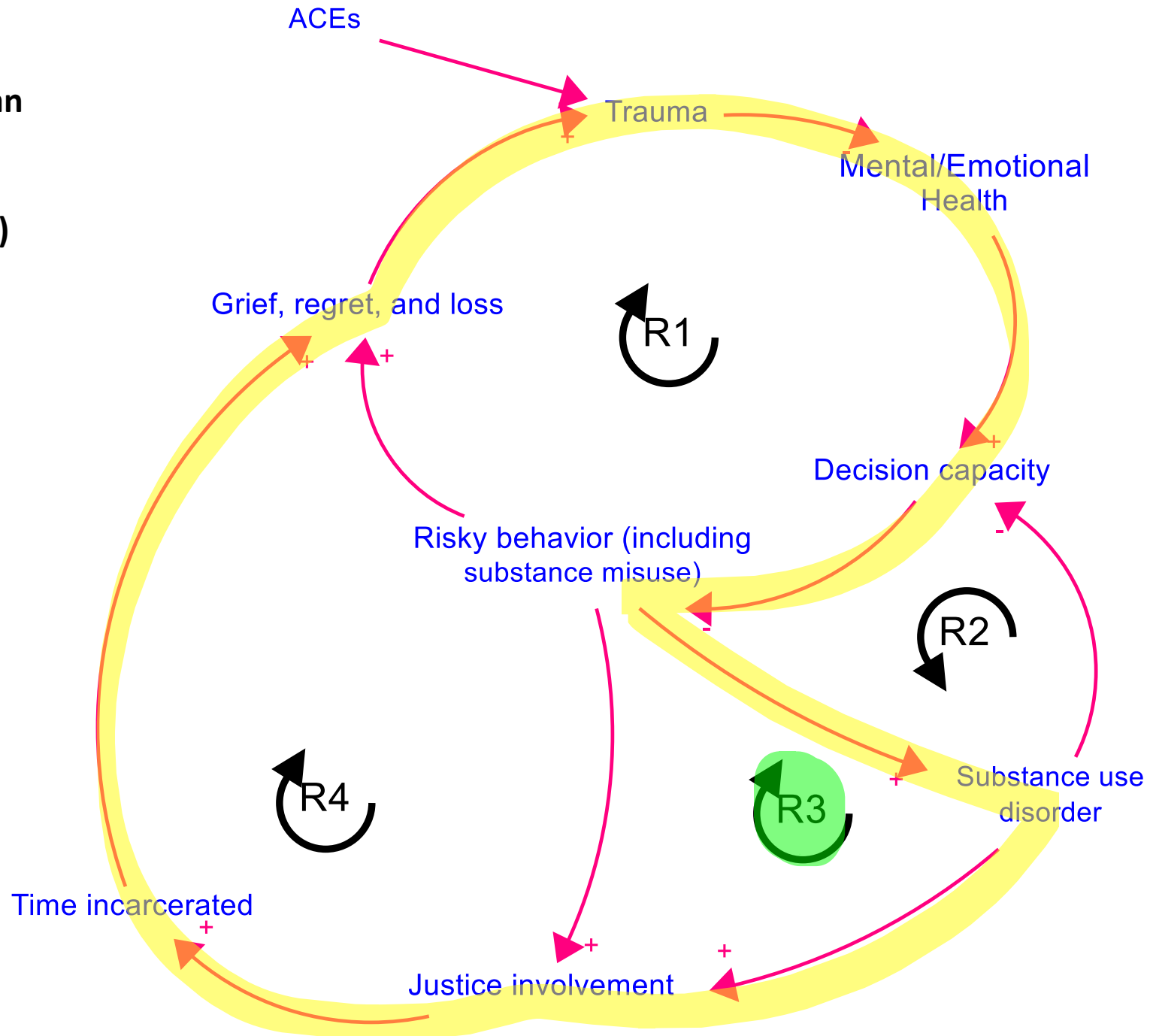
**From Feedback loops table:** As risky behaviors increase (e.g., substance misuse, delinquency), grief, regret, and loss also increase. This causes more trauma and reduces mental and emotional health. Reduced mental and emotional health can reduce effective decision-making capacity, which further increases risky behaviors (e.g., substance use as a coping mechanism for reduced mental and emotional health).



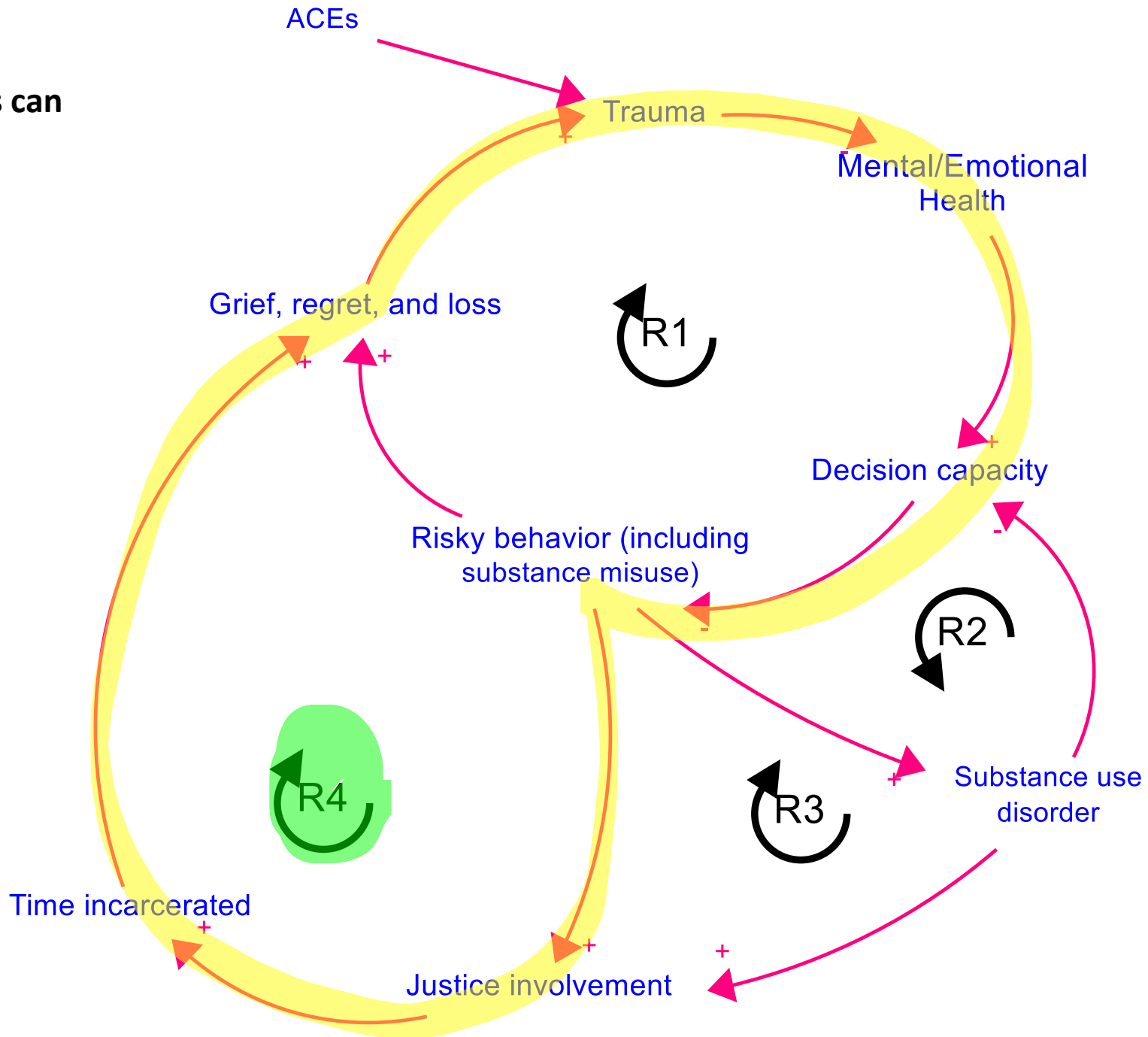
Some risky behavior (i.e.,  
substance abuse) impair  
decision capacity....  
making everything worse!



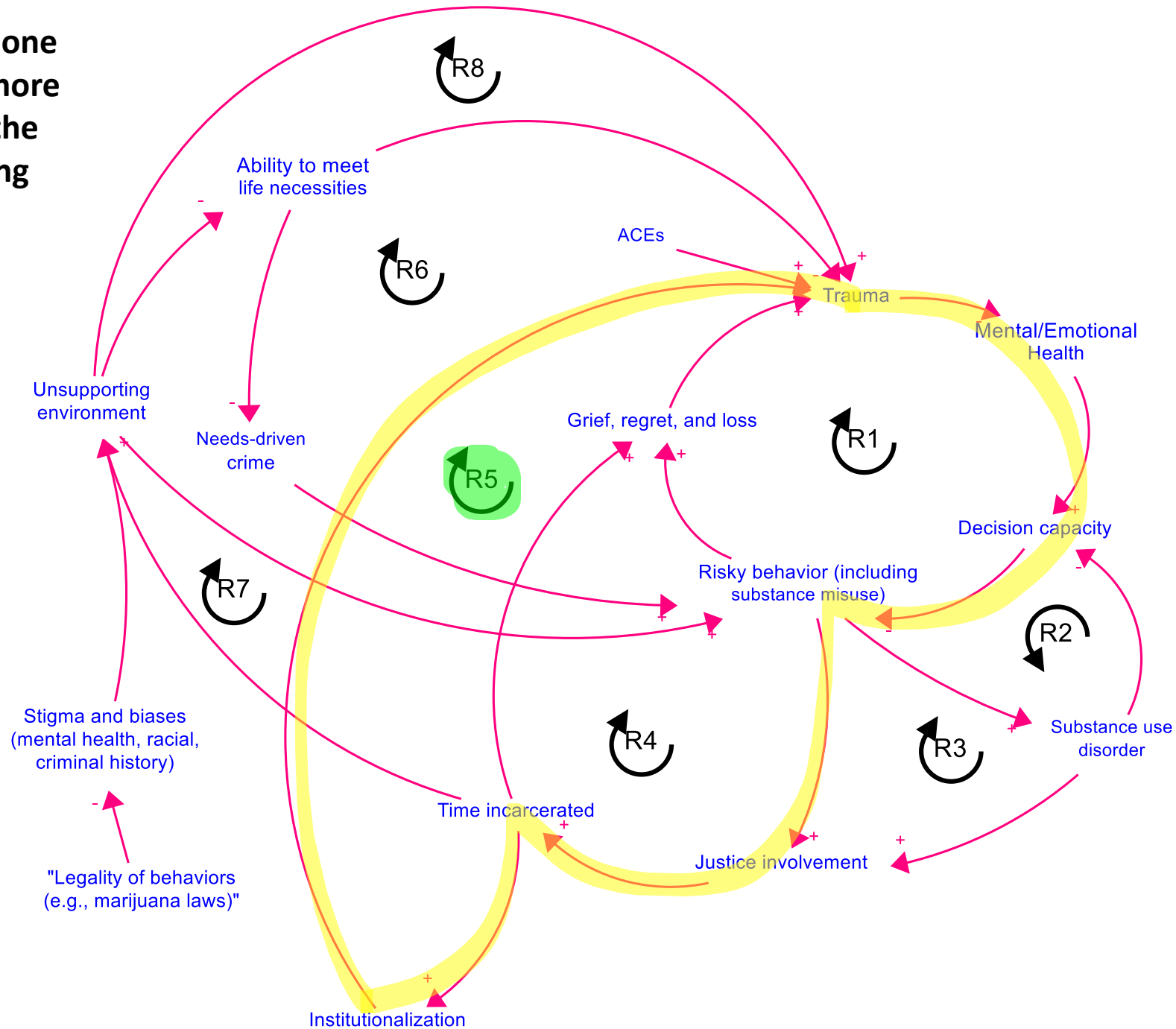
**And substance use can lead to arrest, bad feelings, and more trauma (vicious cycle)**



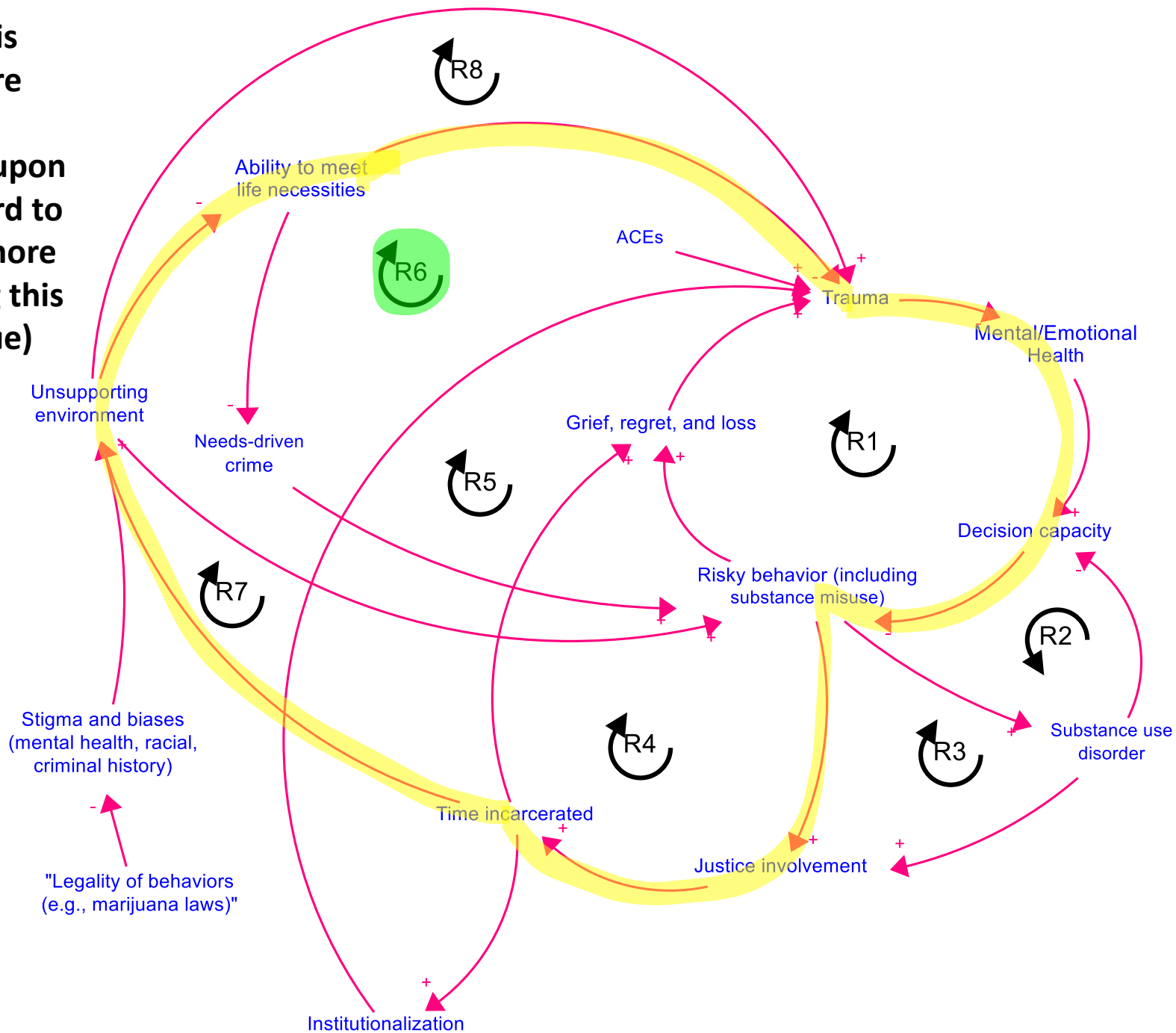
Other risky behaviors can lead to arrest, too



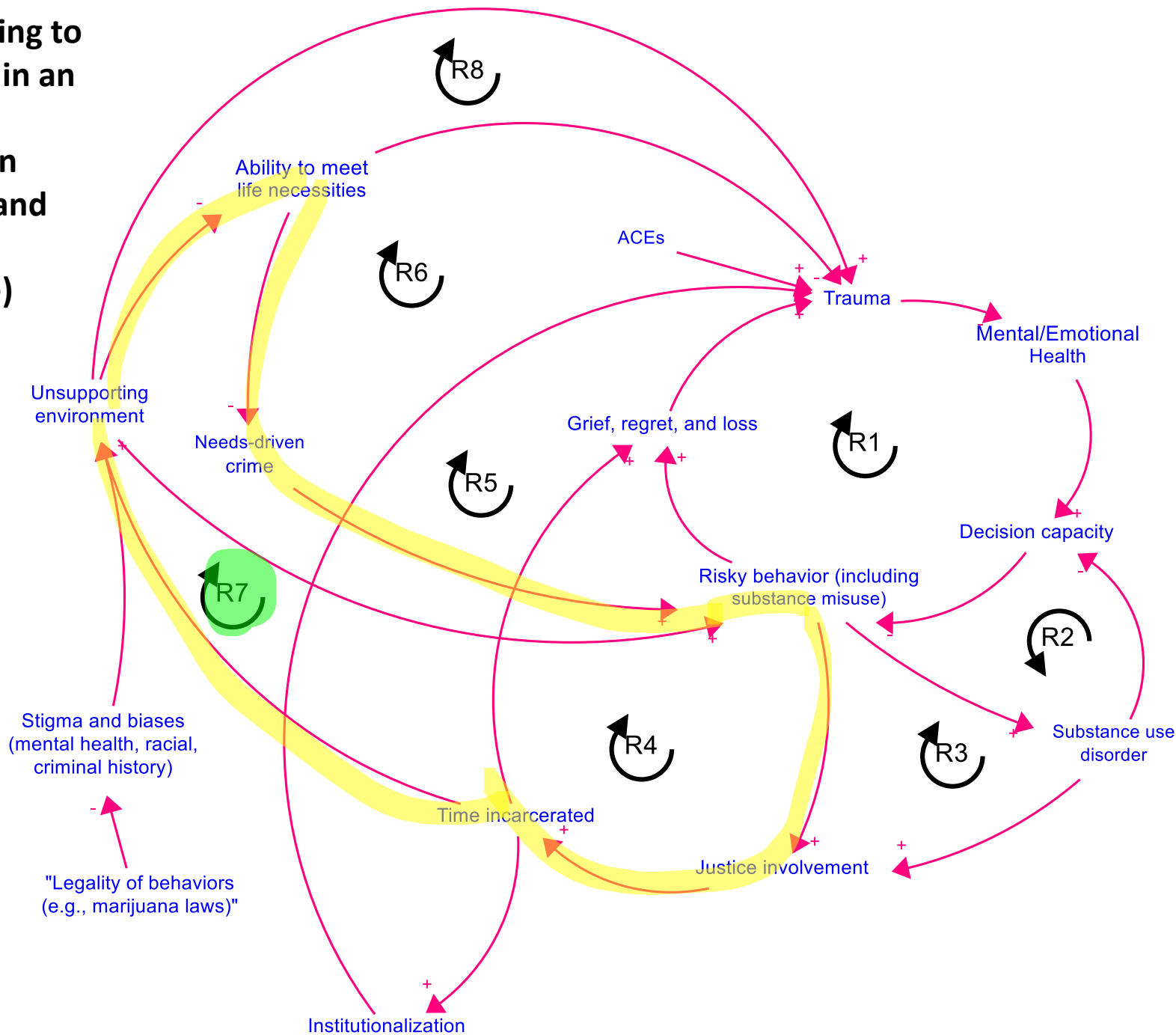
And the longer someone is incarcerated, the more institutionalization, the more trauma... making this cycle likely to continue



**The longer someone is incarcerated, the more unsupporting the environment can be upon release, making it hard to live... which is even more traumatizing (making this cycle likely to continue)**

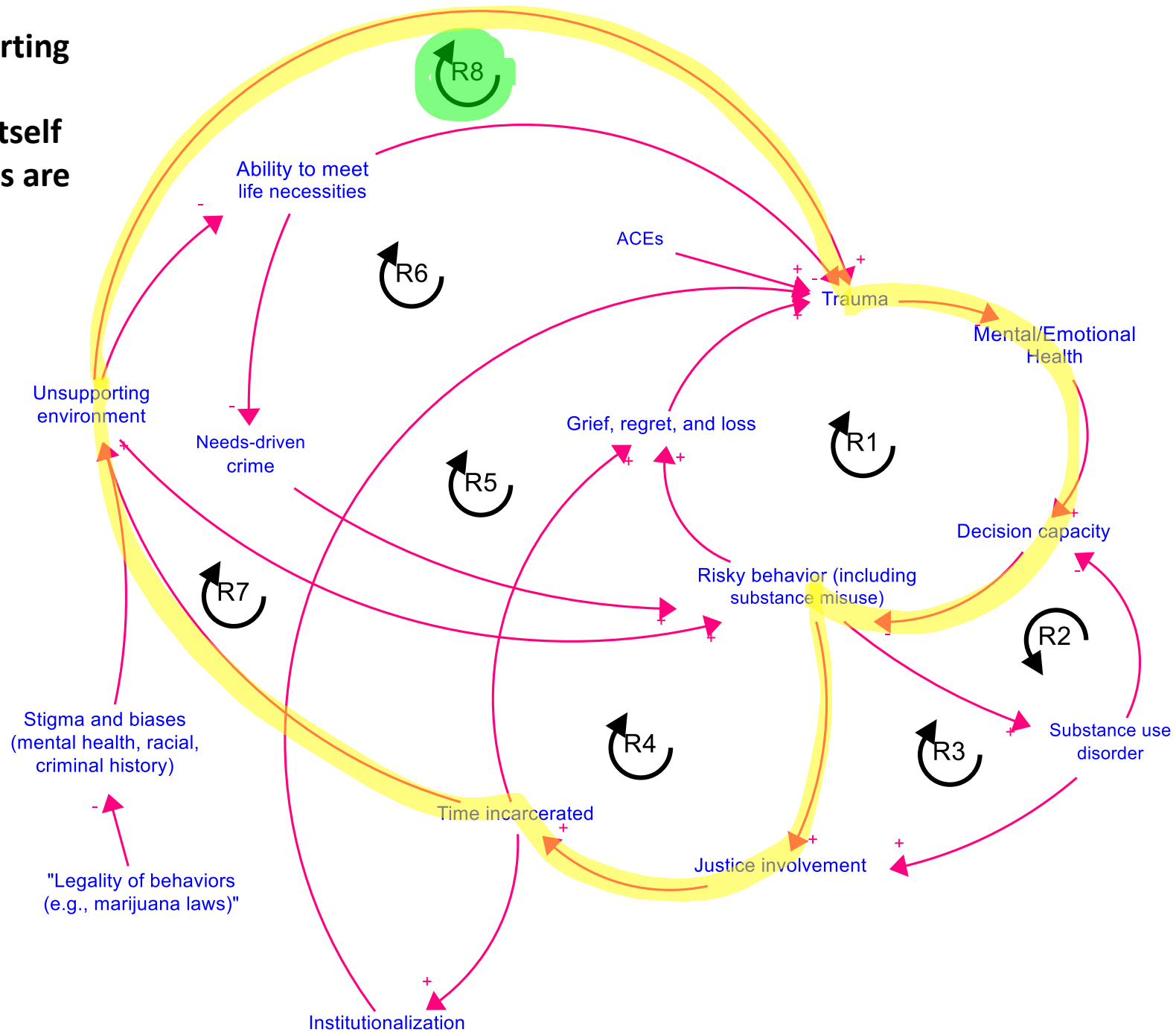


And when you're trying to meet life necessities in an unsupporting environment, this can lead to desperation and needs-driven crime (continuing the cycle)

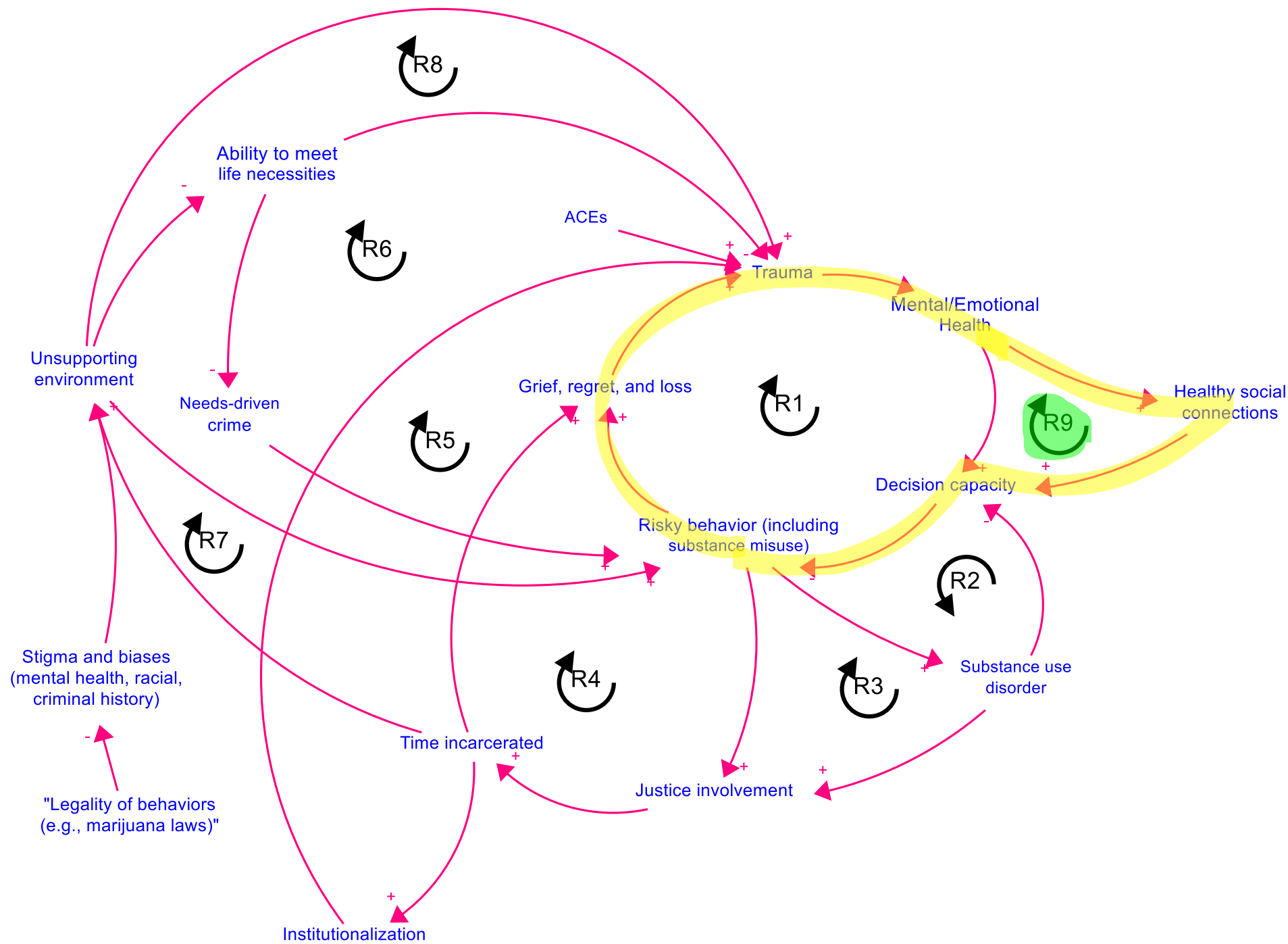




**Living in an unsupporting environment is traumatizing, all by itself (even if other aspects are addressed)!**

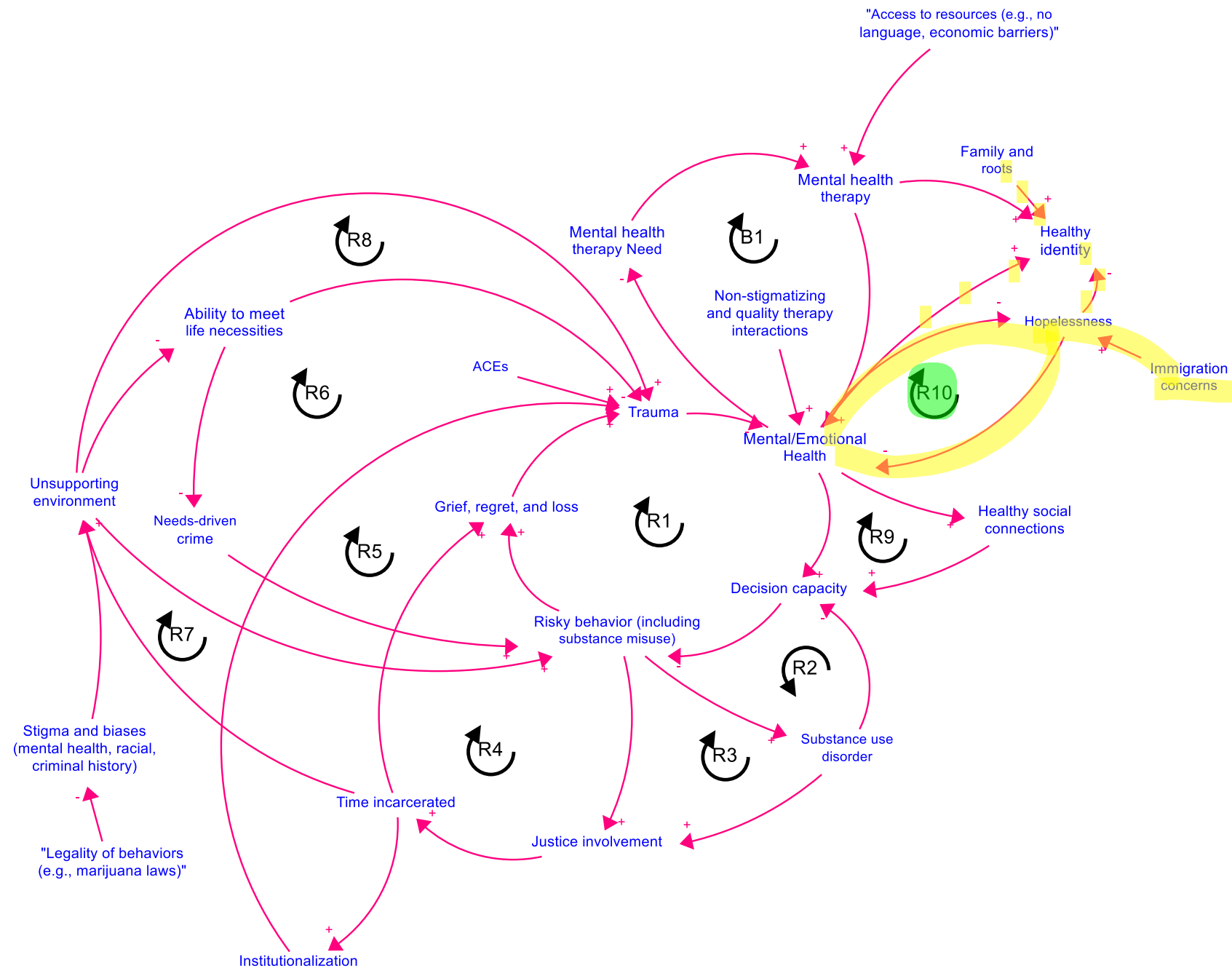


All this is worsened because worsening mental health leads to less robust healthy social connections (e.g., as people withdraw) – this could otherwise have been a good influence and check on decision making

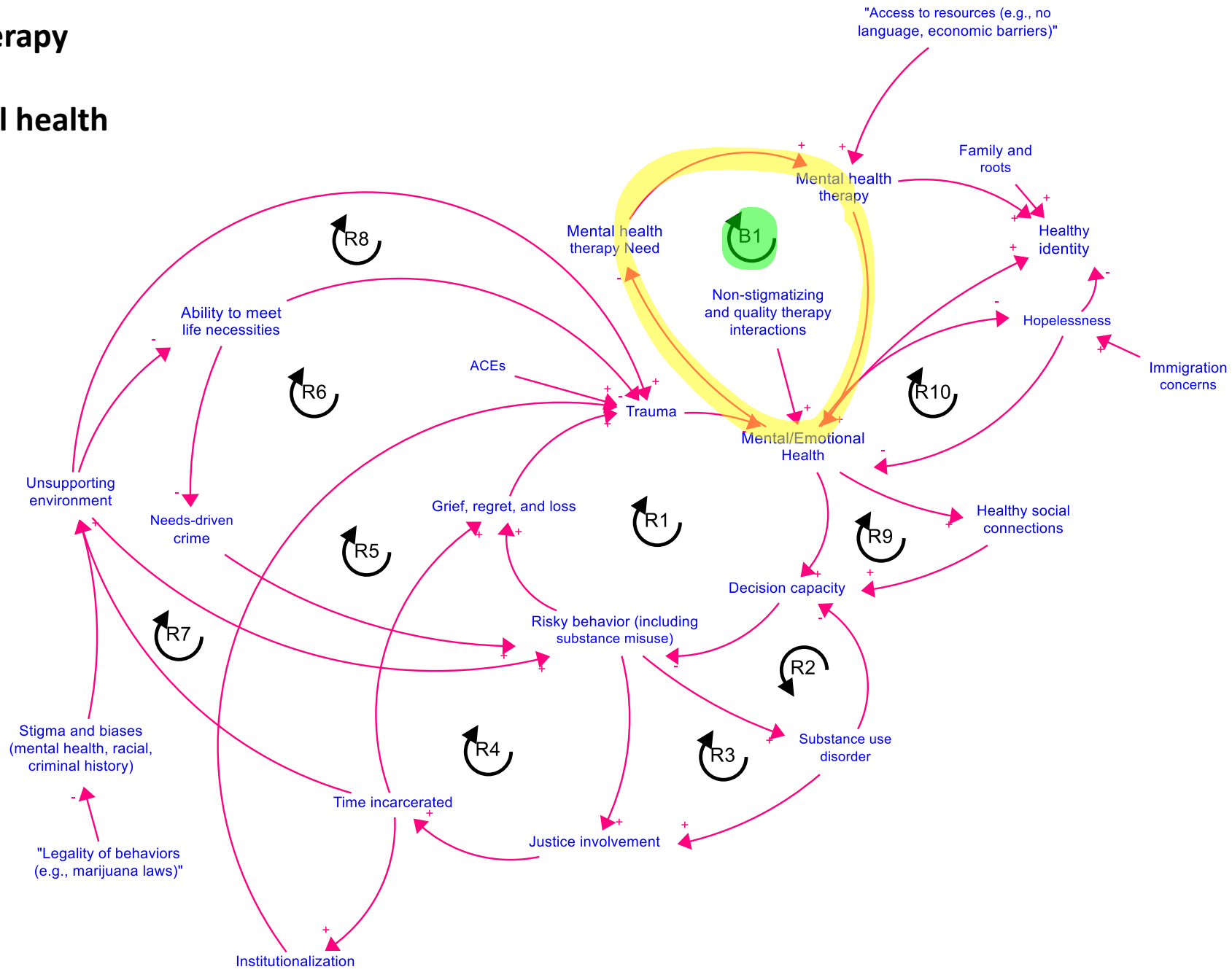


Worsening mental health can lead to a sense of hopelessness, deteriorating one's mental health further (a vicious spiral). All this threatens one's healthy identity, and is made worse in the presence of factors like immigration concerns

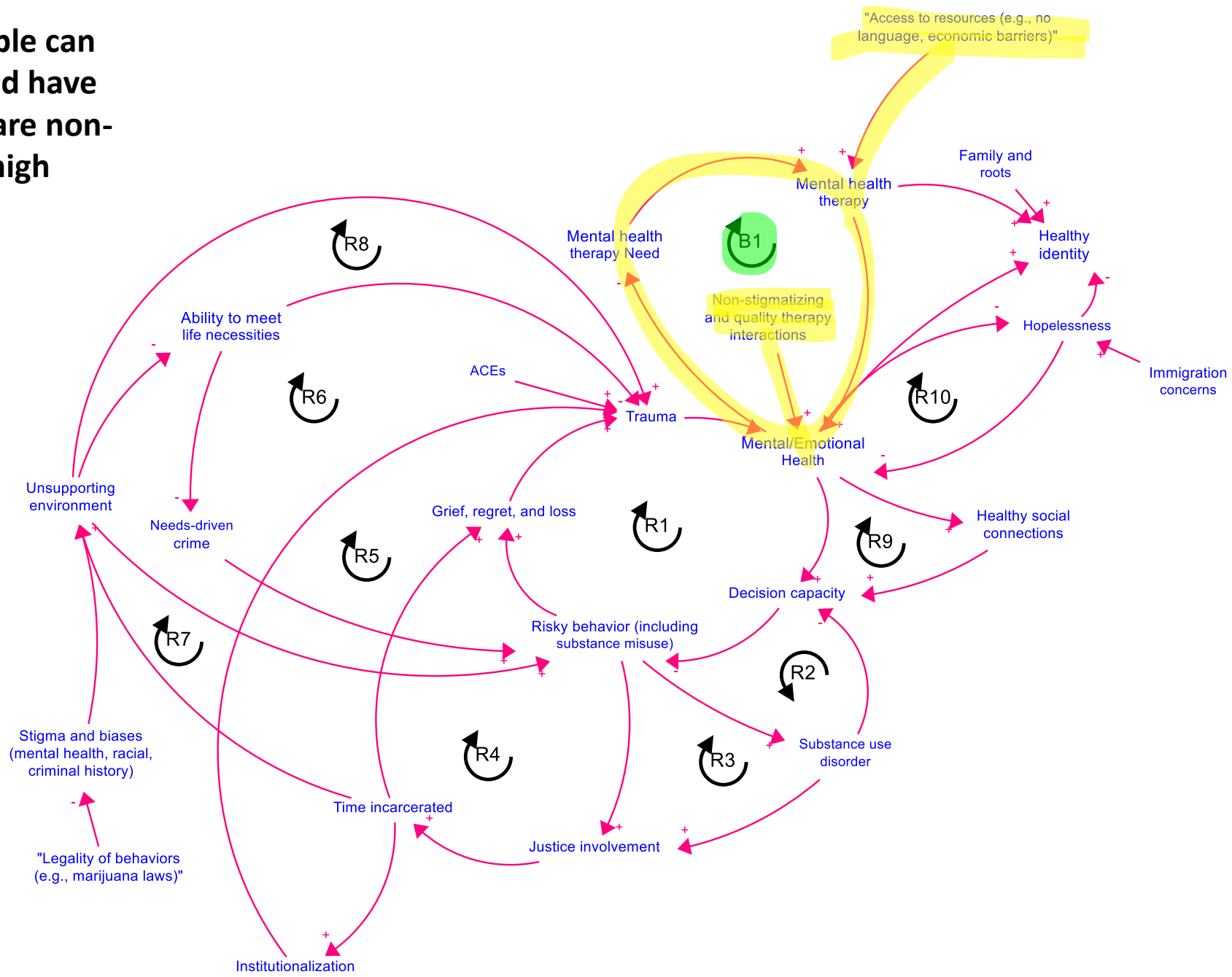
QUESTION: What else does healthy identity affect in the diagram??



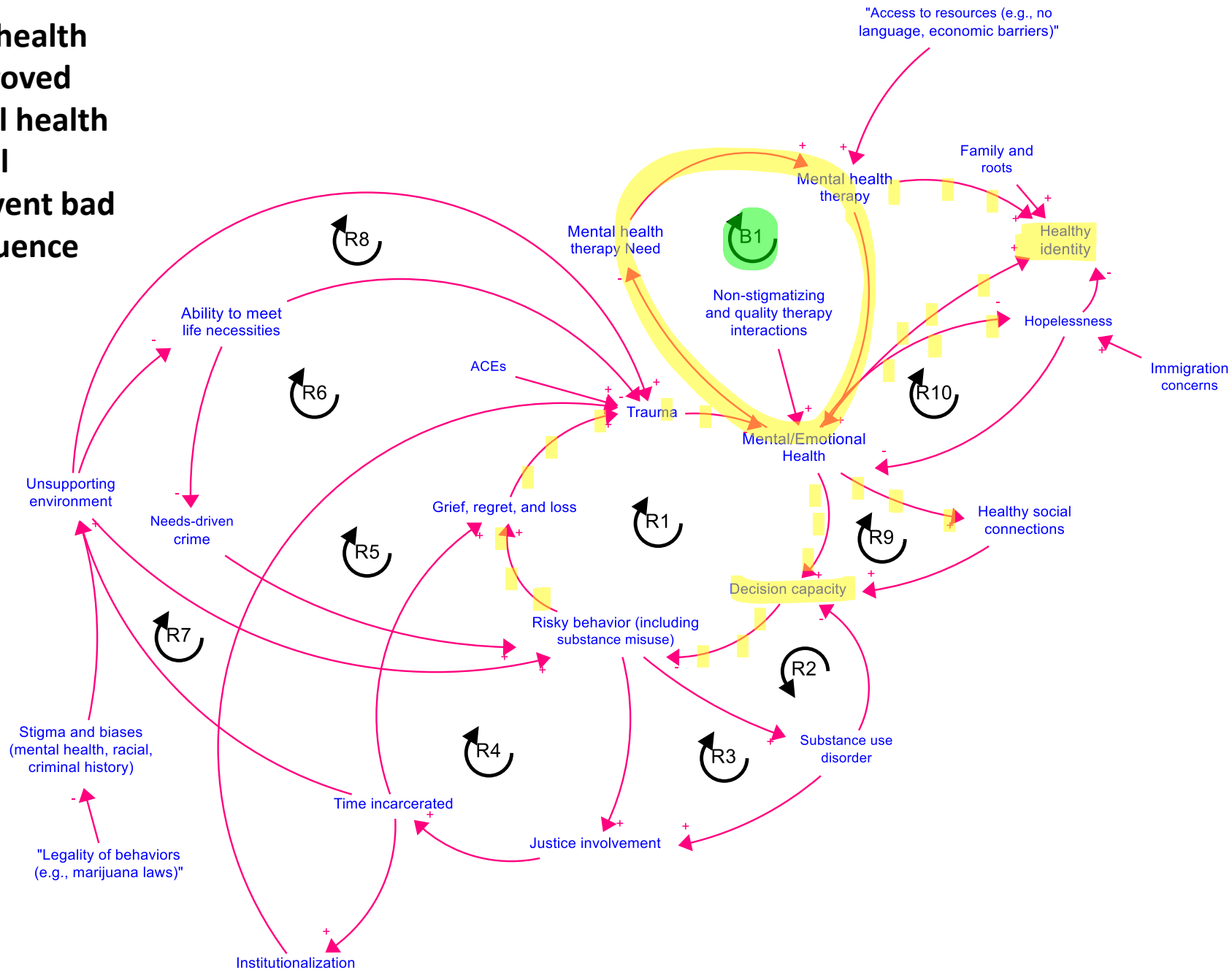
Mental health therapy  
can help restore  
mental/emotional health



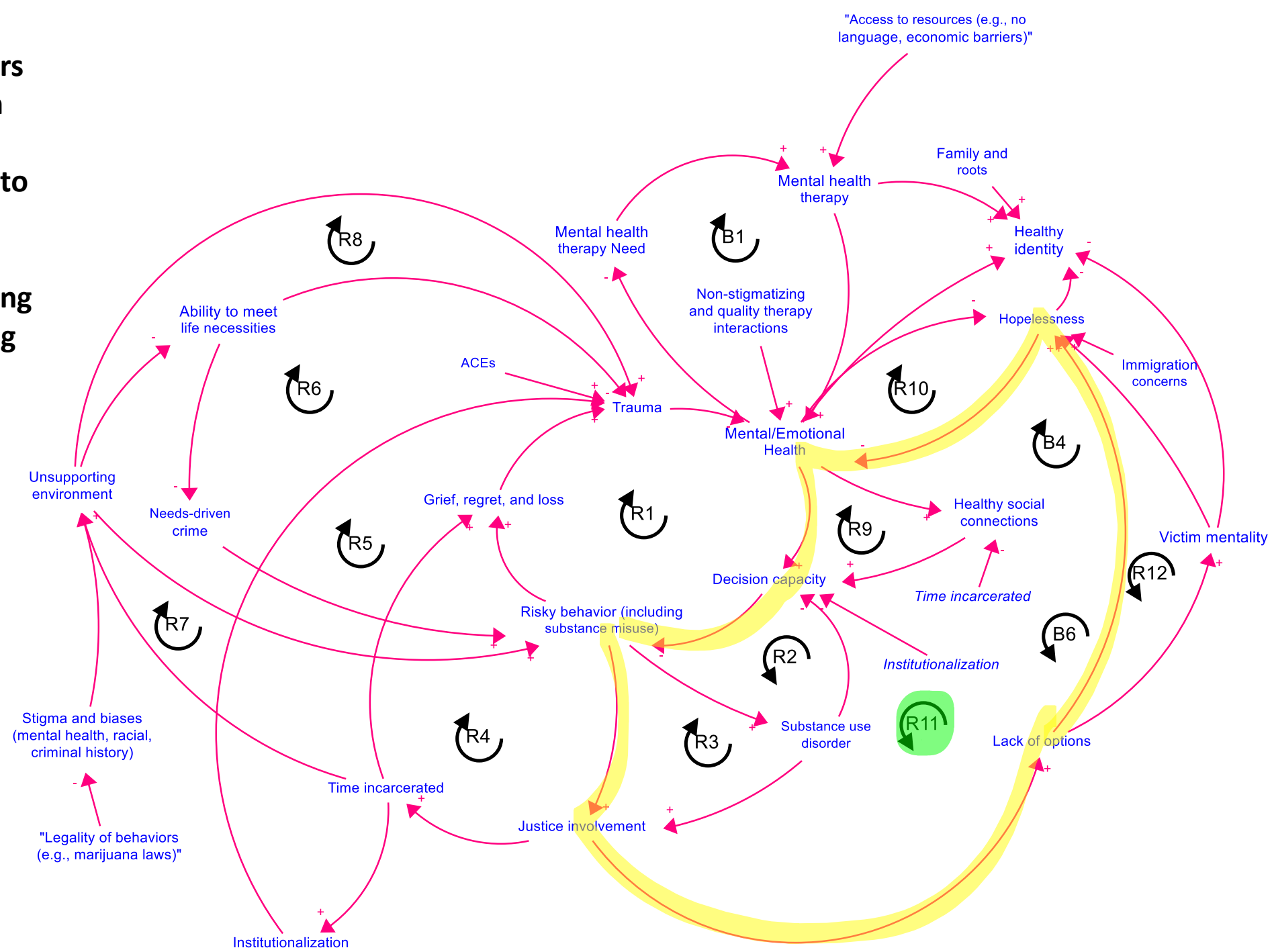
.... As long as people can access services and have experiences that are non-stigmatizing and high quality



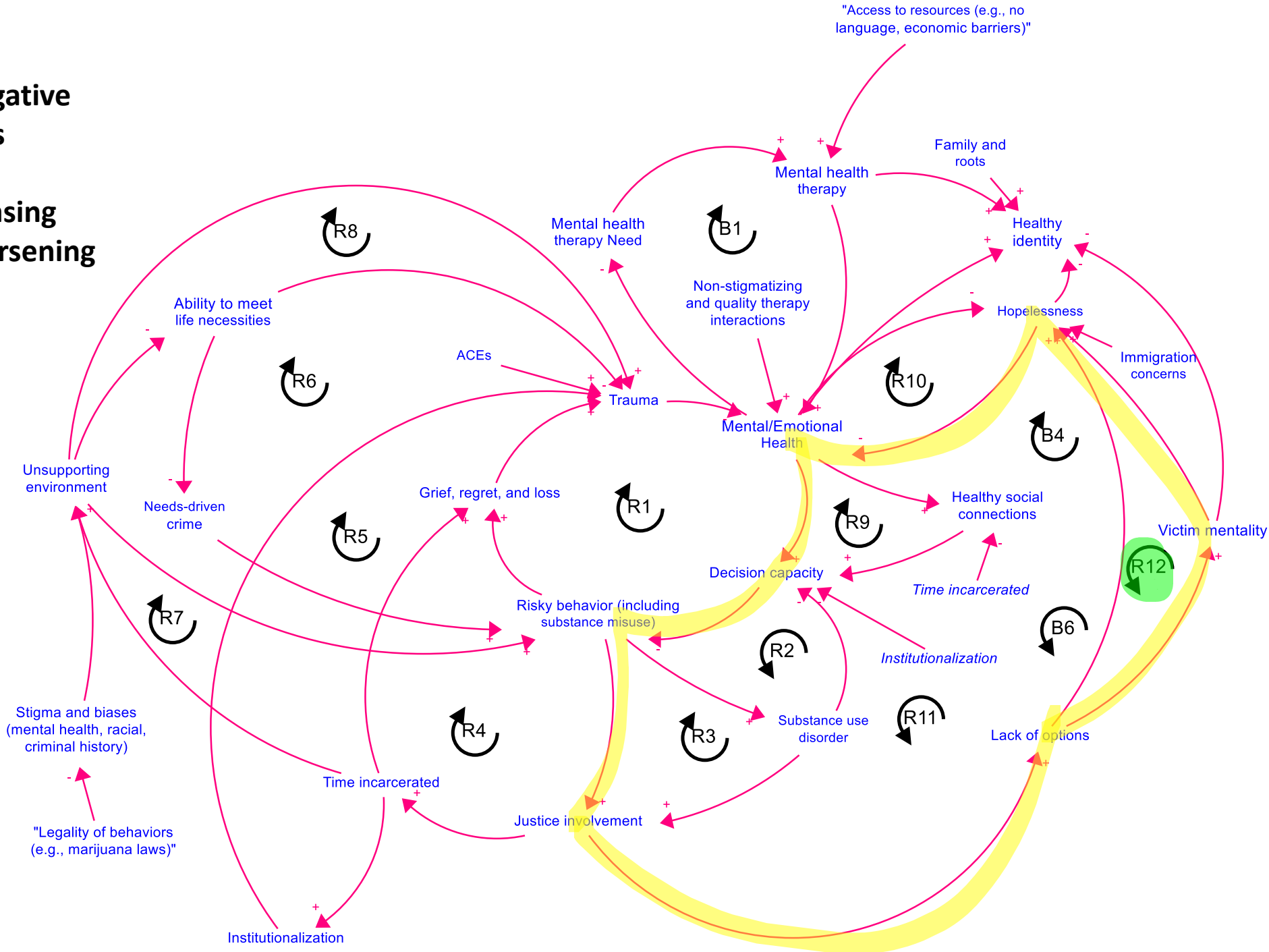
**Access to mental health therapy, and improved mental/emotional health can trigger natural supports and prevent bad decisions/consequence cycles**



But if a risky behavior triggers justice involvement, this can decrease options (to access supports or affecting ability to meet life necessities, to thrive). This makes people feel more hopeless, worsening mental health (and triggering more bad decision cycles)

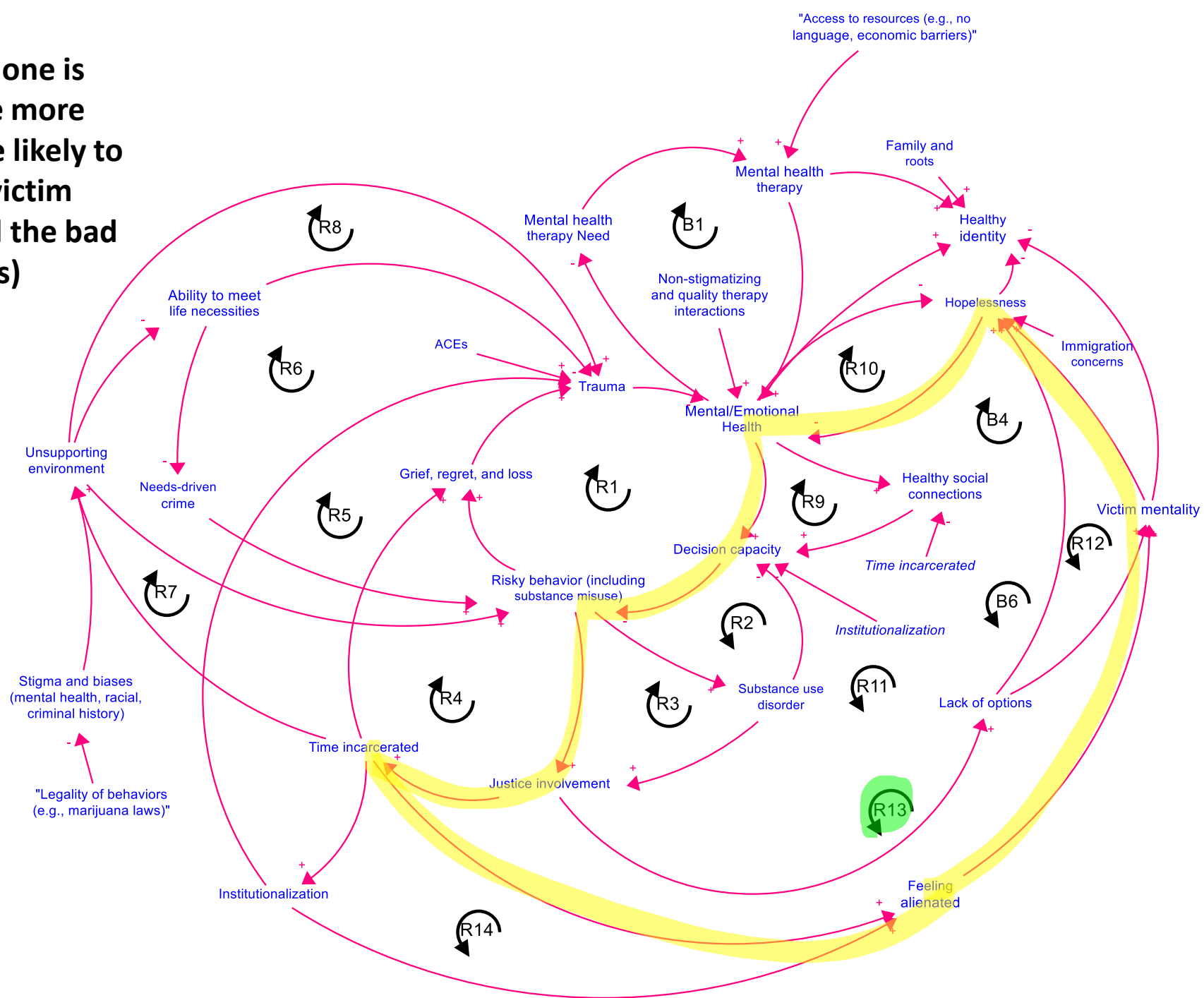


... and justice involvement's negative impact on options increases victim mentality... increasing hopelessness (worsening cycles).

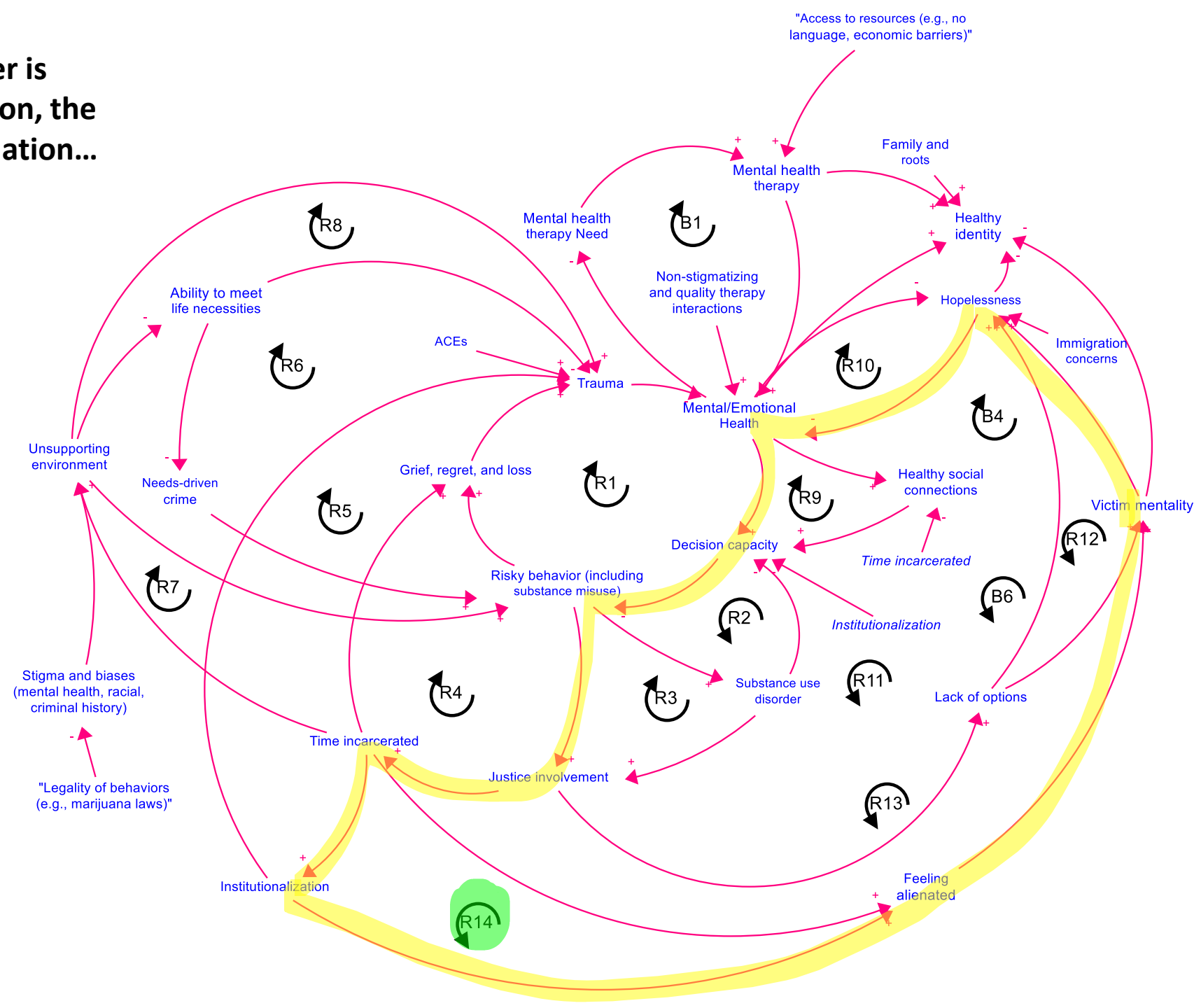




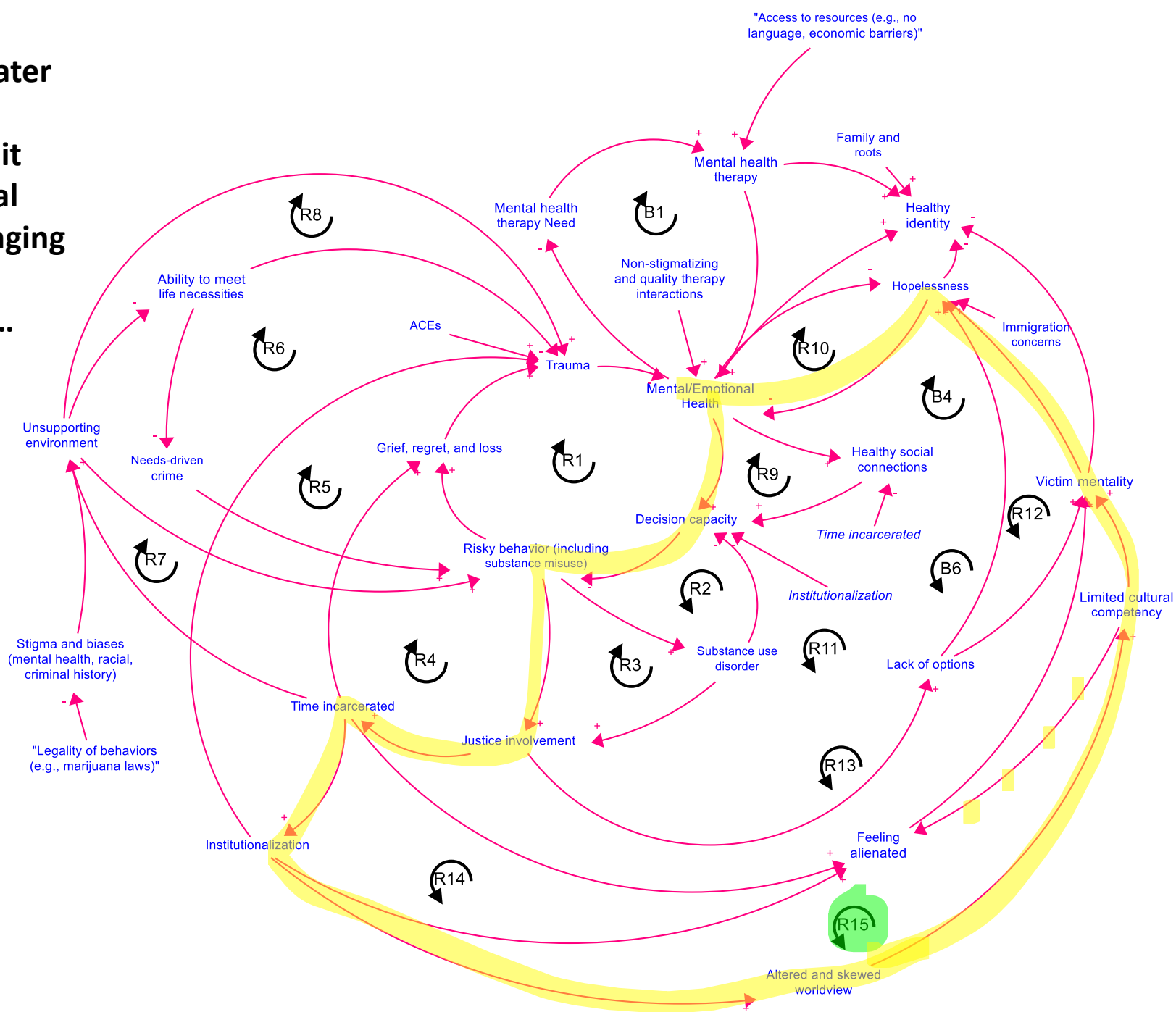
**...and the longer one is incarcerated, the more alienated they're likely to feel (increasing victim mentality and all the bad stuff that triggers)**



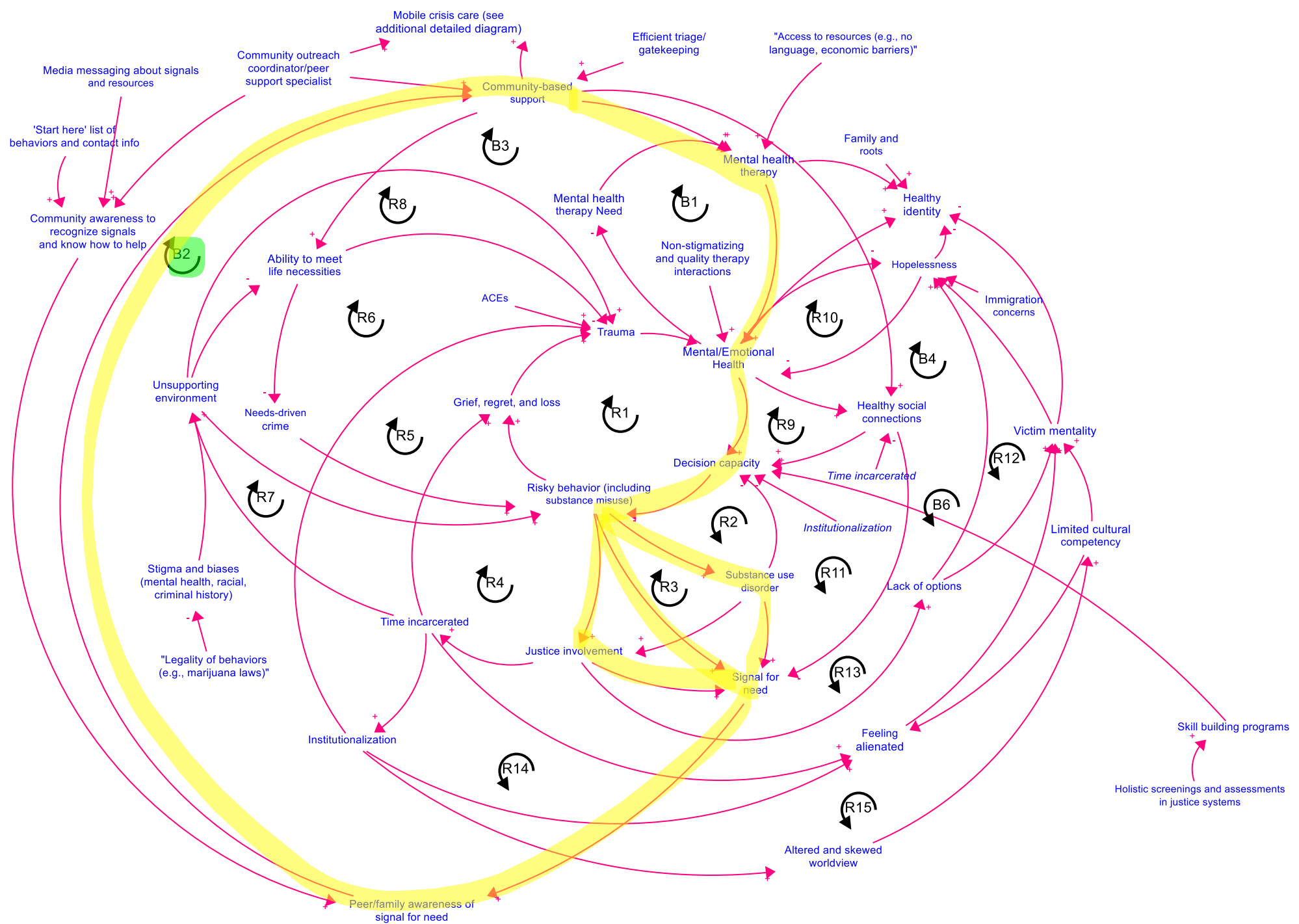
... and the greater is institutionalization, the greater the alienation...



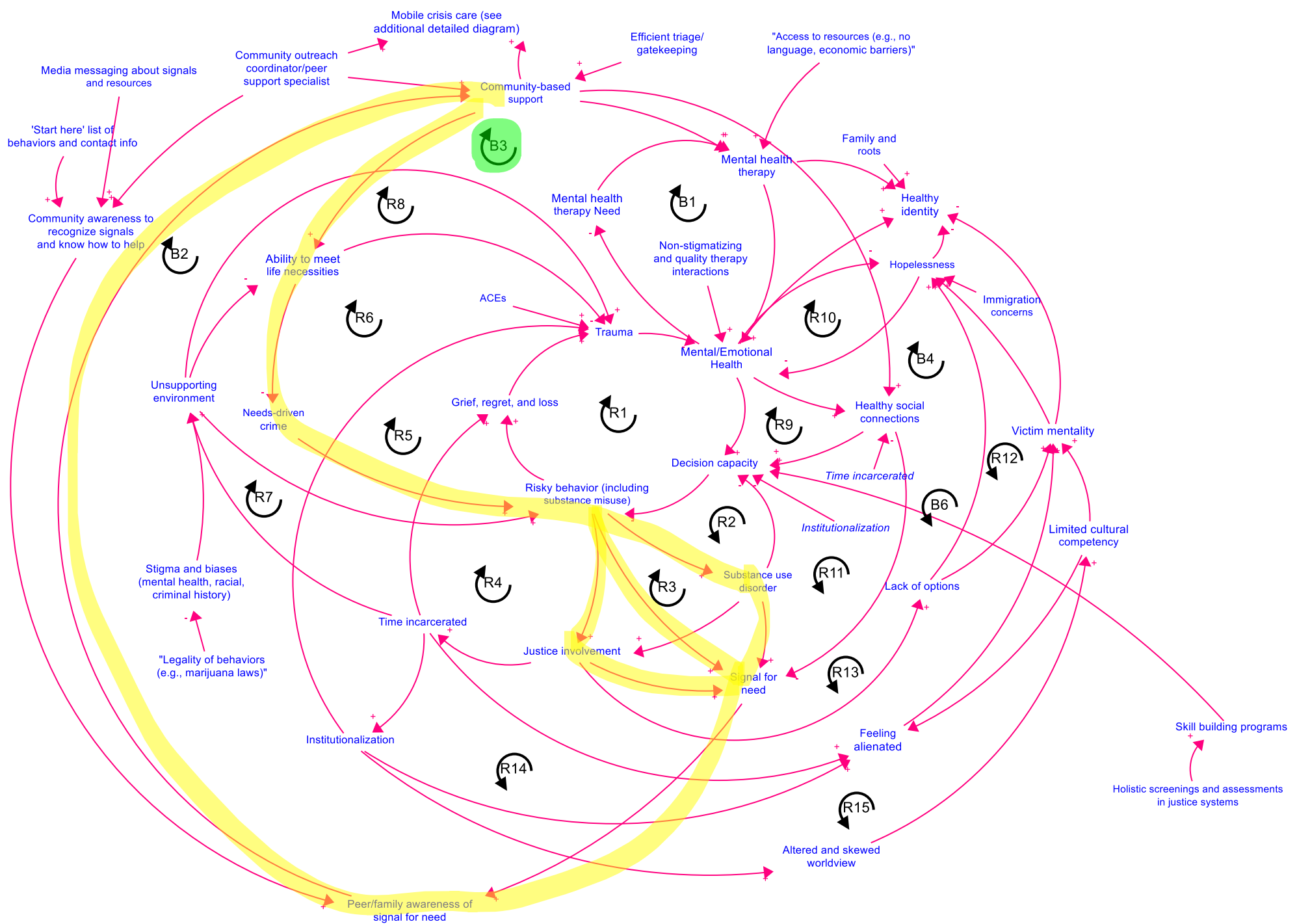
... and along with greater institutionalization triggering alienation, it also decreases cultural competency in a changing outside world (which increases alienation)...



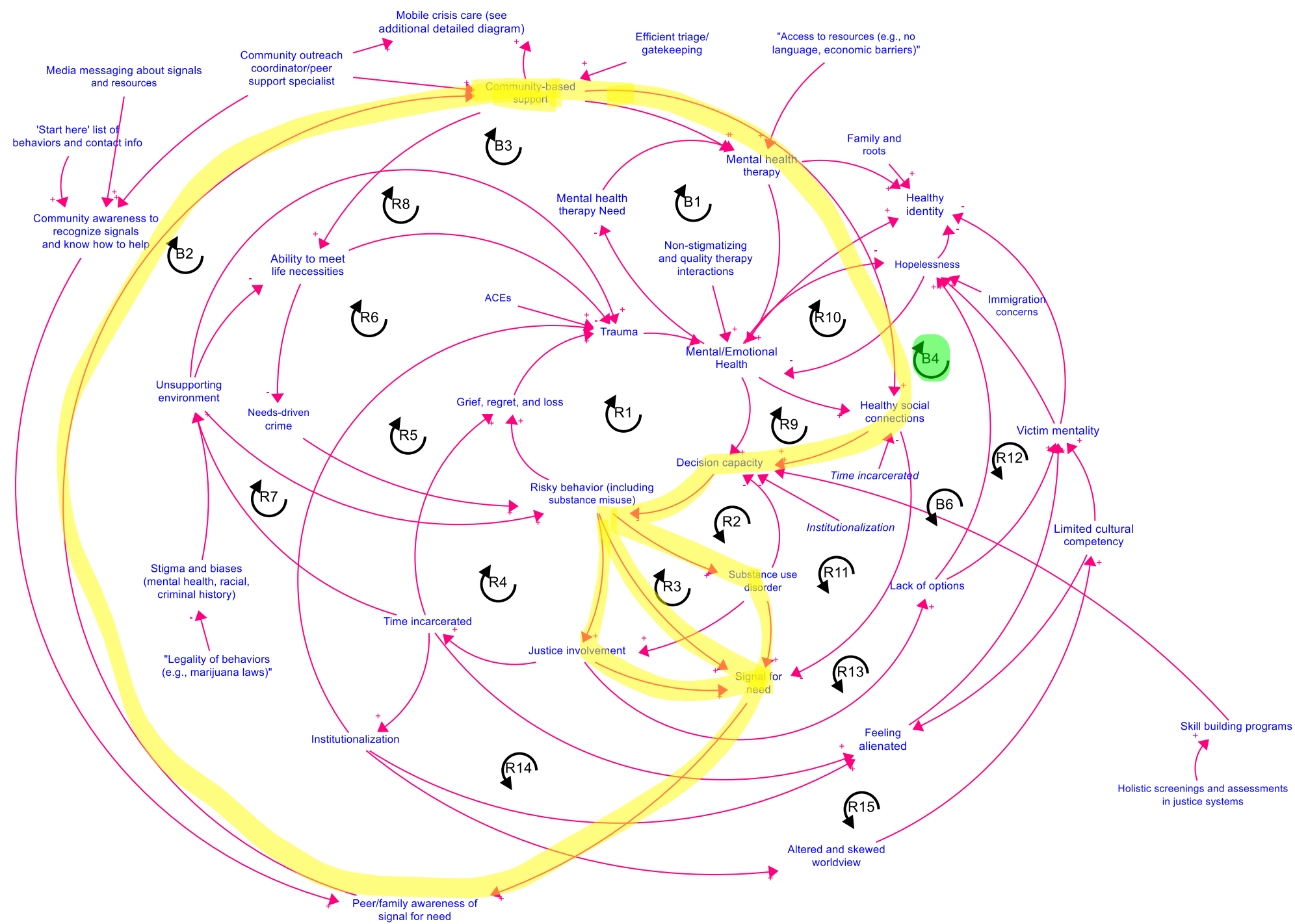
**Balancing loop:  
But.... If peers or family can see the signal that support is needed after risky behaviors are undertaken, substance use disorder develops, or even upon justice involvement... and connect the person to community-based supports, they might receive mental health therapy to improve decision capacity moving forward!**



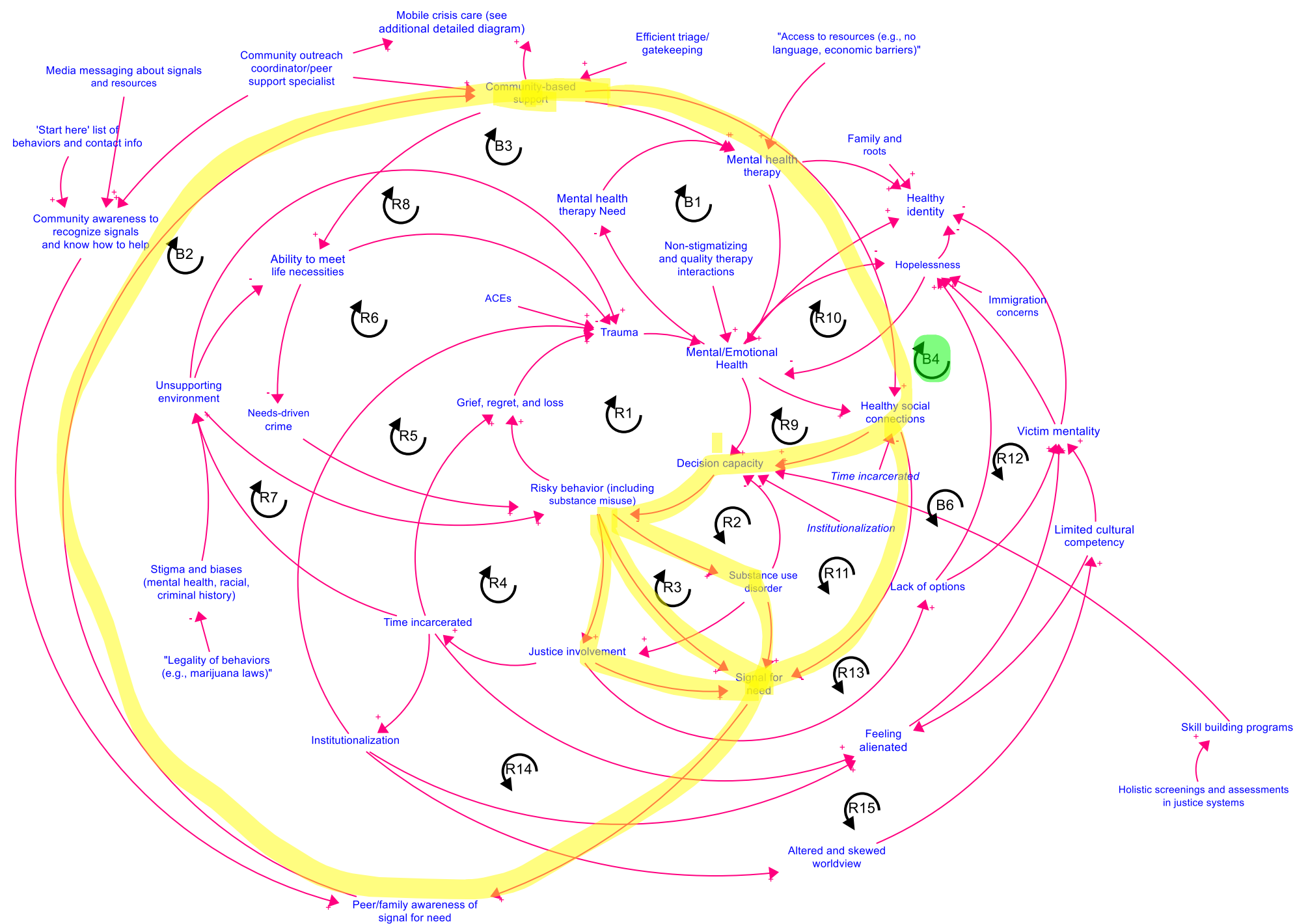
**Community support might also strive to help people meet life necessities, reducing needs-driven crime (another balancing loop/check on undesirable cycles)**



Also, community support could increase healthy social connections – to influence and check decision capacity (yet another balancing loop/check on undesirable cycles)

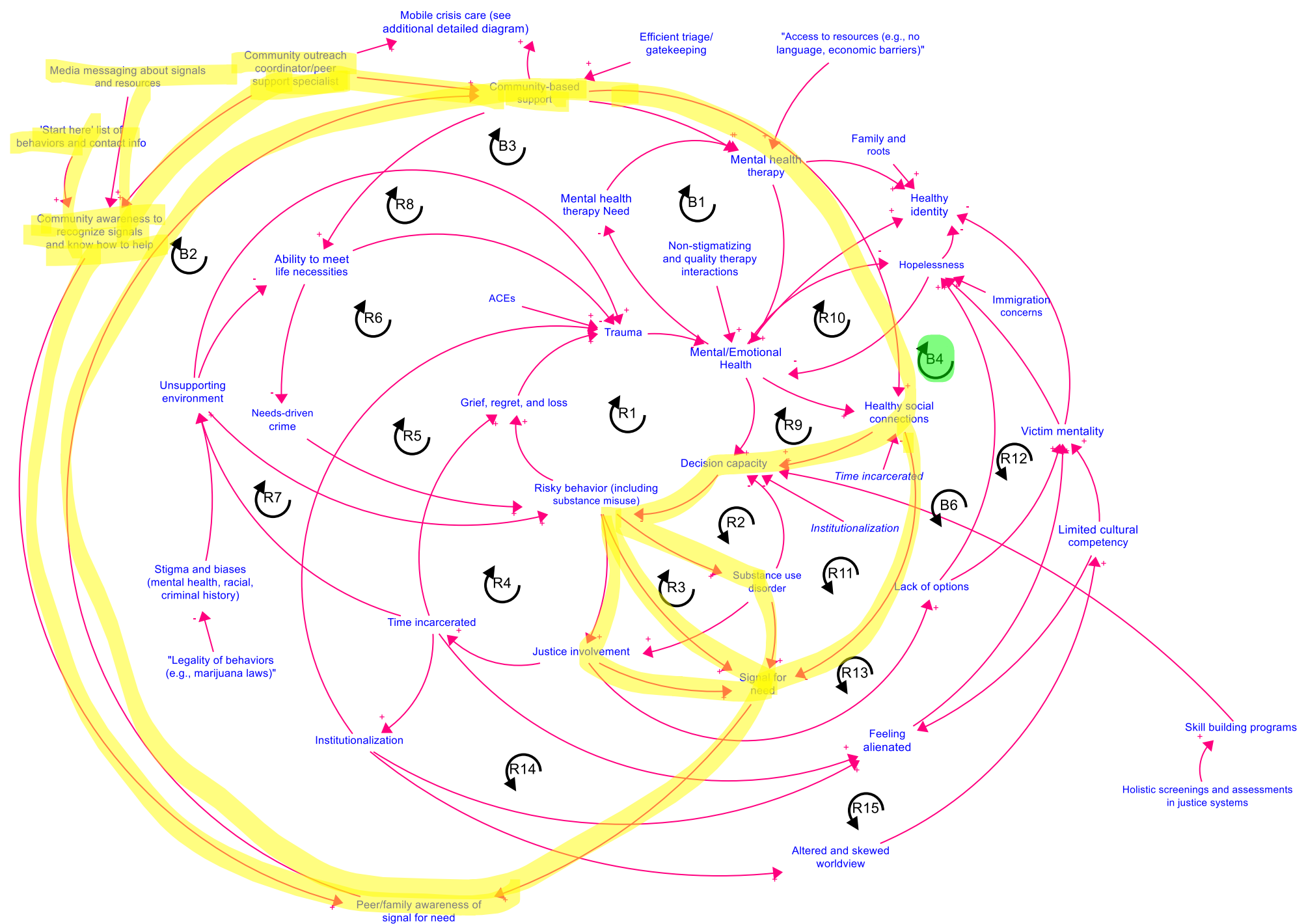


**And these healthy social connections can keep an eye open for signals for need to step up supports (yet another balancing loop/check on undesirable cycles)**





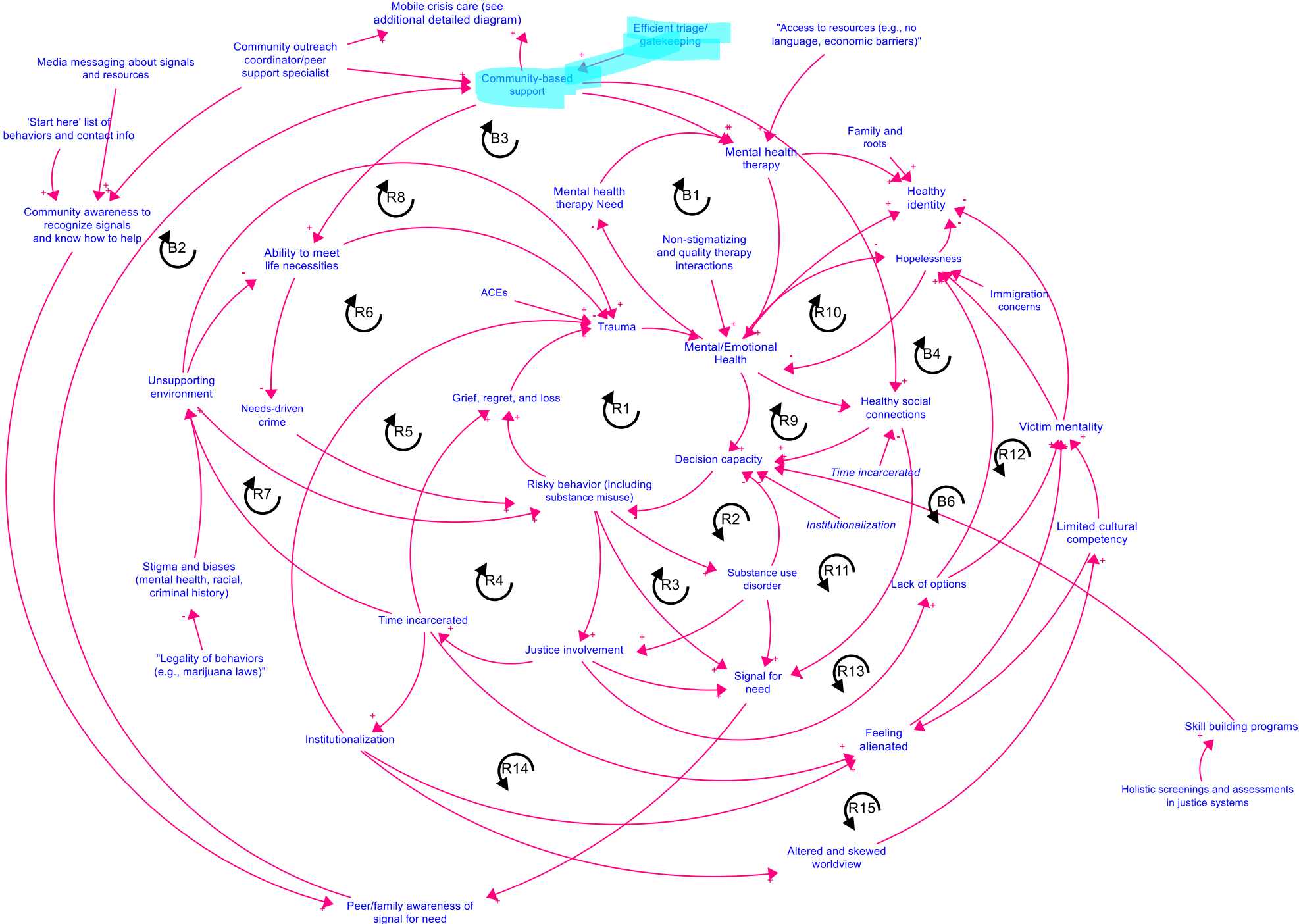
**But all this can't just be expected to happen – community awareness is needed, so peers and family recognize signals and know how to help (e.g., through 'Start here' resources and media messaging); community outreach coordinators/peer support specialists can support these activities and connect people to community-based supports**



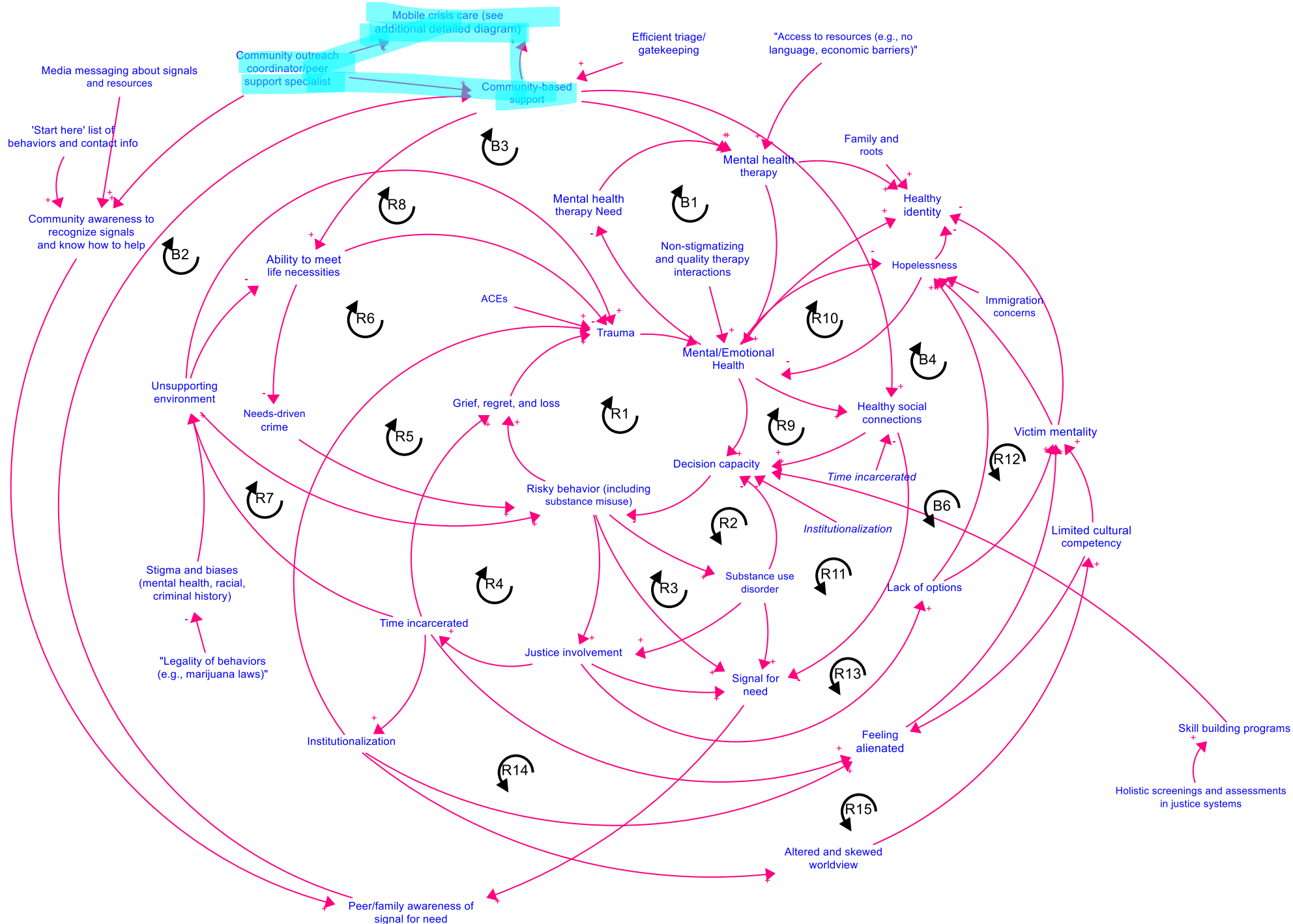


But we need to be sure to be triaging people to supports efficiently – quickly and to the right things (‘gatekeeping’)

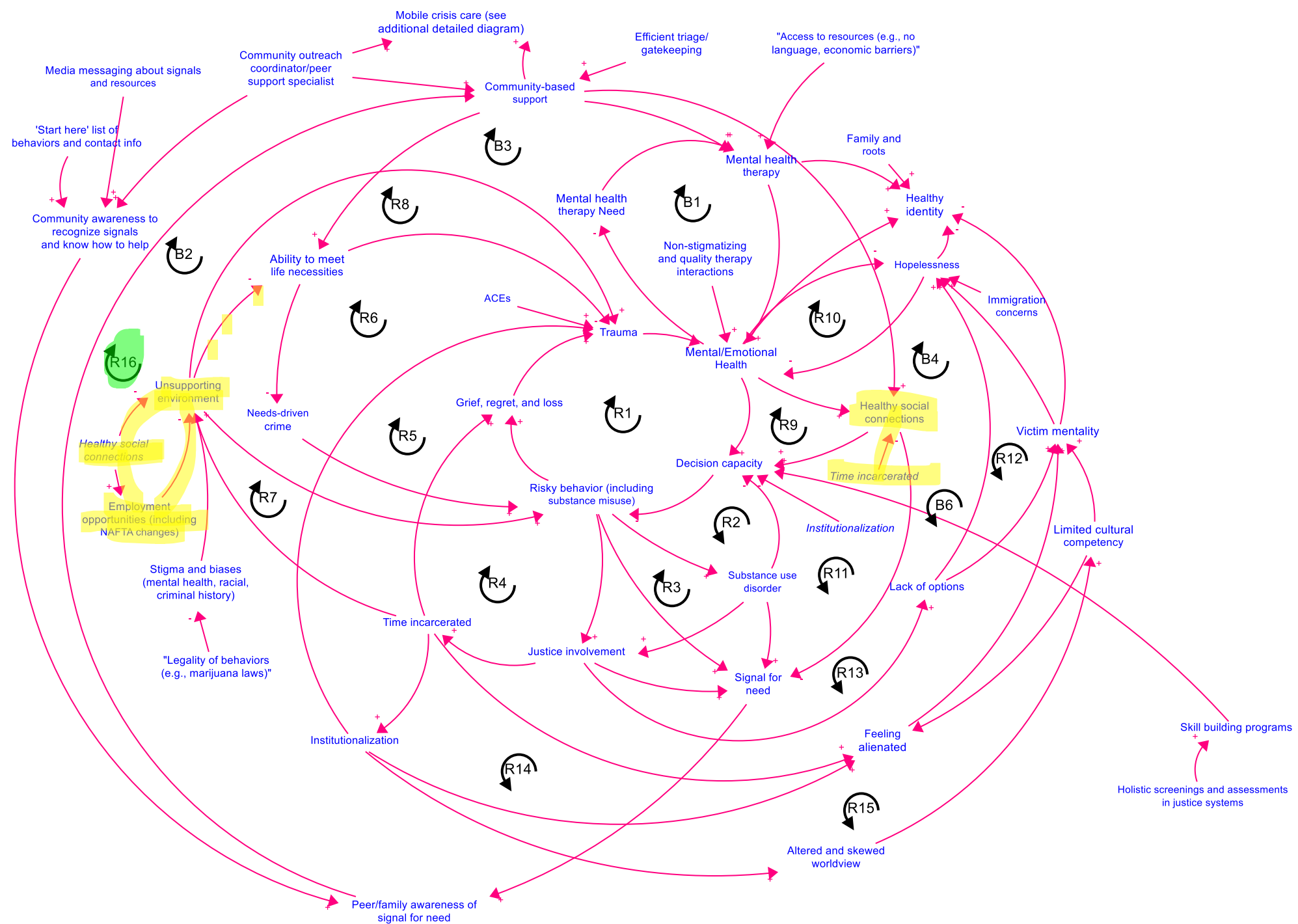
QUESTION: Can we say a little more about the concern about gatekeeping?



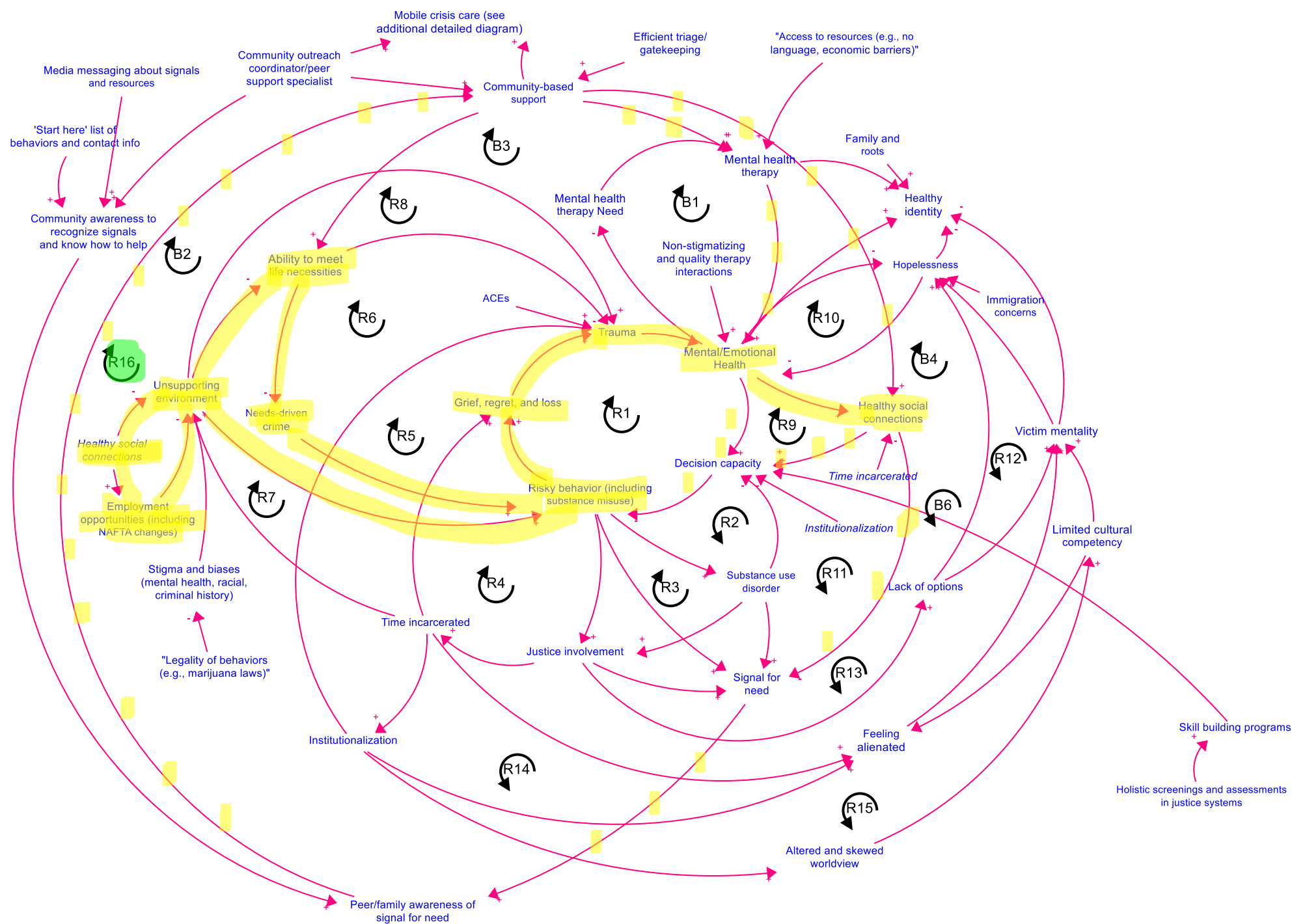
We had a rich discussion about factors working for and against having access to quality Mobile Crisis services in Surry; we'll get that in a separate diagram



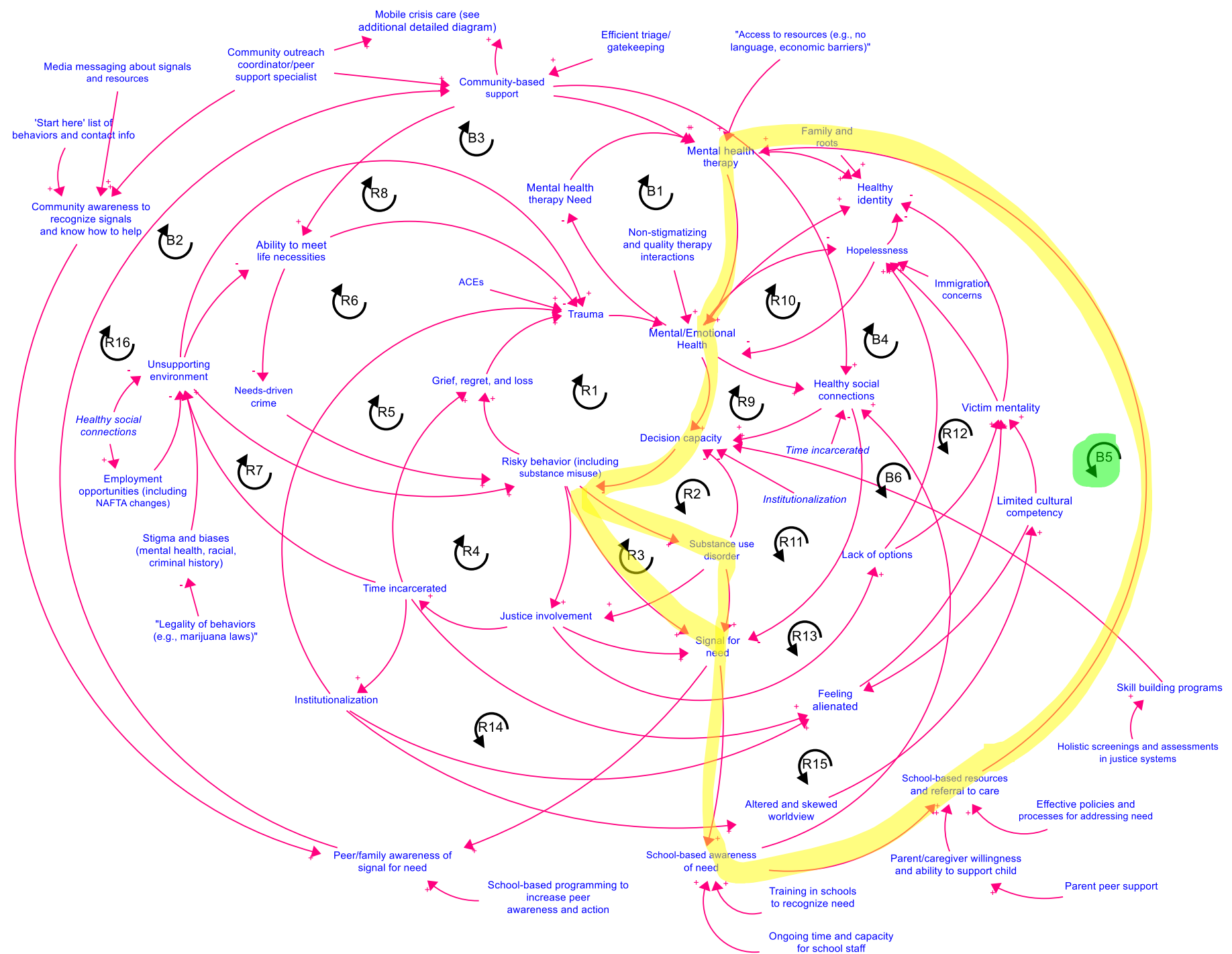
**Many factors affect whether a person is living in a supporting or unsupporting environment (e.g., policies like NAFTA changes affect employment); healthy social connections can help offset some of these challenges (e.g., finding employment, housing)... but healthy social connections are impacted by time incarcerated – a threat to one's ability to meet life necessities**



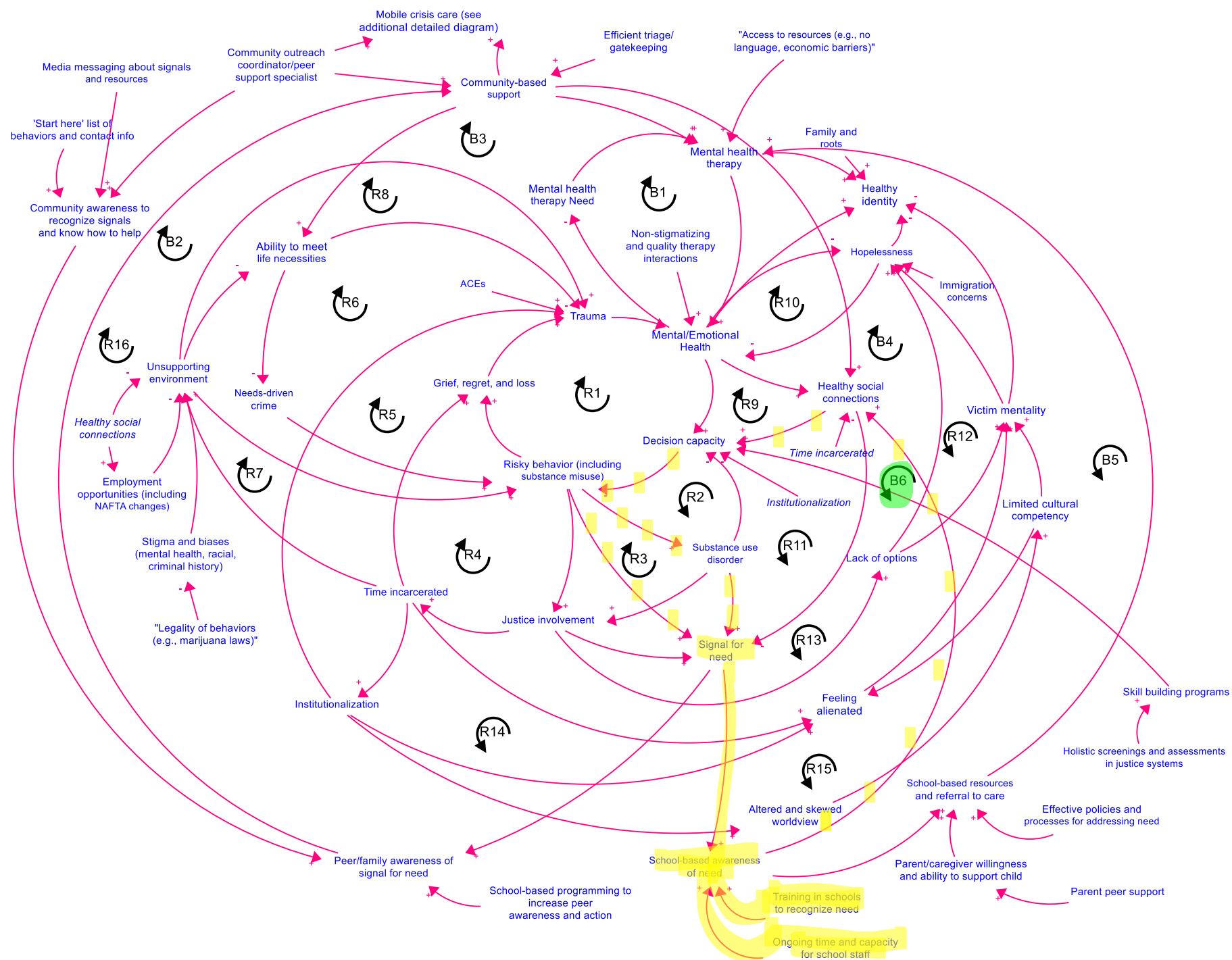
And if challenges lead to needs-driven crime, and more incarceration, everything gets worse and harder (a vicious cycle)



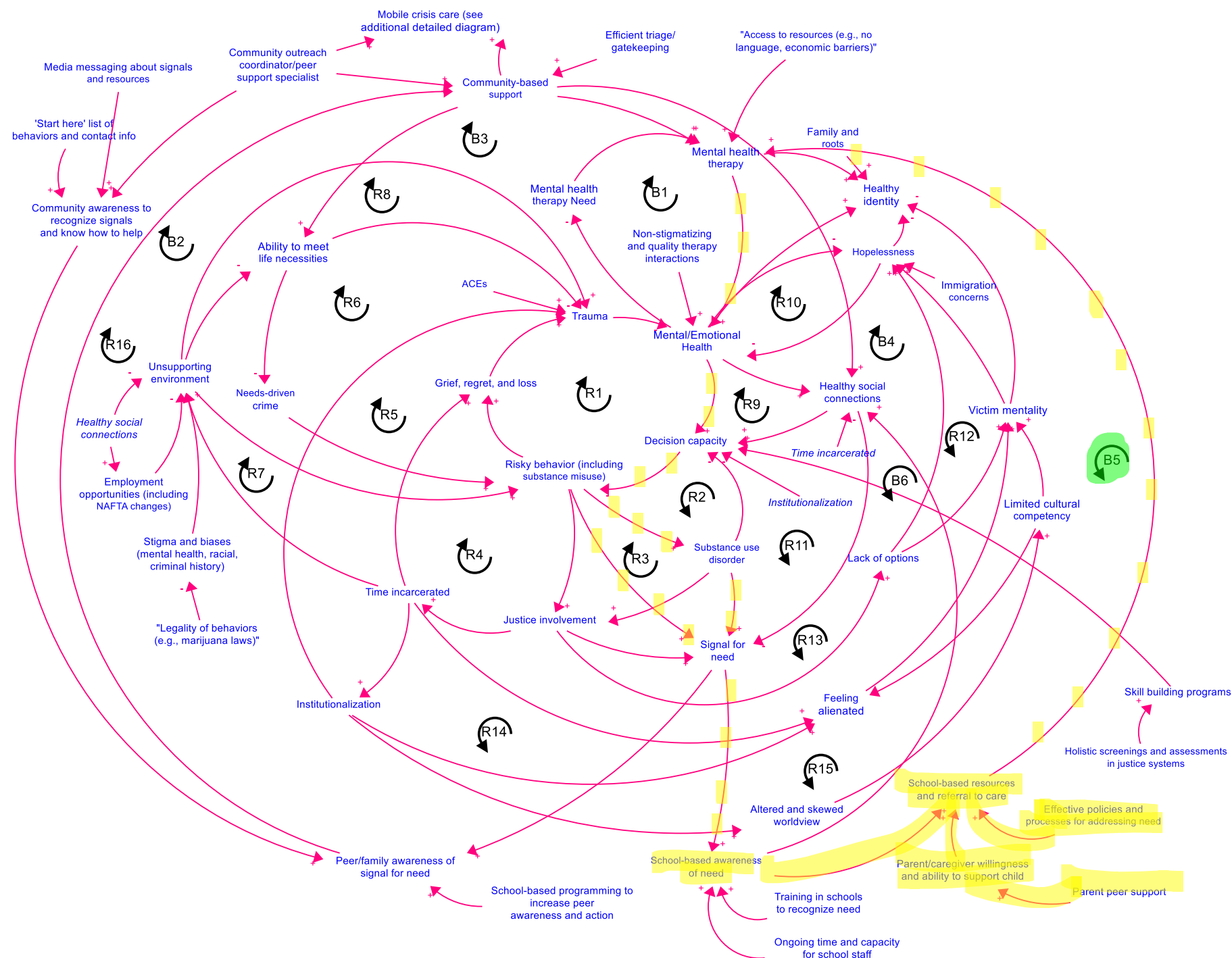
**If schools recognize signals of need for support, they can help break the vicious cycles by linking kids to mental health therapy, supporting decisions**



**But succeeding here requires training in schools, so stakeholders recognize signals of need; it's also important to ensure school-based stakeholders have time, mental/emotional capacity, incentives, etc to detect and raise the alarm**



When need is detected, resources need to be in place to help meet that need – programming, warm handoffs, etc; parents/caregivers also need to support resources being provided (which might benefit from education, peer support, **what else?**)





**But any investment in the schools raises awareness of signs/symptoms of need, what can be done to help, and how to talk about it – making it more likely that signals of need will be detected and acted upon more broadly in the community**

