



# MENTAL HEALTH KC CONFERENCE 2024

MAY 23 & 24, 2024

**Thank you for joining us!**

*Disclaimer: The views and opinions presented are those of the speaker and do not necessarily represent the opinions of Metro Council.*







# MAN UP(?): MASCULINITY AND MENTAL HEALTH

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# *COUNTRY CROSSROADS COUNSELLING, LLC*



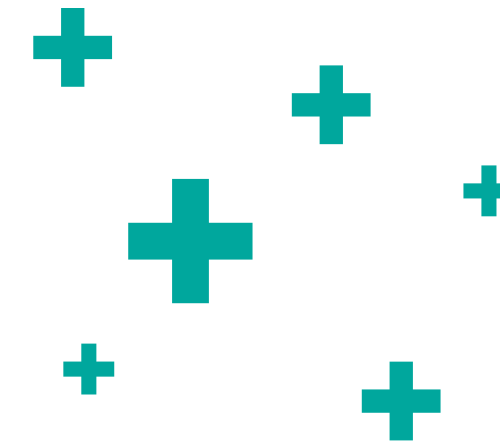
**KINGSVILLE ○ PLEASANT HILL ○ WARRENSBURG ○ LONE JACK ○ BLUE SPRINGS ○ HIGGINSVILLE**



# AGENDA



- Man Up
- Statistics
- Specific Challenges to Blue Collar Workers
- Severity of Impact
- History of the Problem
- Treatment
- Outreach Strategies
- Approaches to Service Provision



**Note: We acknowledge that gender exists on a spectrum. This presentation will use the terms “male” and “female” to refer to sex assigned at birth.**





# MAN UP???

BOYS DON'T  
CRY!

DON'T BE  
SUCH A GIRL!



## Complex Factors at Play

- Hormone Differences
- Gender Stereotypes
- Coping Strategies

## Mental Health Symptoms in Men Might Include:

- Anger and Aggressiveness
- Irritability and Frustration
- Substance Misuse
- Engagement in High-Risk Activities



# STATISTICS



6  
MILLION

**DEPRESSION AND SUICIDE ARE RANKED AS A LEADING CAUSE OF DEATH AMONG MEN. SIX MILLION MEN ARE AFFECTED BY DEPRESSION IN THE UNITED STATES EVERY SINGLE YEAR. MEN DIE BY SUICIDE AT A RATE 4 TIMES AS HIGH AS WOMEN.**

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**MEN ARE ALMOST TWO TIMES MORE LIKELY TO BINGE DRINK THAN WOMEN, AND ARE THREE TIMES AS LIKELY TO DIE AS A CONSEQUENCE OF ALCOHOL ABUSE.**

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2X

40%

**35% OF MALES BELIEVE THEY'VE HAD A DIAGNOSABLE MENTAL HEALTH CONDITION AT SOME POINT DURING THEIR LIFE. BUT ONE STUDY FOUND THAT 40% OF MEN NEVER SPOKE TO ANYONE ABOUT THEIR MENTAL HEALTH, AND ABOUT 1/3 OF THEM SIMPLY FELT TOO EMBARRASSED TO TALK ABOUT IT.**



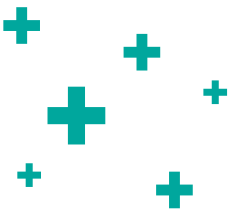
# BLUE COLLAR WORKERS



Work hours, financial stresses, physical demands and productivity requirements contribute to higher rates of depression and suicide among blue collar workers

**“A recent CDC analysis found that blue-collar workers are at higher risk of suicide than people in other professions. Suicide data from 2016 show that men and women who work in construction and extraction jobs have the highest suicide rates of any occupation. Men who work in mining, quarrying, and oil and gas have the highest suicide rates of those in any industry.”**

**INDUSTRIAL SAFETY AND HYGIENE  
NEWS, 2022**





# SEVERITY OF IMPACT

## JOB PERFORMANCE

Reduced Productivity  
Increased Absenteeism and Turnover  
Workplace Accidents

## FAMILY LIFE

Strained Relationships  
Financial Stress  
Impact on Children

## INDIVIDUAL WELL-BEING

Physical Health  
Substance Abuse  
Quality of Life

Men's Mental Health: An Overview

## Why Is Talking About Men's Mental Health Important?

Despite the increased awareness we've had in talking about mental health, men are often left out of the conversation. Men often struggle with their feelings in silence, and it's common for them to believe they need to "get over it" or "toughen up."

Talking about men's mental health benefits everyone: themselves, their loved ones, and society at large.



# HISTORY OF THE PROBLEM

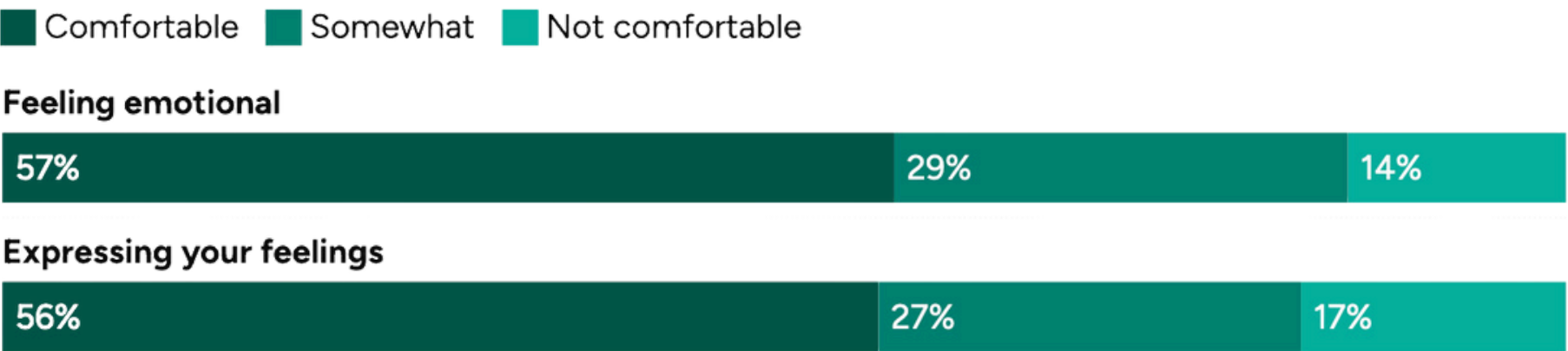
Social Constructionism: gender differences being produced and reproduced through social interactions

Stigma- Social, Self, Professional, Cultural

Masculine Norms

“Hysteria” makes mental illness a female issue

## A Little Over Half of Dads Feel Comfortable Expressing Feelings



How comfortable are you with feeling emotional? How comfortable are you with expressing your feelings?  
N=1,600 U.S. fathers.  
Source: Dads & Mental Health: A Parents & Verywell Mind Study (4/46-5/8, 2023)

Parents verywellmind





# TREATMENT FOR MEN'S MENTAL HEALTH

## LIFESTYLE CHANGES

- Using Relaxation Techniques
- Doing Breathing Exercises
- Mindfulness Meditation
- Exercising Regularly
- Eating a Nutritious Diet
- Getting Enough Quality Sleep
- Finding Meaning in Life
- Spending Time With Family and Friends
- Journaling



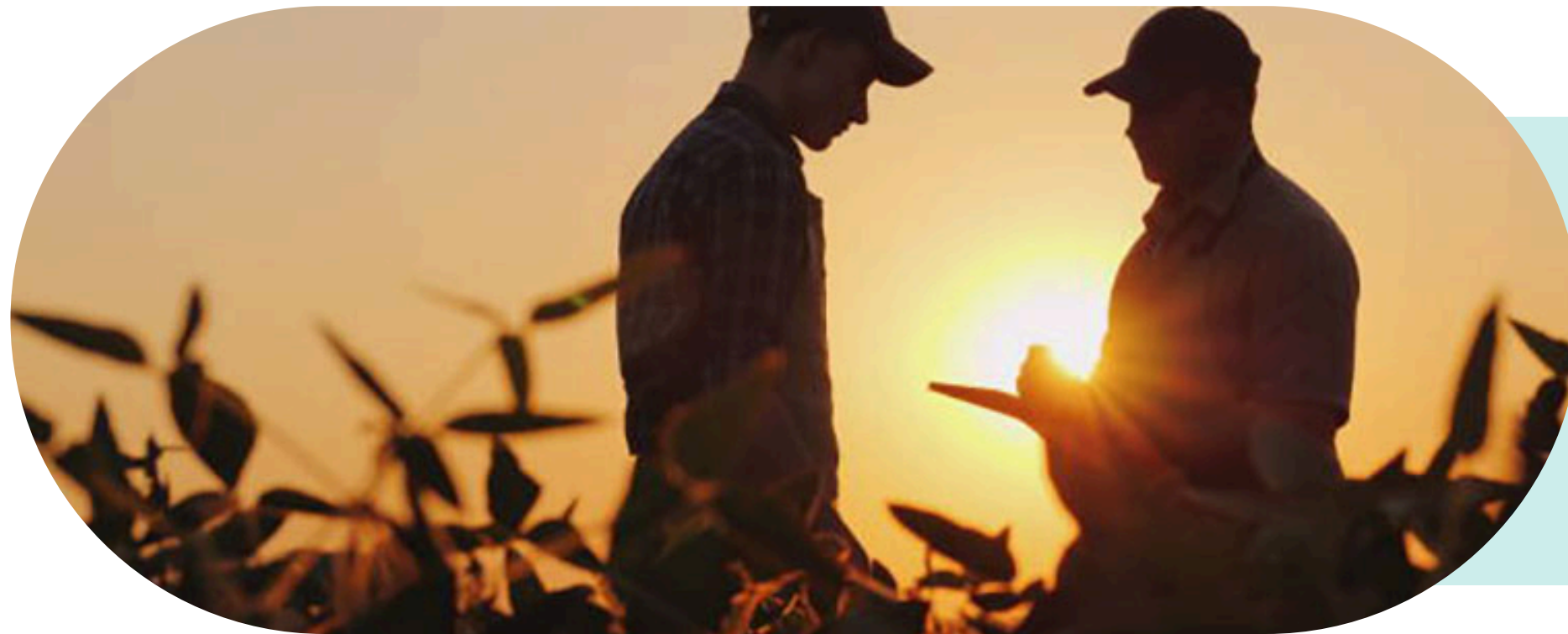


# STRATEGIES FOR OUTREACH

- EAPs
- Employee Education
- Safety Meetings, Wellness Programs
- Community Events
- Youth Mental Health Efforts
- Work Against Gender Stereotypes

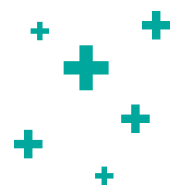






## APPROACHES TO SERVICE PROVISION

- Promote Culture and Inclusivity
- Acknowledge Potential Discomfort
- Utilize Evidence-Based Treatment Modalities
- Tele-therapy Options and Other Alternatives
- Incorporate Outdoors, Animals, etc.
- Work to Redefine Manhood





# REFERENCES

**MALES AND MENTAL HEALTH STIGMA**

BENITA N. CHATMON, PHD, MSN, RN, CNEI  
[HTTPS://WWW.NCBI.NLM.NIH.GOV/PMC/ARTICLES/PMC7444121/](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7444121/)

**THE GENDER GAP IN MENTAL HEALTH**

[HTTPS://WWW.NEWS-MEDICAL.NET/HEALTH/THE-GENDER-GAP-IN-MENTAL-HEALTH.ASPX](https://www.news-medical.net/Health/The-Gender-Gap-in-Mental-Health.aspx)

**MEN’S MENTAL HEALTH: AN OVERVIEW**

AUTHOR: ROBERT HINOJOSA, LCSW  
[HTTPS://WWW.CHOOSINGTHERAPY.COM/MENS-MENTAL-HEALTH/](https://www.choosingtherapy.com/mens-mental-health/)

**WHY MEN DON'T GET MENTAL HEALTH HELP WHEN THEY NEED IT**

BARBRA FIELD  
[HTTPS://WWW.VERYWELLMIND.COM/EXPLORING-THE-STIGMA-OF-MEN-AND-MENTAL-HEALTH-5510053](https://www.verywellmind.com/exploring-the-stigma-of-men-and-mental-health-5510053)

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THANK YOU





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