

# Supporting Family Mental Health

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FIND YOUR WAY HOME

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# Disclosures

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No disclosures or conflicts of interest

No member of Yellowbrick Professional Staff has ever received any monetary payment, material or service from industry

# Your Most Valuable Asset

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- Your health, and the health of your family
- “Health is the first and only real wealth.”
  - Ralph Waldo Emerson ... Gandhi
- 1 out of 5 families have a member with mental health issues
- 1 out of 5 with substance abuse

# Your Most Valuable Asset

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- Top five causes of disability worldwide:
  - Back and neck pain
  - Diabetes
  - **DEPRESSIVE DISORDERS**
  - **ANXIETY DISORDERS**
  - **DRUG USE DISORDERS**
- (3 of 5 are mental illnesses!)
- Mental illness can shorten life by 20 years

# Challenges in Ultra-High Net Worth Families

- Strong achievement ethic
- Enterprising and self-reliant
- Neuro-divergent
- High expectations for success
- Private and protective – family as sanctuary and citadel
- Hiding weakness and vulnerability

# Sustaining a Healthy Family Culture

- Keep lines of communication open
- Open up about your emotional experience
- Express appreciation and gratitude
- Cultivate and share stories about people who struggle through adversity and face challenges together

# Sustaining a Healthy Family Culture

Remember:

- Everyone matters
- Everyone has a role
- No one gets left behind



# When to Seek Expert Help

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- Depression, anxiety, substance use – not going away, not getting better
- Developmental arrest – things are stuck for more than six weeks
- Isolation and withdrawal from the family
- Any single incident of the following:
  - Self-harm or suicide attempt
  - Overdose, whether intentional or accidental
  - DUI, especially if cause of accident



## “Managing Mental Illness While Creating a Sustaining Family Culture”

- Podcast with Jesse Viner, MD and Bryn Jessup, PhD
- <https://yellowbrickprogram.com/managing-mental-wellness-while-creating-a-sustaining-family-culture-with-dr-jesse-viner-dr-bryn-jessup/>

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