



Caring for Every Child's Mental Health in Ohio

In this spring season of renewed growth and in the spirit of hope, we invite you to celebrate Children's Mental Health Awareness Week, May 6-12.

This annual event recognizes the strong foundation that families, schools and community partners provide in *Caring for Every Child's Mental Health in Ohio*.

As an adult leader, please consider how you can help children develop the ability to cope with the stressors in their lives. We refer to this as "resiliency," defined by one Ohio youth as, "knowing when you are falling and knowing how to catch yourself."

Resiliency is nurtured by family and facilitated by the important people in our lives who help us as mentors, teachers, counselors or clergy.

Depression, anxiety, substance abuse and eating disorders are all treatable. We must learn how to recognize and respond to our children's' mental health problems and crisis situations.

By understanding risk and protective factors for our children, you help us build awareness of mental health/wellness.

Mental health first aid should be as common as training for CPR or the Heimlich maneuver.

Simply knowing that someone cares can lead a youth to seek and obtain help.

Please join us in building resilient children, youth, and families.

Here are suggestions of what you can do:

- Have a conversation with a child or youth about the importance of mental wellness.
- Build affirming relationships with youth and families, instilling hope for the future.
- Facilitate opportunities for students' positive contributions and involvement.
- Develop your awareness of local mental health resources and supports.
- Contact your local mental health board or a community provider and participate with us for the
 - *Resiliency Ring at the State House May 10th from 11:00am-12:30pm*
 - *NAMI Ohio's Children's Conference May 9th at Quest-Polaris in Columbus*



Thank you for your advocacy on behalf of Ohio's children, youth and families.

Please visit www.resiliencyohio.org for additional information and resources.

CHILDREN'S MENTAL HEALTH FACT SHEET

Youth Risk Behavior Survey (YRBS) Statistics

The YRBS is a national school survey targeted towards adolescents ages 13 to 18. This study is conducted every two years by the Centers for Disease Control Prevention and the Ohio Department of Health. Questions in the survey are based on collaboration between ODH, ODE, ODADAS, and ODMH. The sample included 539,142 Ohio students from 927 public and private high schools. The statistics were done using SPSS and STATA at ODMH and ODADAS. The following statistics were derived from the 2011 survey:

- 1) Association between school safety and suicide:
 - 6.2% of an estimated 35,900 adolescents reported that they did not go to school because they thought they would be unsafe at school or on their way to school. In the same survey 9.1% of an estimated 45,800 Ohio adolescents reported one or more suicide attempts in the past year.
 - Youth who do not go to school because they felt unsafe were 4.8 times more likely to make a suicide plan compared to youth who did go to school.
- 2) Association between depression symptoms and bullying:
 - 27.1% of an estimated 155,600 Ohio adolescents felt sad and hopeless almost every day for two weeks. 22.7% of an estimated 130,000 Ohio adolescents had been bullied on school property in the last 12 months.
 - Youth who were bullied were 3.2 times more likely to feel sad or hopeless almost every day for two weeks compared to youth who were not bullied.
- 3) Association between depression symptoms and relationship violence:
 - 27.1% of an estimated 155,600 Ohio adolescents felt sad and hopeless almost every day for two weeks. 13.9% of who reported being in a relationship or an estimated 60,400 Ohio adolescents said their boyfriend/girlfriend hit, slap, or physically hurt them on purpose during the past 12 months.
 - Youth who have been victim to interpersonal violence were 2.0 times more likely to feel sad or hopeless almost every day for the last two weeks.

Early Childhood Mental Health (ECMH)

Definition: ECMH ensures the well-being of children from birth to six by developing strong relationships, expressing emotion, and exploring their environment.

Problem: Young children are three times more likely to be expelled from their setting compared to children kindergarten and twelfth graders (Walter, Gilliam, & Yale).

Response: ECMH Consultation Services train parents and child care providers with the goal to increase the competency skills of young children at-risk for mental health issues.

Outcome: 75% of children were able to remain in the center. Over 96 percent of parents and child care staff were satisfied with ECMH consultation services.

<http://mentalhealth.ohio.gov/what-we-do/provide/children-youth-and-families/early-childhood/>

Youth Mental Health and Academic Achievement

Problem: Two-thirds of adolescents affected by mental health issues do not seek services. These issues affect not only their emotional well-being, but also academic goals and social interactions. (Merikangas et al. 2010, DeSocio & Hootman, 2004).

Effects of Treatment: A study by Gail et al. 2000 found that high school students who use school-based health centers for mental health services had a 50 percent decrease in absenteeism and 25 percent decrease in tardiness 2 months after receiving services.



Suggested Activities for Children's Mental Health Awareness Week

Caring for Every Child's Mental Health

May 6-12, 2012 is National Children's Mental Health Awareness week.

We've put together some suggestions on ways that communities can help promote and learn more about issues such as children's mental health and resiliency, the importance of mental wellness and learning more about mental health challenges. These activities are designed to help inform the community about Children's Mental Health Awareness Week and to promote resiliency for children, youth, young adults and families.

- Sponsor an essay or poster contest relating to an aspect of children's mental health, such as the importance of resiliency.
- Include information about the importance of mental health wellness in the school or university newspaper.
- Sponsor a local walk or march to increase public awareness and show solidarity for those living with mental health challenges.
- Decorate display areas with posters, banners, books, etc.
- Have a "resiliency" celebration or party featuring a display with information about children & youth mental health practices.

- Rent a video from the store or borrow one from the public library that focuses on children's mental health issues. Have a family discussion following the film.
- Attend a Children's Mental Health Awareness Week presentation or event given in your community this week.
- Donate items that may be used to help a person with mental health challenges (contact your local provider to ask about needs).
- Promote a healthy mind & body lifestyle, which includes opportunities for your children & youth to develop resiliency skills, in addition to physical fitness & drug free environments.

Mental Health Providers/Boards

- Promote Children's Mental Health Awareness Week in newsletters, on websites, and in communities.
- Plan & sponsor special activities & provide in-services to community partners (schools, religious institutions, businesses, etc.) during Children's Mental Health Awareness Week.
- Hold a local Resiliency Ring around your local government offices or school building.

City/County/State Government

- Put information or supportive statements in employees' paychecks, on your website, or with public utility bills.
- Co-sponsor a conference dealing with a particular aspect of children's mental health.
- Sponsor a walk, march or local Resiliency Ring to celebrate Children's Mental Health Awareness Week End with a mental health fair or educational forum.

Media-TV/Radio/Newspapers

- Produce public service announcements; also invite local persons involved with children's mental health to appear on local talk shows (call-in shows are excellent).
- Assign news reporters to cover local Children's Mental Health Awareness Week Activities.
- Feature information about children's mental health model programs in your area.
- Plan/Sponsor activities for youth and families, i.e., mental health fair, etc.

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- Have a fundraiser for your local children & youth mental health provider.
- Print inserts for your bulletin or program with information and supportive statements
- Put information or supportive statements in paycheck envelopes, on your website, in your bulletin or on monthly billing statements to customers.
- Address the importance of Caring for Every Child's Mental Health in your sermon.



CHILDREN'S MENTAL HEALTH DAY

Thursday May 10, 2012

OHIO RESILIENCY RING

West Plaza of the Statehouse Columbus

11:00am – 12:30pm

Resiliency Ohio Website Resources

<http://www.resiliencyohio.org/>

This website promotes mental wellness for all youth, with a particular focus on youth with serious emotional disabilities and their families. This website was created by Resiliency Leadership Ohio, which is comprised of youth with serious emotional disabilities and their families, with the support of the Center for Innovative Practices, the Ohio Federation for Children's Mental Health, and the Ohio Department of Mental Health.

1. Youth and Family Insights on Resiliency DVD

- **Description:** In this 10 minute video youth with serious emotional challenges and their family members share their insights on promoting resiliency and mental wellness.
- **URL:** http://www.resiliencyohio.org/resiliency_ohio_video.php

2. Youth and Family Insights on Resiliency and Suicide Prevention DVD

- **Description:** Youth who have struggled through suicidal thoughts and their family members share their message of hope to other youth and young adults who are struggling through mental health challenges and thoughts of suicide.
- **URL:** http://www.resiliencyohio.org/resiliency_ohio_video_res_suicide_prevention_standard.php

3. Youth and Family Stories of Resiliency Training DVD

- **Description:** Youth and their family members share their personal stories of resiliency and their journeys toward wellness.
- **URL:** http://www.resiliencyohio.org/resiliency_ohio_stories_of_resiliency.php

4. Resiliency Consensus Statement

- **Description:** The Resiliency Consensus Statement represents the core principles and concepts that constitute a resiliency-oriented approach in supporting and promoting resiliency in youth with serious emotional disabilities and their families.
- **URL:** http://www.resiliencyohio.org/resiliency_ohio_consensus_statement.php

5. Resiliency-Oriented Principles of Care

- **Description:** Principles of resiliency-oriented care developed by youth and families.
- **URL:** http://www.resiliencyohio.org/resiliency_ohio_video_res_suicide_prevention_standard.php

6. Youth and Family Insights on Resiliency Power Point

- **Description:** Training power point on resiliency and mental health
- **URL:** http://www.resiliencyohio.org/resiliency_ohio_resources.php

7. Resiliency Brochure:

- **Description:** Informational brochure describing resiliency and children's mental health
- **URL:** http://www.resiliencyohio.org/assets/resiliency_brochure.pdf

8. Risk and Protective Factor Checklist

- **Description:** Research informed checklist of risk and protective factors per life domain.
- **URL:** http://www.resiliencyohio.org/resiliency_ohio_resources.php

9. Provider Resiliency Implementation Continuum

- **Description:** Provider resiliency implementation readiness survey
- **URL:** http://www.resiliencyohio.org/resiliency_ohio_resources.php