Mental Health in Our Schools
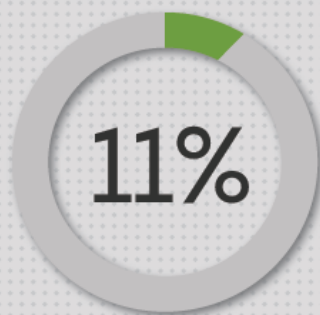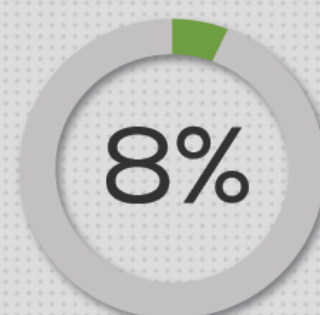
National Stats

20%

20% of youth ages 13-18 live with a mental health condition[1]

11%

11% of youth have a mood disorder[1]

10%

10% of youth have a behavior or conduct disorder[1]

8%

8% of youth have an anxiety disorder[1]

Impact

50% — 50% of all lifetime cases of mental illness begin by age 14 and 75% by age 24.[1]

10 yrs — The average delay between onset of symptoms and intervention is 8-10 years.[1]

50% — Approximately 50% of students age 14 and older with a mental illness drop out of high school.[1]

70% — 70% of youth in state and local juvenile justice systems have a mental illness.[1]

Suicide

3rd
Suicide is the 3rd leading cause of death in youth ages 10 – 24.[1]

90%
90% of those who died by suicide had an underlying mental illness.[1]

New Mental Health Mandates
COMPREHENSIVE GUIDE

http://www.nysed.gov/common/nysed/files/programs/curriculum-instruction/continuumofwellbeingguide.pdf

Four key mental health literacy components important to everyone's well-being and success:

1. Understanding how to obtain and maintain good mental health;
2. Decreasing stigma related to mental health;
3. Enhancing help-seeking efficacy (know when, where, and how to obtain good health with skills to promote self-care);
4. Understanding mental disorders (i.e., anxiety, depression) and treatments

Solvay Statistics

- 16 Students Classified ED

- 38 Students Classified OHI
  97% have a DSM-V
  diagnosis

- 60 504 plans
  77% have a DSM-V
  diagnosis

Hypothesized Causes

- Increased parental pressures
- Increased adoption of electronic media (Electronic Screen Syndrome)
- Increased performance pressures (education, career, financial, etc.)
- Increased terrorist events and threats
- Increase in troublesome news
- Dramatic increase in violent TV programs, movies, and video games
- Dramatic increase in graphic children's media
- Increase in sexually explicit material (TV programs, movies, video games, easy access online, etc.)
- Social media pressure
- Reduced face-to-face interactions and social supports
- The breakdown of the family unit
- Sexual orientation confusion
- Being exposed to a multitude of opinions (on TV and online)
- Being exposed to aggressive behavior (a dramatic rise in child abuse, adult abuse, sexual abuse, etc.)
- Poor/reduced sleep
- Increased financial pressure on parents
- Reduced parental contact - children are prematurely separating from parents and families, and bonding to peers
- Easy access to, and the acceptance of, recreational drugs (of all types)
- Overly protected/indulged children
- Reduced expectations for young adults
- The 'I' generation (where everyone believes they are entitled to whatever they want, from opinions to lifestyle choices, and whenever and however they want it)
- Gender confusion

Staff/Support
increases over last few years

Promise Zone

New School Counselor

FSSS Worker

Arise Clinicians

Health Homes

Promise Zone Specialist– provides individual and small group support to students addressing both academic and behavioral needs in Solvay Schools. Examples include, but are not limited to:

1 SES
1 SMS

*lunch bunch groups

*check in/check out

*behavior chart creation/implementation/data tracking

*crisis intervention

*academic interventionist

*social skills classroom interventions (Second Step and other resources)

*community outreach

*family contact

PROMISE ZONE
FAMILY SCHOOL COMMUNITY

Family Support for Student Success (FS3) – in home support with parents who have children with identified behavioral/mental health needs in the Solvay District.   1 District wide

   *Provides parent education training
   *Support with referrals and maintaining
      appointments
   *Home/school liaison
   *Service coordination

NEW YORK STATE

ARISE clinician – provides individual outpatient mental health counseling to students in the Solvay District. Referrals are made by school staff and must be approved through family's insurance.

1 full time SES 1 split SMS/SHS

ARISE

Health Home - a care management service model whereby all of an individual's caregivers communicate with one another so that all of a patient's needs are addressed in a comprehensive manner. This is done primarily through a "care manager" who oversees and provides access to all of the services an individual needs to assure that they receive everything necessary to stay healthy, out of the emergency room and out of the hospital. Health records are shared among providers so that services are not duplicated or neglected.

- ✓ Medicaid Eligible
- ✓ Two chronic conditions
- ✓ Significant behavioral, medical, or social risk factors

District wide

Children's Health Home of Upstate New York
Family Driven Care Management Services

Eric is certified by the State to provide the mandated 1 hour Suicide Prevention Training

Solvay USFD Next Steps….

Universal Screening PreK-12
DECA (Devereux Early Childhood Assessment): the DECA is a standardized, norm referenced screening tool used for Infants, Toddlers, Preschool and School Age Children that assesses a child's behavior as protective factors and risk factors.

The BIMAS-2 (Behavior Intervention Monitoring Assessment System): The BIMAS-2 is a brief, repeatable multi-informant measure that can be used for Universal Screening – identify students who might be at risk or in need of further assessment –

K-3 Second Step Expansion
Currently this year all of K , some of 1 and various groups at 4-5

Arise Clinician full time in each building
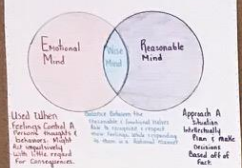
Addition of A Child Welfare Liaison-Districtwide

New staff certified in the NYS Suicide Prevention Training

Training, Trauma Informed Schools –Tentative date in May

SHS

Three States of Mind:

Emotional Mind · Wise Mind · Reasonable Mind

BEAT THE WINTER BLUES

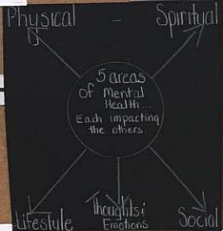**Declutter:** Get rid of unnecessary items. Decluttering is a practical way to get organized while clearing your mind.

Sleep: Your body needs a break. When is the last time you had a solid 8 hours of sleep? Turn off the phones, games, social media & Netflix – get some rest.

Eat Right. Eat more whole grains, fruits, veggies & meats. Avoid sugars, fast foods & processed foods.

Exercise: Improves blood flow & oxygen to the brain. While releasing endorphins aka the body's natural feel good chemicals.

Find a Hobby: Discover new interests that you can enjoy. Photography, scrapbooking, chess, bowling, baking, volunteering, yoga, knitting, painting, sewing, reading...

Fun in the Sun. Enjoy the season. Go for a walk, make a snowman, go ice skating, sledding, and skiing. Any opportunity to be in the sun – even if it is cold is a good way to boost your mood and vitamin D.

Treat Yourself: Make plans that you can look forward to. Set small reachable goals. Challenge friends to try something new with you.

Sober Up: Alcohol is a depressant which slows down the body but also lowers your mood. It will contribute to making you feel exhausted the following day... when is the last time you weren't feeling exhausted?

Physical Self-Care — Nutrition, Sleep, Exercise, Water Intake, Breathing Exercises, Medications, Vitamins/Supplements

Spiritual Self-Care — Prayer, Meditation, Spiritual Fellowship, Forgiveness, Faith, Bible time, Devotionals, Belief in Something

5 areas of mental Health... Each impacting the others — Physical · Spiritual · Social · Thoughts/Emotions · Lifestyle

Lifestyle — Routine, Structure, Setting Goals, Education, Building Work, Volunteering, Hobbies, Relaxation, Motivation/Drive, Vacation

Social — Family, Friends, Coworkers, Minister, Therapist, Psychologist, Doctor, Teachers, Support Groups

MENTAL ILLNESS

Is Our well being: Our Emotions, Our thoughts and Our Feelings. Our ability to Solve Problems & Overcome difficulties, our social Connections, & our understanding of the world around us.

Is an illness that affects the way people think, feel, behave, or interact with others. There are many types of mental illness and they have different symptoms.

Actions · Thoughts · Future · Emotions · Relationships · Health · Moods · Behaviors · Feelings

WARNING SIGNS — NEGATIVE VIEW OF SELF, HOPELESSNESS, ISOLATION, FEELING ALONE, SUBSTANCE, GIVING AWAY, SUICIDE, DEATH, MOOD...

Don't Believe Everything You Think.

50% of Mental Health conditions begin before Age 14, 75% begin before 25 yrs

You MATTER!

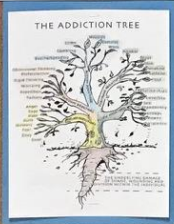**PTSD:** Re-experiencing – when you relive the event in the form of a nightmare, flashback or sensation. Avoidance – Avoid a place, people, circumstance that reminds you of event.

Hyperarousal – Feeling that you are constantly aware of threats & get easily startled...

The most common mental illness

Causes and how to tell:

10 Warning Signs that Suggest You or a Friend may need Help!
1. Feeling Hopeless, Sad, depressed
2. Tired all the time
3. Stopped taking care of yourself, eating appearance
4. Angry All the time, over reacting to situation
5. A change in eating or sleeping
6. Can't Concentrate, struggle making decisions
7. Anxious, impulsive, reckless, manic
8. Withdrawn Physically & Emotionally
...

THE ADDICTION TREE

1 in 4 People will Suffer with a Mental Health Illness

Great APPS

OTHER USEFUL APPS

10 Best Books About MENTAL HEALTH

Books of 2019

5 Tips To Help w/ an Anxiety Attack:
1. Find 5 things you can See
2. Find 4 things you can Hear
3. Find 3 things you can Smell
4. Find 1 thing you can Taste
5. Look at Your Surroundings. Take it all in - colors, shapes, items

GROUNDING

There is No Elevator To Success... you have to take the stairs.

Sad · Happy · Confused · Angry

Suicide Prevention
1 800 273 TALK
8255

"That's the stigma, because, unfortunately, we live in a world where if you break your arm, everyone runs over to sign your cast, but if you tell people you're depressed, everyone runs the other way. That's the stigma. We are so, so, so accepting of any body part breaking down, other than our brains. And that's ignorance. That's pure ignorance. And that ignorance has created a world that doesn't understand depression, that doesn't understand mental health."

~HS Student

Questions?

~Thanks