



MENTAL HEALTH AWARENESS

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Overview

- What is Mental Health?
- Signs and Symptoms of Mental Health in Children
- ACEs and Trauma
- Resilience
- How to Help!
- Resources



What is Mental Health?

- According to the CDC, Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make healthy choices.
- "Mental disorders among children are described as serious changes in the way children typically learn, behave, or handle their emotions that causes distress and problems getting through the day." (CDC, 2023)
- "Nearly 20% of children and young people ages 3-17 in the United States have a mental, emotional, developmental, or behavioral disorder, and suicidal behaviors among high school students increased more than 40% in the decade before 2019." ("CHILD AND ADOLESCENT MENTAL HEALTH - 2022 National Healthcare Quality and Disparities Report - NCBI Bookshelf")

Signs and Symptoms of Youth Mental Health Challenges

Isolation

Loss of interest in preferred activities

Changes in eating and/or sleeping patterns

Anger outbursts

Risky behaviors

Avoidant behaviors

Feeling sad or withdrawn

Self-harm behaviors and/or thoughts related to suicide

Drastic changes in emotional state or behaviors

Hallucinations or delusions

Excessive and persistent worry

ACEs and Trauma

Adverse Childhood Experiences

Negative experiences that are potentially traumatic experiences that occur in childhood that can affect children for years and can impact their future opportunities.

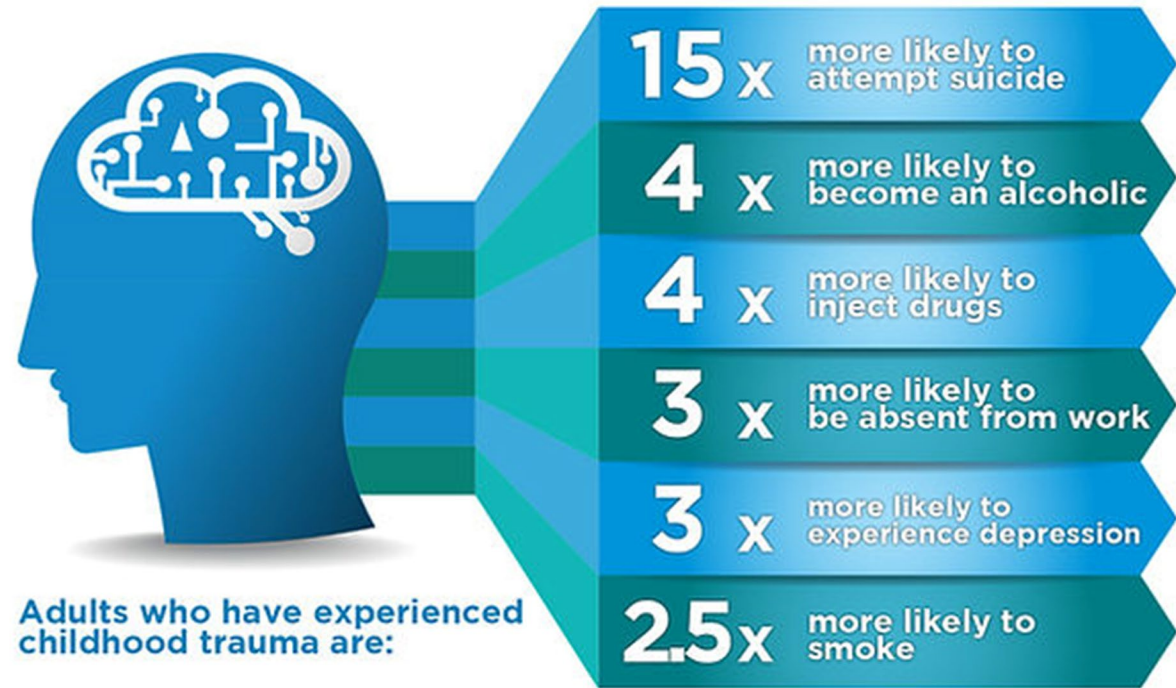
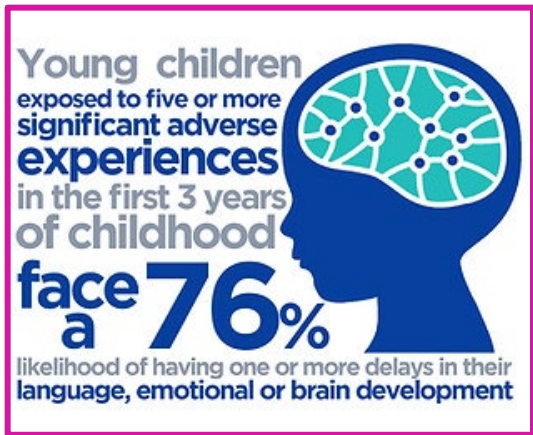
ADVERSE CHILDHOOD EXPERIENCES INCLUDE:



ADVERSE CHILDHOOD EXPERIENCES HAVE BEEN LINKED TO:



As the number of ACEs increases, so does the risk for these outcomes.



ACEs and Trauma

ACEs can affect the student learning and behavior in the classroom.

Importance of Trauma-Informed Schools:

Promotion of a safe and welcoming environment to recognize and respond to the impacts of traumatic stress on behavioral, emotional, relational, and academic areas within the school system.

Resilience



Children can show healthy development in spite of adversity!

May be fostered in children who have a strong, positive relationship with a primary caregiver who acts to ensure safety and protection after a traumatic event.

Requires strengthening the family, the community, as well as the children's own personal resources.

How to Help?



Parents:

- Talk to your child's healthcare professional if you have concerns related to your child's emotional state or behaviors.
- Promote self-care and open communication with your child.
- Listen and respond patiently in a supportive way and pay attention to physical and emotional needs.
- Teach the importance of engaging and connecting with peers, including the skill of empathy and listening to others.
- Teach your child self-care; to have fun and stay balanced in stressful times.

Teachers:

- Help children identify feelings and manage emotions.
- Create safe physical and emotional environments in school.
- Help children interact in a healthy way with others and communicate their feelings and needs. Empower them to help others.
- Although required to provide certain instruction, build in unstructured time to allow for positive creativity and social interactions. Age-appropriate
- Teach and help students to establish age-appropriate, reasonable, and achievable goals.

Resources

- SMA 24/7 Crisis Helpline- 1-800-539-4228
- Suicide Hotline- 988
- Florida Abuse Hotline- 1-800-962-2873
- Local Resources and Support- 211
- Speak with your child's school counselor, mental health professional, or healthcare professional if you have any concerns related to your child.

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