

SBISD Mental Health News

MAY 2024

In This Issue

- Mental Health Awareness Month
- Mental Health Students and School
- How to Reduce the Stigma of Mental Health?
- Tips to Increase Your Mental Health
- Healthy U
- Fun Ways to Encourage Your Child to Celebrate the End of the School Year



MAY IS
MENTAL HEALTH
AWARENESS MONTH

Mental Health Awareness Month

Mental Health Awareness Month increases awareness of the importance of focusing on your personal mental health and wellness. Mental health plays a crucial role in our overall health and well-being. Our mental health affects how we think, feel and act. It determines how we handle stress, act towards others, and make choices.

In support of Mental Health Awareness Month, Spring Branch ISD would like to recognize this month to engage our community in the fight to end the stigma associated with mental health challenges. Some of the ways that we engage in these efforts are to provide support for individuals encountering symptoms, educate the public on recognizing mental health challenges and providing options for improving overall well-being. Together, we can support those affected by mental health and mental illness.

MENTAL HEALTH AWARENESS MONTH MAY 2024

WHAT I CAN DO IF I FEEL..

Sad

Unfocused

Overwhelmed

Angry

Anxious

Lonely

WHILE I'M AT SCHOOL

Visit your School Counselor

Stretch and drink water

Ask your teacher for help

Think of 3 things you are thankful for

Count to 10, then back down to 0

Take deep breathes

#breakthestigma

MENTAL HEALTH, STUDENTS AND SCHOOLS

Mental health disorders are not unique to adults. Children are just as prone.



About **1 IN 2** children develop a mental illness by the age of 14.

8%

of youth have an anxiety disorder.



Suicide is the leading cause of death in youth ages **10-24**.

37%

of students with a mental health condition age 14 and older drop out of school—the highest dropout rate of any disability group.

70%

of youth in state and local juvenile justice systems have a mental illness.

The average delay between onset of symptoms and intervention is

8-10 YEARS

Approximately **32,000** children are in Department of Family Protective Services conservatorship, and it is estimated that over **50%** of those children have a diagnosed mental illness in the U.S.

50%

of all lifetime cases of mental illness begin by age 14 and

75%

by age 24.

Most people do not truly understand what mental health is and how a person with a mental health condition can feel. According to the World Health Organization, mental health is defined as “a state of well-being in which every individual realizes his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to her or his community”. Unless the student's mental health concerns outwardly manifest, most students' mental health can be overlooked, although solutions need to occur for the student to function well. When student mental health needs go unrecognized, it can have a significant impact on them when they engage with others in their academic or extracurricular environments.

Mental Health in schools has been an issue due to schools not providing enough resources or help for students. In Spring Branch ISD, we offer our students a variety of mental health resources through the Professional School Counselor on the campus, Community In Schools, Community Youth Services, and various inter-district and external partnerships. On the district web page in the Guidance and Counseling section, you will find our Mental Health Resource Guide, which provides various mental health supports addressing topics such as anxiety, depression, grief, trauma, and an interactive mindfulness relaxation suite. There you will also find additional resources for parents, students, and educators. Please take time to view the numerous resource opportunities we provide.

How to Reduce the Stigma of Mental Health?

SBISD Mental Health Resource Guide



EXCELLING

THRIVING

SURVIVING

STRUGGLING

IN CRISIS

Adjust Your Thinking

Instead of wondering what's wrong with a person, try changing your thoughts to ask what happened to a person.

Remember That People are More Than Their Diagnosis

Everyone is different and a person's illness is just one small part of who they are.

Choose Words Carefully

What we say and how we say it matters. Making small changes to how we talk about mental illness can go a long way toward decreasing stigma.

Educate Yourself and Others About Mental Illness

Being informed can help educate others and get them the help they need.

Show Compassion and Dignity

What people who are experiencing mental illness often need most is someone to listen with empathy and support without judgment.

HOW TO BUILD YOUR **MENTAL HEALTH** SUPPORT NETWORK

01 HEAD

Look for someone who you can relax and unwind with

02 MOUTH

Have someone you can regularly chat to. Someone you can easily pick the phone up to and ask for advice

03 SHOULDERS

Make sure you have someone who you can share your problems with. Someone who you aren't afraid to talk about things to

04 HIPS

It is important to get out and have fun and pleasure. Find someone who you can do those things with

05 EARS

Develop a relationship with someone who will listen to you and take in information

06 EYES

Find someone who watches out for you. A friend or family member who you can trust and rely on

07 HEART

Make sure you have someone who cares for you. Someone who loves you for who you are.

08 LEGS

You want someone who can motivate, support and encourage you. Someone who will keep you going when things get tough



SBISD's Focus on Mental Health



Our 2nd Annual "HEALTHY U" COMMUNITY FAIR was a huge success!

In support of Mental Health Awareness Month, SBISD hosted its second annual Mental Health and Wellness Community Fair with 300 attendees. Thank you to the 60 Mental Health and Wellness Vendors who provided resources to students, families, staff, and community members.

MD Anderson Cancer Center conducted a dynamic live puppet show for the kids, on the impact of tobacco. Exercise activities were enjoyable experiences offered to all. Free Immunizations and health screenings were also provided. Those who attended enjoyed performances by the Northbrook Middle Schools Choir and Orchestra. Northbrook High School's cheerleaders provided energy and a warm welcome for all. Our healthy food demonstrations hosted by SBISD's Food and Nutrition department were a hit and participants left with great prizes and giveaways.

Fun Ways to Encourage Your Child to Celebrate the End of the School Year

The end of the school year is near! That means it's time to celebrate with fun activities and games before the final bell rings. Take some inspiration from our 7 fun ways to end the school year and celebrate your achievements with friends!

1 MAKE A TOP 10 LIST

What's better than making a list? Filling it up with the best things ever! Make a schol-themed list of the top 10 things you learned over the semester, fun memories you had, or goals you achieved. Then get together with friends and share your selections!

2 SEND OUT COMPLIMENTS

Write a compliment for each student in your class and hand them out on your last day to help your classmates end the school year with a big smile! Add crafts to the mix by using colors to personalize each note. That way, the other students can have a keepsake to remind them of your time together!

3 CREATE A YEARBOOK

Which of your friends is most likely to be a future Olympian? Or who loves to travel the most? Play our game by writing the names of your classmates under the activity that best describes them. You can also add your own special topics to grow the list and create a mini yearbook for an end-of-semester event!

4 SUMMER BUCKET LIST

Make your summer dreams come true by creating a list of activities to do or try for the first time. From camping and stargazing to tasting new foods or building a backyard splash park, kick off this summer with a blast!

5 BRING A STORY TO LIFE

Recreate a scene from your favorite movie, take pizza-baking lessons, or put on a concert! Recreate scenes from your favorite books that you read this year or bring new stories to life to discover fun adventures!

6 FILL UP YOUR DAYS WITH MEMORIES

Create the ultimate calendar month by filling up each day with activities and fun facts! Write down things you learned or activities you performed and stick them to the days you accomplished them. At the end of the month, your calendar will be filled with knowledge, memories, and fun! Here's a fun fact to get you started: Today, I learned that 1 day on planet Venus is almost 8 months on Earth!

7 DANCE PARTY PLAYLIST

Make a playlist of your favorite songs that you heard this school year to celebrate a semester well done. Then have a dance party with friends and family to showcase your best dance moves!

8 SAY "CHEESE!"

Just like taking a picture to remember the first day of school, pose for a photo on the last day to include in a scrapbook and remember your journey. Then snap a few extra pictures with friends, family, and silly poses!

9 THANK YOU ART FOR TEACHERS

Dig into your creative skills and craft a thank you card to show your teachers how much you appreciate their help during the year! It was not an easy semester, and even a small, kind gesture will go a long way in supporting the ones who help us learn and achieve our dreams every day.

Congratulations on Completing Your School Year!

SIMPLE END OF THE YEAR IDEAS

- Make a countdown to summer chain!
- Prep and set up an end of the year showcase with saved items from the school year.
- Create a picture slide show of your school year to share with family and friends.
- Create a summer family bucket list!
- Write your child a keepsake letter to hand them on the last day.
- Plan a last day celebration! Bubble party, ice-cream social, water balloon fun....
- Take last day of school photos.

Sources:

Mental Health of America <https://mhanational.org/surroundings/healthy-home-environment>

American Psychiatric Association <https://www.psychiatry.org>

National Mental Health Association <http://www.nmha.org>

World Health Organization <http://www.who.int/>