



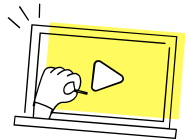
Mental Health Matters

Mental Health Literacy and Student Supports

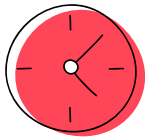


@characterstrong

What You Need To Know



We will be sending out the slides in PDF format

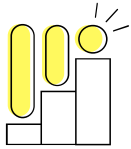


We are recording this webinar so you can watch later or share as you want to



Drop questions in the chat as you have them!

What We'll Cover



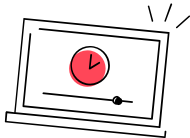
Overview of mental health needs of students and staff



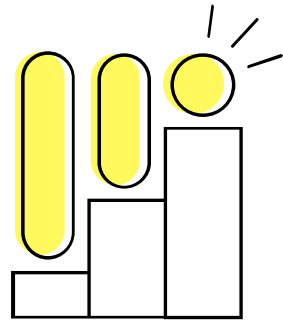
Defining mental health literacy



Mental health literacy modules



On Demand PD



The State of **Mental Health**

FIELD OF DREAMS

If you build it,
~~they will~~ come?
they

Need to embed mental health supports in the settings
where students naturally show up and exist

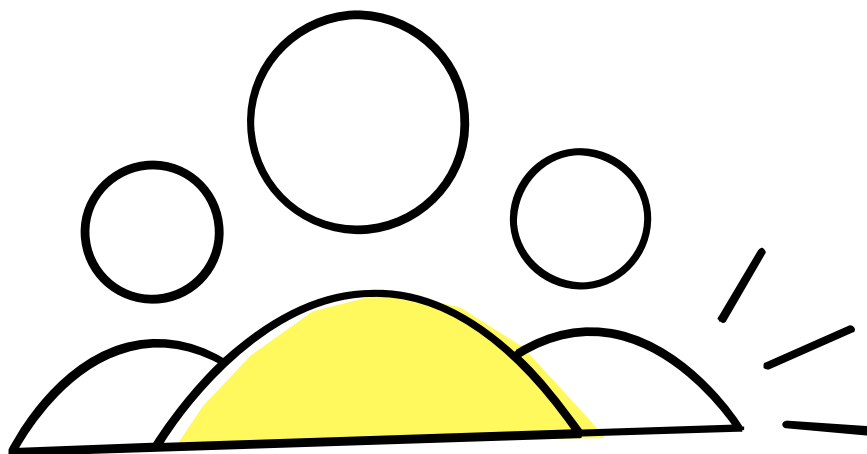
PROTECTING YOUTH MENTAL HEALTH

The U.S. Surgeon General's Advisory

2021

The Numbers: Prevalence of Need

Youth Mental Health Difficulties



1 out of 3 students struggle with mental health difficulties that impair some aspect of their daily functioning

The State of Mental Health for Students



7 out of 10 teens in the U.S. (between 13 and 17 years old) have named anxiety or depression as a major problem among their peers in the community.



73 percent of Generation Z **sometimes or always feel alone.**



4 in 10 (42%) students feel persistently sad or hopeless and nearly **one-third (29%)** reported experiencing poor mental health

The State of Mental Health for Educators



More than a quarter of teachers and principals reported experiencing symptoms of depression.

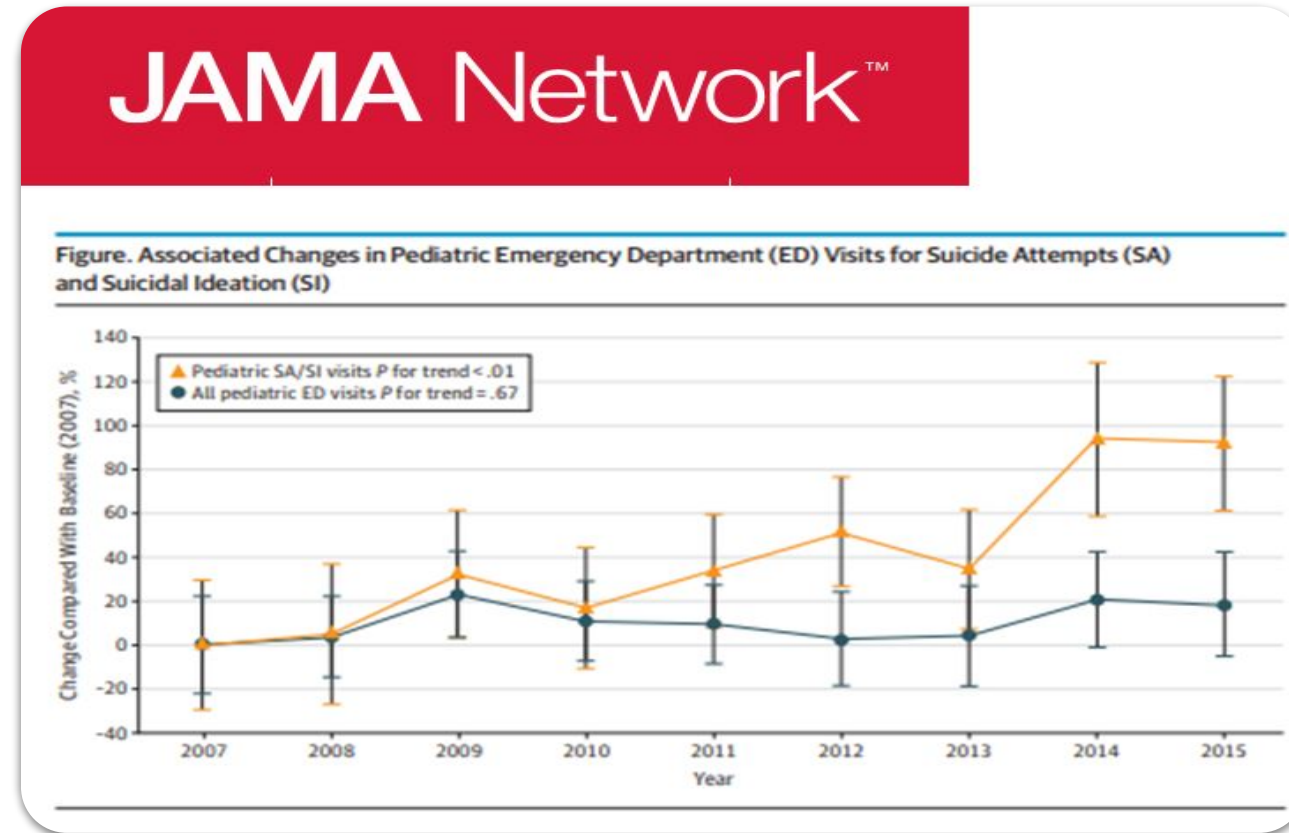


Teachers struggling with depression spend **less time** doing whole-class instruction, **have fewer warm and responsive interactions** with students, and spend **less time planning** their lessons.



More than **75 percent** of teachers reported frequent job-related stress, compared to 40 percent of other working adults.

Mental Health Emergency Department Visits



100% increase
from 2007-2015
(8 year span)

Additional 10%
increase from
2015-2020

Additional 51%
increase since
outset of COVID



High Achieving Schools & Mental Health

High Achieving School Systems are listed as one of the strongest predictors of mental health and adjustment problems among children and adolescents

National Academies of Science, Engineering, and Medicine



© 2019 American Psychological Association
ISSN: 0003-066X

American Psychologist

2020, Vol. 75, No. 7, 983–995
<http://dx.doi.org/10.1037/amp0000556>

High-Achieving Schools Connote Risks for Adolescents: Problems Documented, Processes Implicated, and Directions for Interventions

Suniya S. Luthar

Arizona State University and Columbia University's
Teachers College

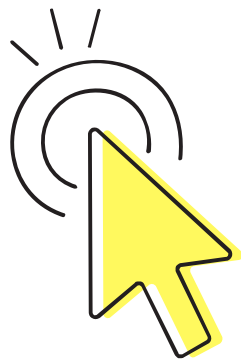
Nina L. Kumar

Authentic Connections, Cambridge, Massachusetts

Nicole Zillmer

Arizona State University

Excessive pressures to excel, generally in affluent contexts, are now listed among the top 4 “high risk” factors for adolescents’ mental health, along with exposure to poverty, trauma, and discrimination. Multiple studies of high-achieving school (HAS) cohorts have shown elevated rates of serious symptoms relative to norms, with corroborating evidence from other research using diverse designs. Grounded in theories on resilience and ecological influences in development, a conceptual model is presented here on major risk and protective processes implicated in adolescent adjustment outcomes for HAS youth. The model of adolescent



Defining **Mental Health Literacy**

Mental health is how a person thinks, feels, and acts when faced with life situations. This includes handling stress and emotions, relating to other people, being able to concentrate, and make responsible decisions.



Literacy is competence or knowledge in a specified area.



Mental health literacy is knowledge of..

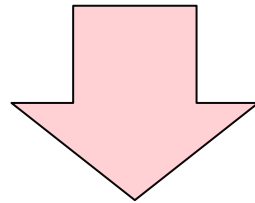
1. How to promote and maintain good mental health
2. When mental difficulties warrant additional support / intervention
3. Mental health that decreases stigma through normalizing difficulties
4. Enhancing help-seeking (knowing to get someone help and how to obtain good care)



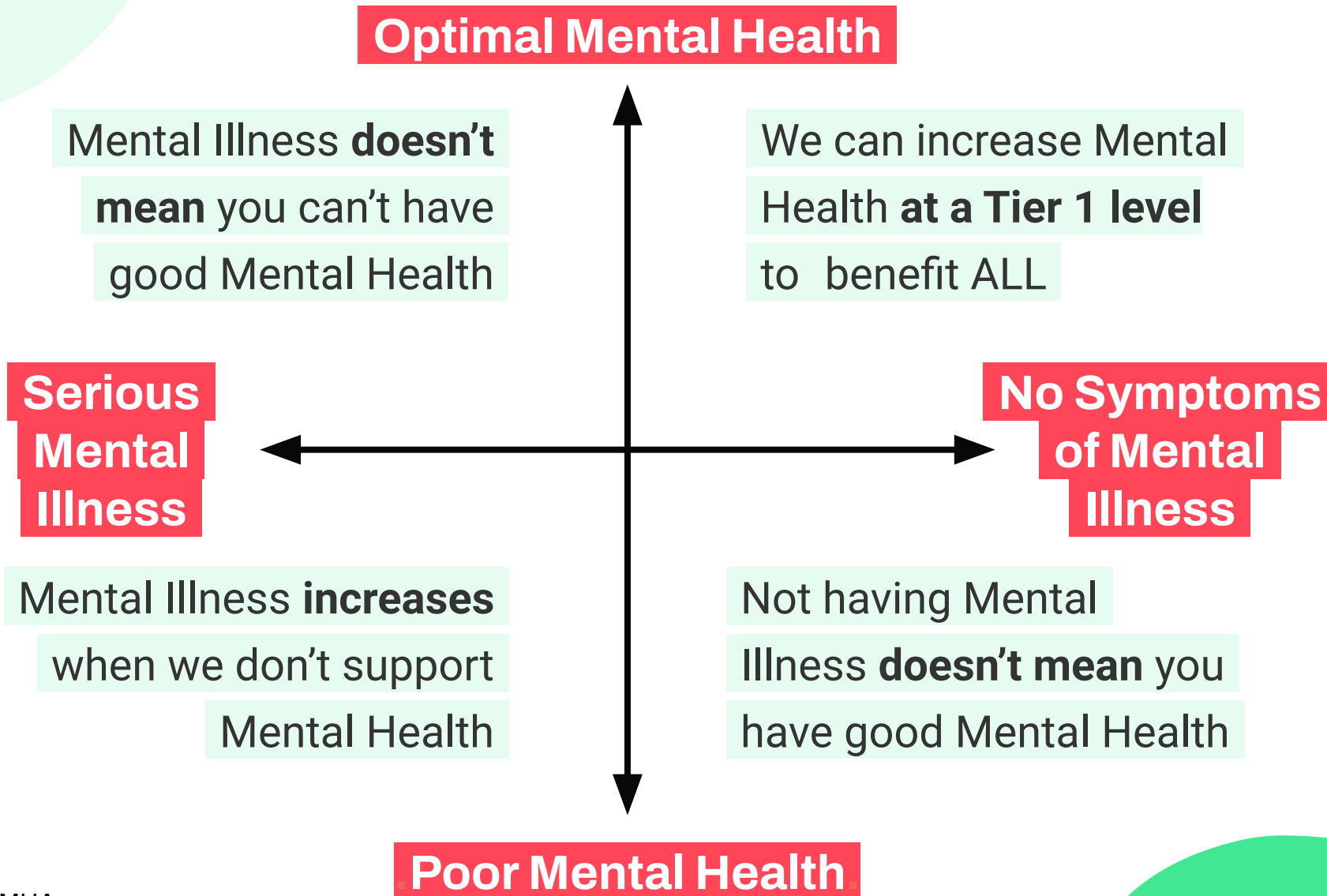
Research Findings

Studies show Mental Health Literacy results in:

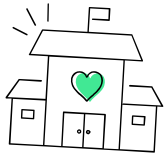
- decreased stigma
- stronger mental health knowledge base



- Greater educator and peer support
- Decreased delays to care
- Improved student productivity
- More effective interventions for students at risk of suicide



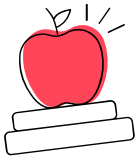
Why do we need it?



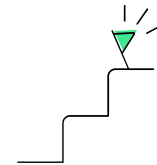
Schools are where most students access mental health supports.



States continue to develop policy focused on the integration of mental health literacy and supports in schools



Students and educators' mental health impacts how they perform.



Mental health literacy improves outcomes for students



State Policies

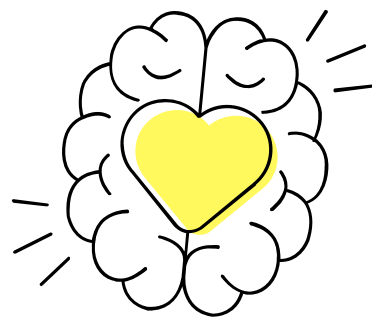
hopeful
futures
campaign

AMERICA'S SCHOOL MENTAL
HEALTH REPORT CARD

..... February 2022



Every Child Should Have Access to
the Mental Health Care They Need.



Mental Health Literacy **Course**



Mental Health Literacy Course



1-3 Introduction to Mental Health Literacy

4-6 Mental Health Strengths

7-15 Mental Health Difficulties & Educator Support

16 Upstream Prevention & Promotion

17-19 Access to Mental Health Services

Mental Health Supports: Positive Mindsets



Self Compassion



Gratitude



Character Strengths

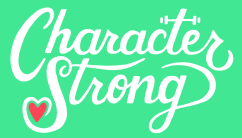


Mental Health Supports: *Positive Mindsets*

Self Compassion

Definition: Being willing to experience difficult feelings and acknowledge them as valid and important

Feel - Acknowledge - Accept - Next Steps



Mental Health Supports:

Positive Mindsets

Gratitude

Definition: Reflection of past, present, and future that make us feel and express a deeper appreciation or thankfulness for others and aspects of our life



Mental Health Supports:

Positive Mindsets

Character Strengths

Appreciation of
Beauty
Bravery
Creativity
Curiosity
Fairness
Forgiveness
Gratitude
Honesty

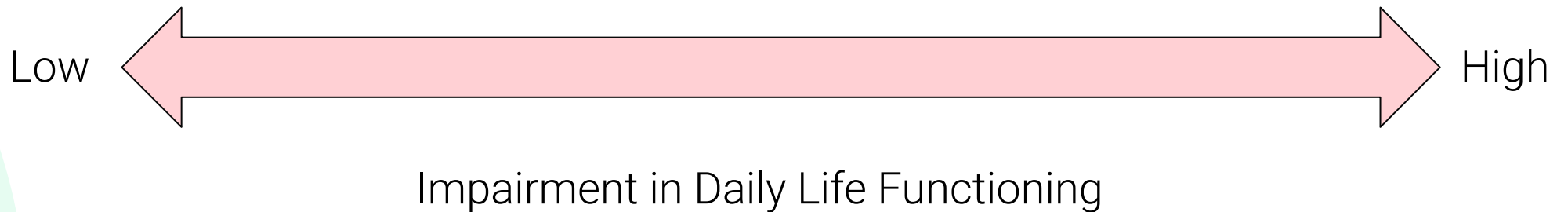
Hope
Humility
Humor
Judgment
Kindness
Leadership
Love
Love of Learning

Perseverance
Perspective
Prudence
Self regulation
Social Intelligence
Spirituality
Teamwork
Zest

Anxiety: What is it?



Definition: Internal discomfort and distress that occurs in one's body and mind that increase motivation to engage in certain behaviors to make the discomfort go away.



Anxiety: Educator Supports



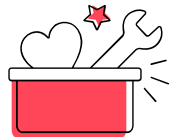
Positive Relationships



Validate Experiences



Ride the Wave



Teach & Practice Emotion Regulation and Coping Skills

Anxiety: *Educator Support*

Positive Relationships



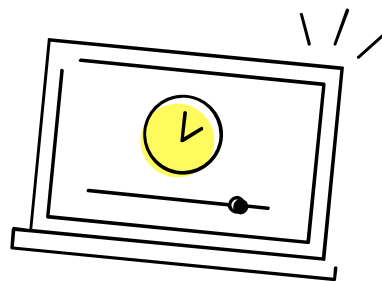
Positive greetings at the door



Community building activities



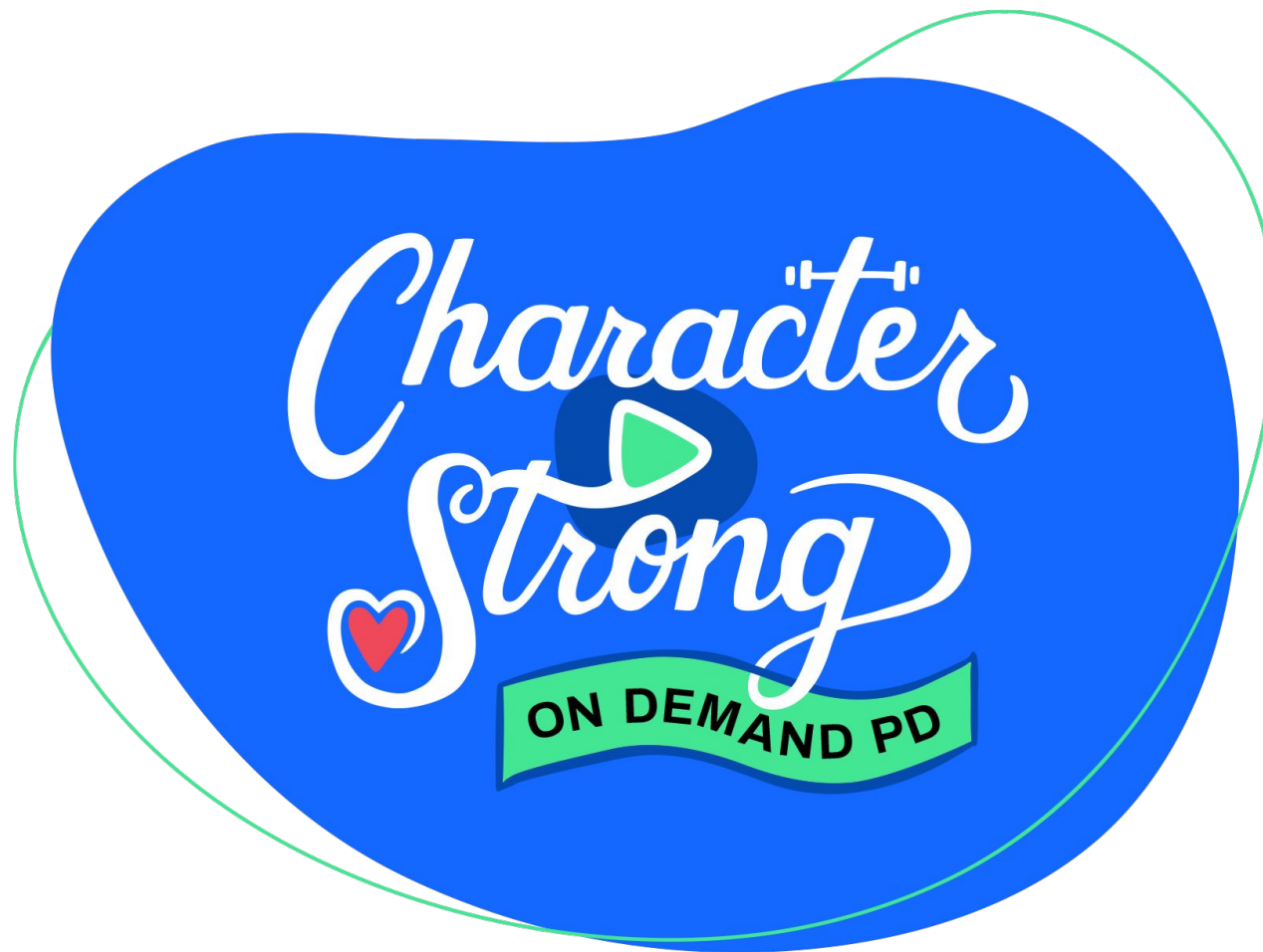
Temperature checks



On Demand PD

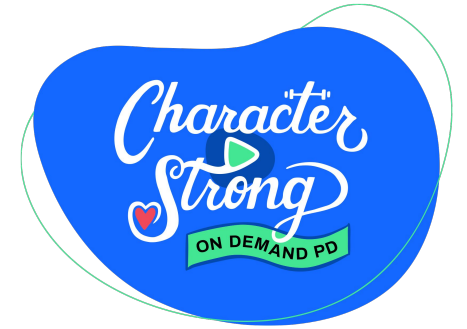


On Demand PD - UPDATED!





On Demand PD



Asynchronous professional learning



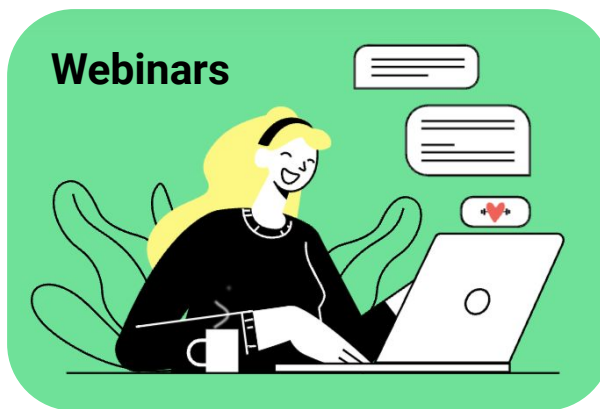
Over 130 learning modules



5 new courses this year

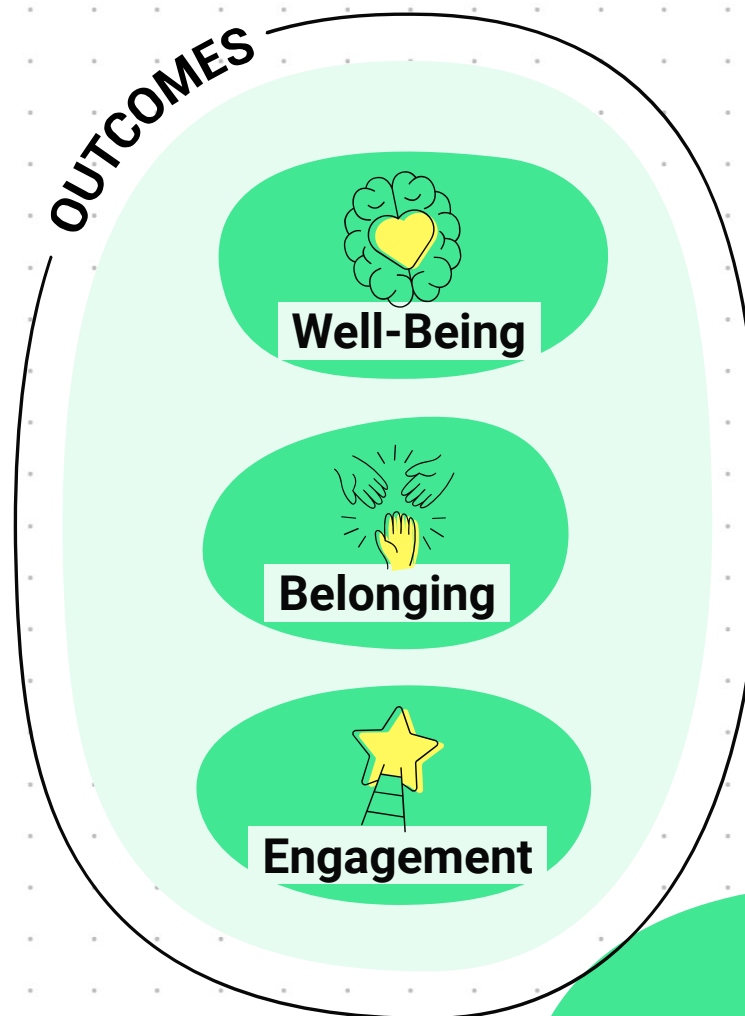


Free Resources

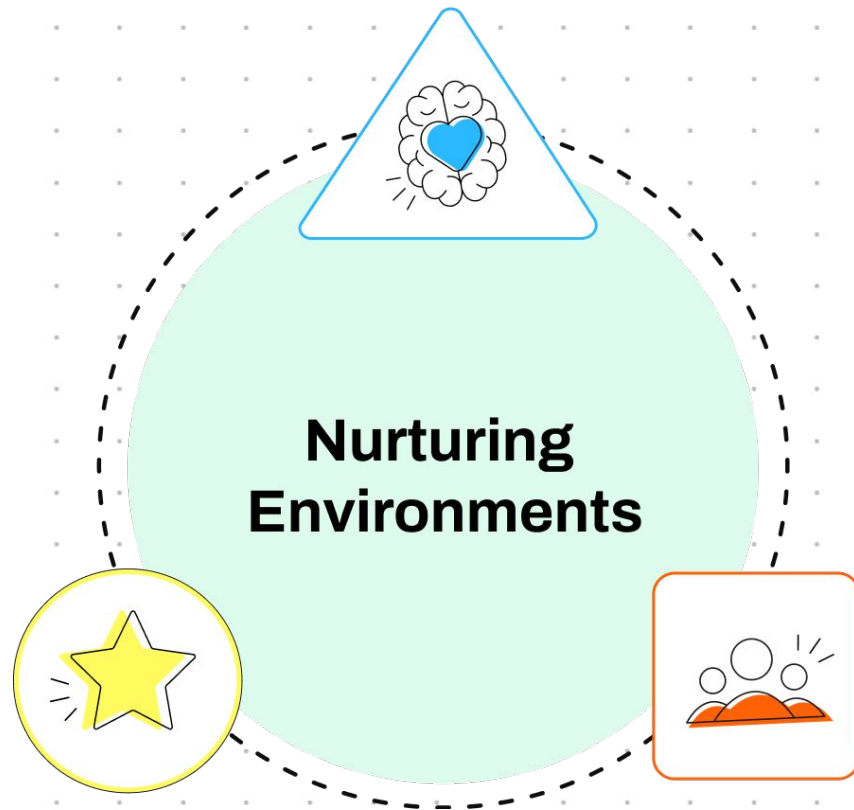


CharacterStrong believes...

WHOLE CHILD
SUCCESS



CharacterStrong believes...



Whole Child Success is the result of ***nurturing environments*** in which every student accesses what they need.

CharacterStrong believes...



**Multi-Tiered
Solutions**

Multi-tiered solutions are needed to create a nurturing environment in which every student is able to access the level of care they need school and life success.

CharacterStrong believes...



**Effective
School
Leadership**

Effective School Leadership
is needed to create a positive
culture and climate for the adults
to get to outcomes for students.

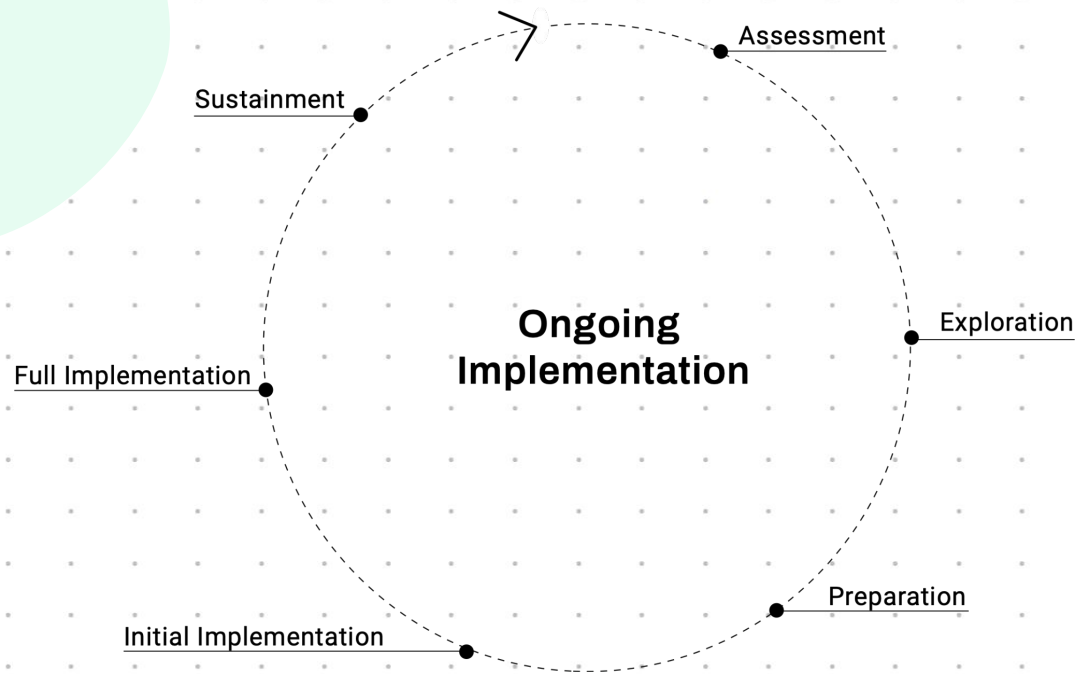
CharacterStrong believes...



**Equipped
Educators**

Educators need to be equipped
with low-burden, high impact
practices they feel confident and
competent to implement.

CharacterStrong believes...



Ongoing, sustained implementation is ultimately how student outcomes come about because students cannot benefit from effective solutions they do not receive.



Our Signature Products & Services

PurposeFULL
People

S.E.R.V.E.

Start: A warm welcome followed by a routine start

Engage: Consistent practices to engage relationally

Respond: Empathetic tools to respond to people's needs

Value: Strategies that clarify why our learning has value

Exit: A reflection to solidify learning and exit with action

Character Strong
Tier 2

Character Strong

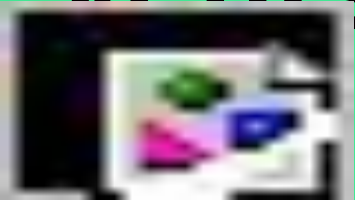
Middle School & High School

The
Gym
BY Character Strong

Character Strong
Implementation
Supports



Upcoming Events



June 30th Elementary Curriculum Demo

June 30th MS & HS Curriculum Demo

July 6th Leadership Demo

July 12th Tier 2 Curriculum Demo

July 13th Gym Demo



Mental Health Matters

Mental Health Literacy and Student Supports



@characterstrong