

**5-25 Committee for Middle/High School, and Transition-age Mental Health Prevention
Mental Health PREVENTION for ages 13-25**

Goal #1: Support partners in building mental health resilience in youth to prevent/reduce adverse mental health indicators.

What is the Problem or Need related to this goal? (prioritize the top 2-3)	What is the data or evidence that this is a problem/need?	What are strengths we can build on related to this need/problem?	Examples of Responses/Strategies for Change
<p>-Youth continue to struggle with mental health issues at all ages</p> <p>-Limited resources devoted to prevention or early intervention</p>	<p>2016 PACT Share Survey Students reported the following:</p> <p>30% Anxiety Symptoms 22% Depressive Symptoms 12% Suicidal Thoughts 11.4% Cutting/Scratching 9.6% Never Control Anger</p>	<p>School social workers/counselors</p> <p>Individual school initiatives (e.g. social/emotional and character development)</p> <p>School-linked mental health</p> <p>Circles</p> <p>Established programs, curriculums and evidence based practices that address prevention/early intervention</p> <p>Support Crisis intervention/ School Crisis Response Teams</p>	<p>Projects that have been shown to make a difference in prevention such as:</p> <ul style="list-style-type: none"> • Cognitive Skill-Building programs (evidence based) • Violence Prevention programs (e.g. Second Step) • Family- Focused Programs (evidence based) • Positive school climate • Youth Leadership • Social/emotional curriculum • Bullying reduction • Restraint / delay gratification / self-control • Peaceful conflict resolution / problem-solving • Achievement motivation • Enhancing self-esteem • Suicide prevention initiatives

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GOAL #2: Promote health and resilience for at-risk youth through family education and supports

What is the Problem or Need related to this goal? (no more than 2)	What is the data or evidence that this is a problem/need?	What are strengths we can build on related to this need/problem?	Examples of Responses/Strategies for Change
<p>Parents need support and respite</p> <p>Limited resources for family education and supports</p>	<p>PAC input at June, 2016 meeting</p>	<ul style="list-style-type: none"> • Mentors for parents such as Family Voices • Family Liaison • Wraparound • Parent Advisory Committee • Outreach to parents through schools 	<ul style="list-style-type: none"> • Respite options • Activities for families • Mentors for parents • Increase foster care options • Creating a community of relationships • Support and affirmation for parents • Training on self-care for parents of children ages 13-25 • Expanding opportunities for parental outreach and support through schools