

5-25 Committee for Elementary Grades Mental Health Prevention

Mental Health PREVENTION for ages 5-12

Goal #1: Support partners in building mental health resilience in children ages 5-12

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>-Youth continue to struggle with mental health issues at all ages – social/emotional</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>Social emotional development programs</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>Sponsor a youth contest and/or education around mental health and wellness.</p>	<p>Projects that have shown to make a difference in mental health 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 peer influence • Restraint / delay gratification / self-control • Peaceful conflict resolution / problem-solving • Achievement motivation • Self-esteem • Emotional regulation

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GOAL #2: Promote health and resilience for at-risk children 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>-Limited or no opportunities for parent education -Parents need support and respite</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 	<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 5-12 • Expanding opportunities for parental outreach and support through schools