

Investing In “Upstream Services”: Can we afford anything less?

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December 7, 2012 Newtown, CT
Sandy Hook Elementary



FOR ALL OR A FEW?

“Everyone has mental health needs, whether or not they have a mental illness, just as everyone has physical health needs, whether or not they are sick”

Lynne Friedli

A word cloud centered around the phrase "MENTAL HEALTH". The words are arranged in various orientations and colors. The central word "MENTAL HEALTH" is the largest and in a teal color. Other prominent words include "CRAZY" in yellow, "STRESS" in red, "DRUGS" in orange, and "STRAIGHT JACKET" in brown. Smaller words include "DYSFUNCTION", "COPING", "THERAPY", "COUNSELING", "WELL BEING", "HAPPINESS", "BRAIN", "STABILITY", "PSYCHOLOGY", "SAD", "DEPRESSION", and "PRODUCTIVITY".

MENTAL HEALTH

CRAZY

STRESS

DRUGS

STRAIGHT JACKET

DYSFUNCTION

COPING

THERAPY

COUNSELING

WELL BEING

HAPPINESS

BRAIN

STABILITY

PSYCHOLOGY

SAD

DEPRESSION

PRODUCTIVITY

Mental health.....

**.....is more than the absence of
mental disorders**



Mental Health vs. Mental Illness



Mental Health Problems in Adulthood Begin in Adolescence

- 20% of US children experience a mental health problem in any given year
- Half of lifetime diagnosable mental illnesses start by age 14, and about 75% start by age 24
- Symptoms of
 - anxiety disorders emerge by age 6
 - behavioral disorders by age 11
 - mood disorders by age 13
 - substance use disorders by age 15



Suspensions/Expulsions

Children with behavioral health problems have lower educational achievement and are **3X** more likely to be absent, suspended, or expelled than children with other disabilities



Drop Out Crisis

44% of youth with
diagnosed
behavioral
health problems
drop out of high
school



CHILDREN'S MENTAL HEALTH



MARCH 2013

Improving Access to Children's Mental Health Care: *Lessons from a Study of Eleven States*

Donna Behrens, Julia Graham Lear, Olga Acosta Price

THE GEORGE
WASHINGTON
UNIVERSITY
WASHINGTON, DC



The Center for
Health and Health
Care in Schools
healthinschools.org

**75% of children receiving mental
health support receive it in...**

WHERE?

75% of children receiving mental health support receive it in...

SCHOOL

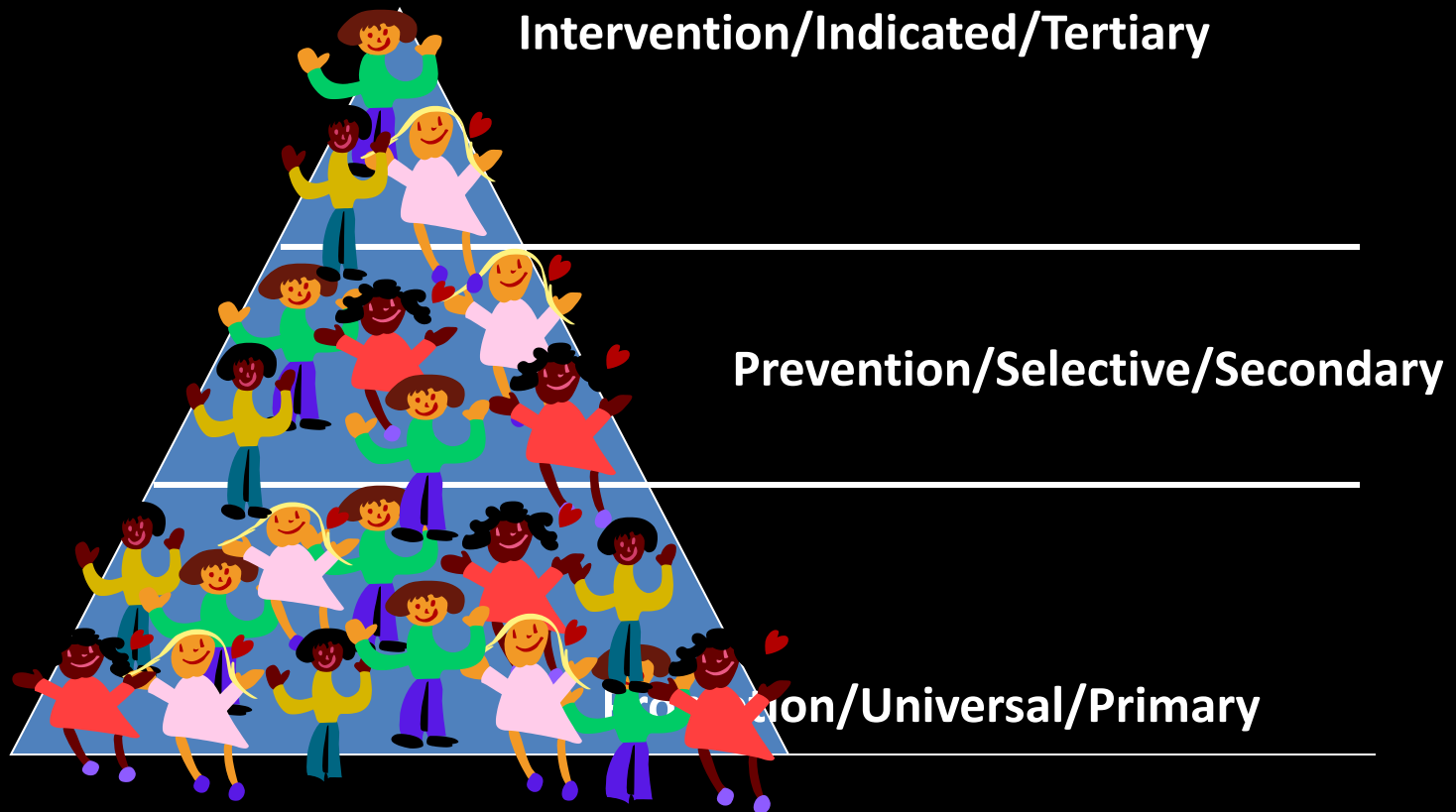


School Mental Health..... does it fill a gap?



School Mental Health

Levels and Types of Intervention



Promotion of Mental Health

Mental health promotion interventions are **universal**, build on an individual's capacities and **competencies**, focus on strengthening protective factors, and minimizing risk factors (individual, environmental, & social)



What Promotes Positive Mental Health and Facilitates Learning?

CARING
SUPPORT **BELONGING**
CONNECTEDNESS
SECURITY

WITHOUT HEALTH, LEARNING IS LIMITED

***THERE IS **NO** HEALTH, WITHOUT MENTAL
HEALTH***

