Building Resilient Students: Local Public Health Partnering with Schools

Presenters:
Jennifer Kertanis, MPH & Justine Ginsberg, BSN, RN
ACES can have lasting effects on:

- **Health**: obesity, diabetes, depression, suicide attempts, STDs, heart disease, cancer, stroke, COPD, broken bones
- **Behaviors**: smoking, alcoholism, drug use
- **Life Potential**: graduation rates, academic achievement, lost time from work

ACEs have been found to have a graded dose-response relationship with 40+ outcomes to date.
2016 US Youth Mental Health Facts

Fact: 1 in 5 children ages 13-18 have, or will have, a serious mental illness.¹

- 20% of youth ages 13-18 live with a mental health condition²
- 11% of youth have a mood disorder¹
- 10% of youth have a behavior or conduct disorder¹
- 8% of youth have an anxiety disorder¹

Impact
- 50% of all lifetime cases of mental illness begin by age 14 and 75% by age 24.¹
- 10 yrs: The average delay between onset of symptoms and intervention is 8-10 years.¹

Suicide
- 3rd: Suicide is the 3rd leading cause of death in youth ages 10-24²
Trauma changes the state of play for a child.
Addressing areas of challenge for schools

School Climate Survey
Developmental Assets Profile

Positive Identity
Social
Personal
Empowering
Examples of Resilient Attributes Taught

- Friendship
- Dealing With Loss
- Teamwork
- Communication
- Empathy vs Sympathy
- Humor
- Self Care
- Community
- Asking for Help
- Failure/power of yet
- Addictive Behaviors
- How to manage emotions
- Stress
- Time management
- Loss
Each Lesson Has:

- Clear Objective
- Outlines Supply list
- Instructional outline and timings
- Activity's
- What Can I Say
- What Can I Read
- What Can I Do
- What Can I Be
- Classroom Suggestions for teachers
- Messaging for parents
- Journal Entry Prompts
Group work allows students to explore concepts
<table>
<thead>
<tr>
<th>Question</th>
<th>Pre – September 2018</th>
<th>Post – June 2019</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Agree</td>
<td>Disagree</td>
</tr>
<tr>
<td>I feel safe in my personal and family life</td>
<td>98%</td>
<td>2%</td>
</tr>
<tr>
<td>I feel safe in my school</td>
<td>87%</td>
<td>13%</td>
</tr>
<tr>
<td>I have healthy relationships that support my wellbeing</td>
<td>97%</td>
<td>3%</td>
</tr>
<tr>
<td>I trust my peers</td>
<td>81%</td>
<td>19%</td>
</tr>
<tr>
<td>This program has taught me skills to deal with difficult or challenging situations</td>
<td></td>
<td></td>
</tr>
<tr>
<td>I believe that it is important to express my thoughts and feelings to others</td>
<td>73%</td>
<td>27%</td>
</tr>
</tbody>
</table>
How have you used the skills that you learned in this program?

I better manage my anxiety in school and feel more connected to my community.

It has helped me be more aware of the types of people I surround myself with.

The skills I have learned can be used in the real world.
I learned that resiliency means many things. It means being a leader, being confident in your actions and so much more.

To never be down on yourself for too long and that there are people you can go to for help.

I learned about myself and how I react to situations.

How to help a friend when they need it most.

I learned that my teachers shared similar struggles as me when they were in school.

No matter if you think you are, you are never alone.
My mental health is important because…..

It is the root of one’s reasoning and actions. This can shape the type of person they will be.

It affects how I view the world and myself, therefore it’s important to be healthy in order to have a positive mindset.

It guides my decision making and can affect my physical health.
## Progress Results – n264 HS Students

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<td>78%</td>
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How have you used the skills that you learned in this program?

I learned the importance of facing problems head on.

I was able to notice someone who was suicidal and help them get help.

I have really gotten to know different sides of my peers and how I'm not alone in a lot of things.
What is the most important thing you have learned in this program?

- Things get better if you just give it time and ask for help
- The signs that someone may be suicidal
- I learned how to help someone when they needed help and how to ask for it myself
- Who to contact for help when I need it
- Addiction happens when other parts of your life are not OK – ask for help and don’t hide from problems
My mental health is important because.....

I don’t want to be stressed all the time and let the little things upset me.

It affects my overall wellbeing and how I have relationships.

It’s a vital part of your life that impacts your thoughts, behavior and emotions.
Providing Tools for Teachers

Meet the student where they are, not where you want them to be, but where they really are.

~Frances Clark
Sustainability
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