



RESILIENCE GROWS HERE

Veterans & Community. Together, we thrive!



Building Resilient Students: Local Public Health Partnering with Schools

Presenters:

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ACES can have lasting effects on....



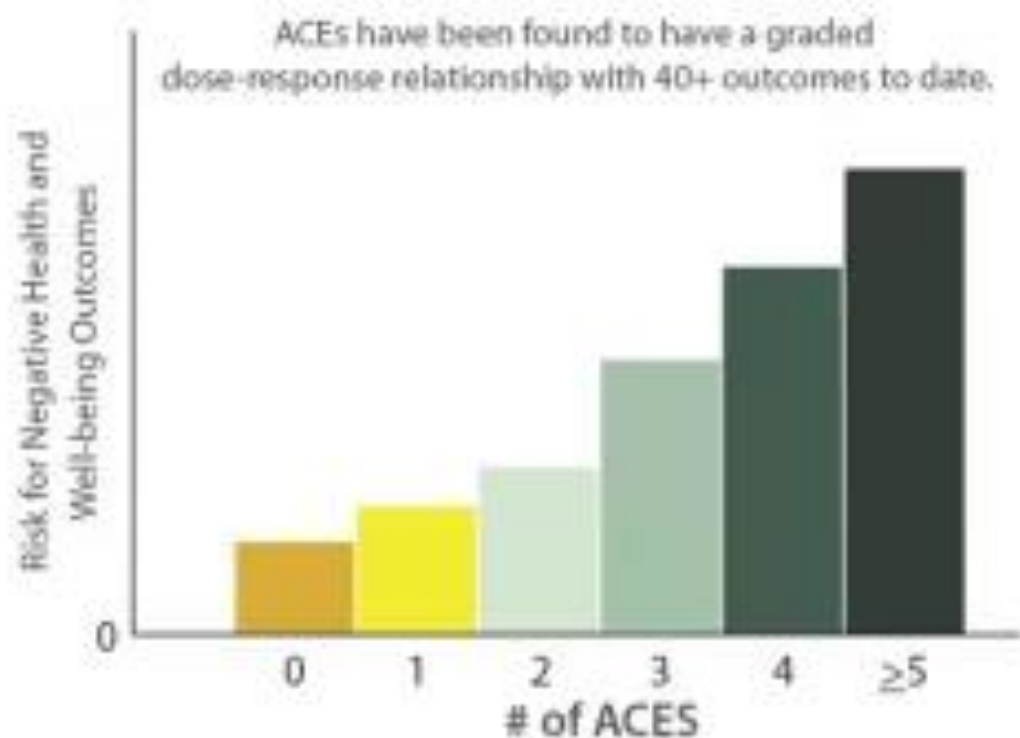
Health (obesity, diabetes, depression, suicide attempts, STDs, heart disease, cancer, stroke, COPD, broken bones)



Behaviors (smoking, alcoholism, drug use)



Life Potential (graduation rates, academic achievement, lost time from work)



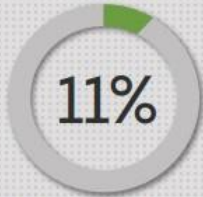
*This pattern holds for the 40+ outcomes, but the exact risk values vary depending on the outcome.

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 condition¹



11% of youth have a mood disorder¹



10% of youth have a behavior or conduct disorder¹



8% of youth have an anxiety disorder¹

Impact

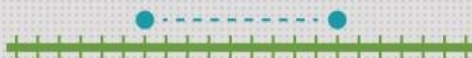


50%

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 - 24.¹

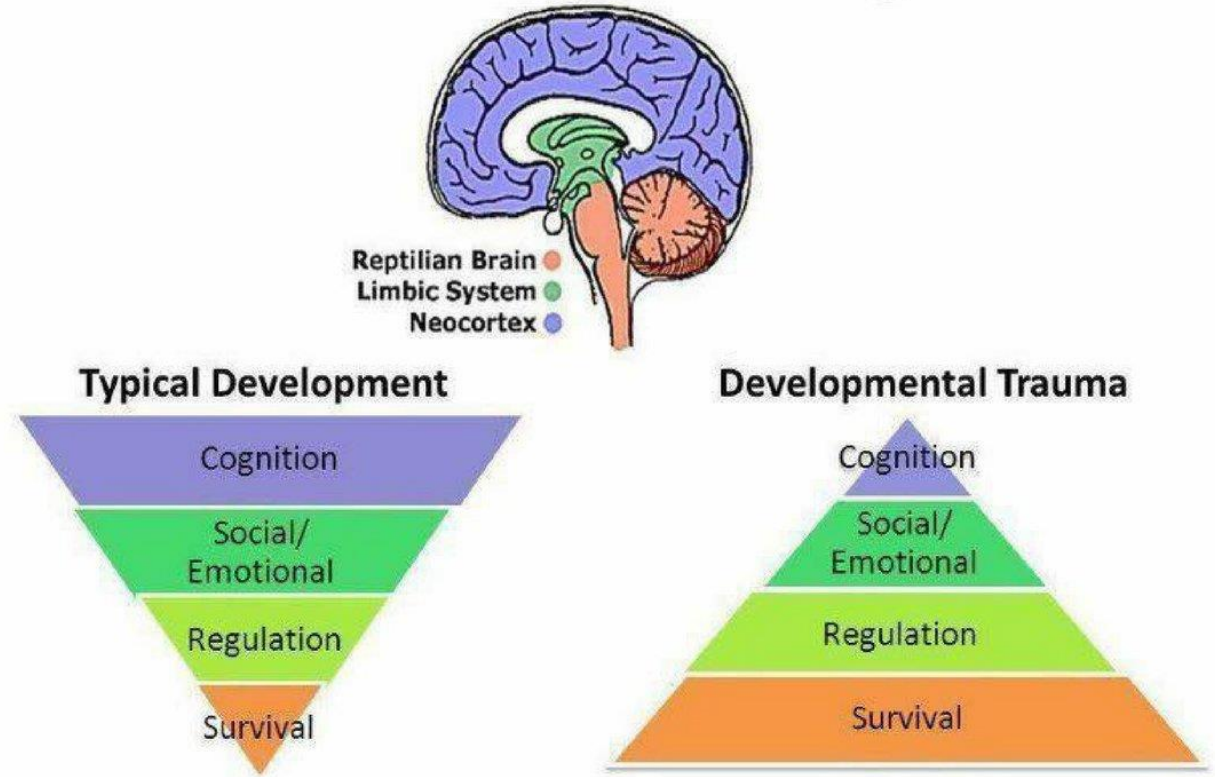


nami

National Alliance on Mental Illness

Trauma
changes the
state of play
for a child

Trauma & Brain Development



Adapted from Holt & Jordan, Ohio Dept. of Education

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

Progress Results – n346 Middle Schoolers

Question	Pre – September 2018		Post – June 2019	
	Agree	Disagree	Agree	Disagree
I feel safe in my personal and family life	98%	2%	94%	6%
I feel safe in my school	87%	13%	92%	8%
I have healthy relationships that support my wellbeing	97%	3%	91%	9%
I trust my peers	81%	19%	80%	20%
This program has taught me skills to deal with difficult or challenging situations			82%	18%
I believe that it is important to express my thoughts and feelings to others	73%	27%	85%	15%

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

What is the most important thing you have learned in this program?

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

Question	Pre – September 2018		Post – June 2019	
	Agree	Disagree	Agree	Disagree
I feel safe in my personal and family life	96%	4%	98%	2%
I feel safe in my school	86%	14%	91%	9%
I have healthy relationships that support my wellbeing	93%	7%	98%	2%
I trust my peers	79%	21%	93%	7%
This program has taught me skills to deal with difficult or challenging situations			73%	27%
I believe that it is important to express my thoughts and feelings to others	78%	22%	94%	6%

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

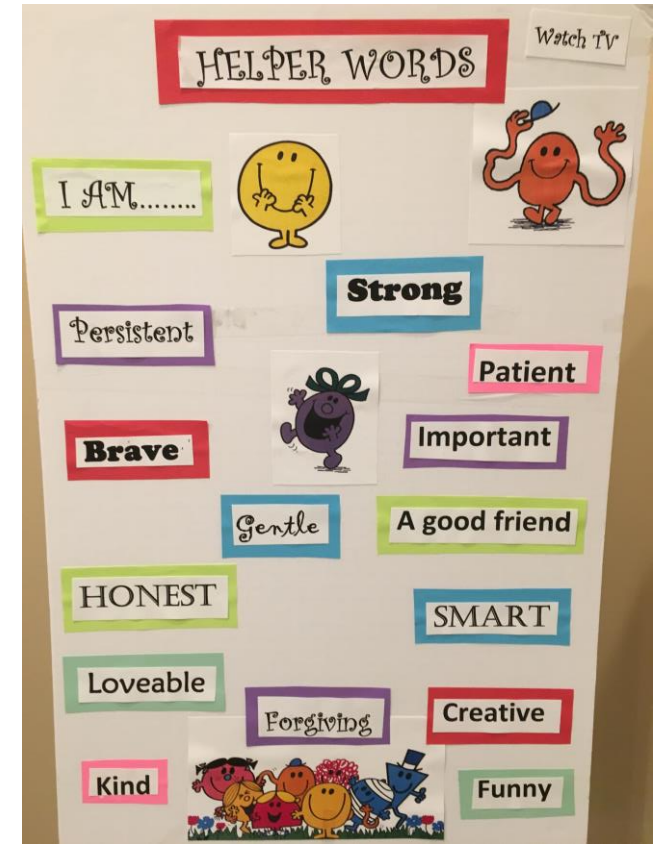
It affects my overall wellbeing and how I have relationships

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 are,
and not where you
want them to be,
but where they
really are.

~Frances Clark



Sustainability



Farmington Valley Health District



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