

**Mental Health Work Group**  
**May 4, 2015**  
**Notes**

**Attendance:** Jeff Carpenter, Alisa Cowen, Yvonne Dangerfield, Kim Durand, Barbara Gomez, Siobhan Grayson, Betsy Greer, Alicia Guajardo, Julie Korona, Julia Stephens, Rick Strobach, Naomi Verdugo, Anne Vorderbruegge

**Upcoming Events that folks might be interested in:**

May 9 – 7:30am – 2:30 Community Conversation on Teen Stress in Alexandria  
<http://www.fcps.edu/dss/summit/>

May 11 7:00pm Ed Center – Understanding Your Child's/Teen's Moods

May 19 10:00am Syphax Room 158 – Mindful Parents

May 22 2:00pm Ed Center – Eating Disorders

**Background on the Community Engagement Process (CEP)**

This is the first phase of our CEP – gathering ideas, strategies and identifying barriers.

The second phase will include Focus Groups and Interviews with the people most affected by the issue – this will include parents, youth and neighborhoods that have not been involved at this point.

The third phase includes reporting back to the entire community regarding our findings, and a report to the school and county boards. Any advocacy that has been identified will happen during this phase, hopefully in the fall to provide information for the budgets.

**Background from Anne Vorderbruegge on what happens in 2001 – 2007 (see attached).**

QPR training was established for all schools: <http://www.qprinstitute.com/>

We can see a steady decrease during the years of high activity/focus in this area.

We moved on, but now we need to circle back and make sure that this continues to be a priority.

**What has been done in APS:**

I thought I would include a link to the APS Mental Health Page as a resource:

<http://www.apsva.us/page/2514>

Jeff shared the following:

- At 5<sup>th</sup> Grade they do a program called Breaking the Silence
- There is a gap in student programming, as no one thing is offered past that
- Counselors get training
- There is a Cadre
- Staff Meeting presentations, in-service for teachers at each school
- Provide Ending the Silence to kids
- Planning to provide Mental Health First Aid
- New hires all got a module – reached 150+ teachers, but no time this coming year.
  - Develop a web model – use a product that already exists.
  - Advocate for paying for this training.

APS is doing a lot.

Who else can/should be doing something?

**Ideas from flip charts:**

- Leverage qualified community members to help with training
  - Benefit: It engages the community – empowers everyone to be involved
- Have the Mental Health First Aid Training Train the Trainer to get more trainers out in the community
- NAMI – Parents and Teachers Together
- Advertise/Promote what IS happening
- Work with/support the Whole Child Conference
- Look at School Book lists – they’re too depressing!
- Mark sure everyone knows about the workshops that are offered, not just folks on School Talk.
- Promote on-line classes to teachers, students AND parents.
- Ending the Silence – get kids talking about it, also PTAs and parents.
- Break the Stigma
- Help kids know who they can go to for more information

**Additional Notes:**

- Clarification on who qualifies for what services/supports
  - If a parent believes a student should get services, and a doctor also agrees, but APS does not, what is the protocol?
- Gaps – students aren’t really getting it at the older grades.
- Barrier is TIME – no grace in the grade book

**What is the focus of this group?**

I believe we agreed on Suicide/Depression, which we can measure with our Youth Risk Behavior Survey Data (YRBS). Look at:

The continuum of early intervention/young children through young adults  
Include language around anxiety

During the meeting, there was a question around the data nationally and state wide. Here is what I found - 2013 Data, youth reported:

Item	Grade 10	Grade 12
Sad/Hopeless for 2+ Weeks	29% Nat / 17% VA / 26% Arl	29% Nat / 22% VA / 29% Arl
Attempted Suicide	9% Nat / 10% VA / 5% Arl	6% Nat / 9% VA / 5% Arl

Here’s a link to the information:

<http://nccd.cdc.gov/youthonline/App/Results.aspx?TT=A&OUT=0&SID=HS&QID=QQ&LID=VA&YID=2013&LID2=&YID2=&COL=G&ROW1=N&ROW2=N&HT=QQ&LCT=LL&FS=S1&FR=R1&FG=G1&FSL=S1&FRL=R1&FGL=G1&PV=&TST=True&C1=G3&C2=G5&QP=G&DP=0&VA=CI&CS=Y&SYID=&EYID=&SC=DEFAULT&SO=ASC>

Other sights that might be interesting to click around:

NAMI - <http://www.nami.org/Find-Support/NAMI-Programs>

Living Works Asist: <https://www.livingworks.net/programs/asist/>

SAMHSA Suicide Prevention: <http://www.samhsa.gov/tribal-ttac/resources/suicide-prevention>

If I missed anything, please e-mail me and I can add the information to our page:

[www.apcyf.org/cep](http://www.apcyf.org/cep)

**Our next meeting is on Monday, May 18<sup>th</sup> at 6:00pm. Bring something to snack on!**

**Attachments:**

APS Mental Health Supports Table

Strategies Implemented 2001-2004

Mental Health Work Group Roster

All of this and more can be found on the site: [www.apcyf.org/cep](http://www.apcyf.org/cep)

Thank you! Have a great afternoon.