

Mental Health Notes

May 18, 2015

Attendance: Jeff Carpenter, Alisa Cowen, Yvonne Dangerfield, Betsy Greer, Alicia Guajardo, Florence Jones, Julie Korona, Linda Staheli, Julia Stephens, Mary Taverner, Marguerite Tomasek, Naomi Verdugo, and Kim Durand.

During this meeting, we reviewed and revised our focus, talked about APS activities and strategies, and identified some “big ideas” that we want to continue to explore.

FOCUS

The focus will be on the Depressive Symptoms and Attempted Suicide and the data that is collected in the Youth Risk Behavior Survey, but will include strategies that address anxiety, stress and the negative stigma around Mental Health Illnesses.

APS Activities

We looked at the matrix of items that Jeff Carpenter with APS provided (attached). A gap that was identified is the education for older youth at all schools. Currently, there is no consistency across schools.

Professional development for teachers – required MH to learn new ideas and method
Education to parents to get rid of stigma

Jeff mentioned the ASCA: <https://www.schoolcounselor.org/>

BIG IDEAS

Collect data on anxiety and stress

Get support (\$) for more counselors, social workers and psych workers in APS (from DHS or APS), goal would be to have consistent care and support at ALL schools and programs

Focus on building resilience and teaching coping skills, possibly *Mindfulness*

Advocate for more CR2 at the state level

Advocate for Mental Health Credentials for new teachers

Advocate for consistency across schools

WHOLE CHILD CONFERENCE – not just for teens, but all children, focus on education for parents and for teens (see Community Conversation on Teen Stress on website)

Video/Film presentations so they can be available on-line

More resources for the Emergency Mental Health Response number (long waits/unresponsiveness is being reported)

Strategies

More student awareness at Middle and High School

Have *Ending the Silence* Program for students <https://www.nami.org/Find-Support/NAMI-Programs/NAMI-Ending-the-Silence>

Mental Health First Aid Courses for teachers and wider community (working with DHS)

Homework

These are a few things that folks brought up that we need to do a bit of research on:

- How many kids skip school (due to anxiety or stress)?
- Does the VDOH have the number of Arlington Youth Suicides? Does APS collect this information, does APS collect this even after a student has graduated?
- Do the Communities in Schools (Wakefield, Career Center, Gunston) have anything in place around Mental Health?
- Look at the Carlin Springs Community School data regarding their Mental Health Therapist, can we learn anything from that?
- DHS uses interns, could they be assigned to schools to assist? How else could we utilize interns from our area colleges?
- Watch F.A.T. City on YouTube: <https://www.youtube.com/watch?v=fFm-OvUhDiQ>
Could all teachers be required to watch that so they have an understanding around what it is like for their students who have these difficulties?

Next meeting: Please fill out this doodle to help us determine our next meeting date/time.