

# Child Wellbeing: New mental health approaches to keep our kids on level

## Promoting Mental Health (Social and Emotional Well-being) of Our Children

### *Get a Check-Up, from the Neck Up*

1. Caring for the mind is just as important as caring for the body. One can't be healthy without the other. The World Health Organization (WHO) defines, mental health as "a state of well-being in which the individual realizes their own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and to make a contribution to their community."
2. According to the 2013 Youth Risk Behavior Survey for Duval County high school students, 17% of students self-reported having seriously considered attempting suicide during the 12 months prior to the survey as compared to 13.9% of high school students for the State of Florida. There was a decrease in the percentage of students that self-reported having attempted suicide from 2011 to 2013, from 12.7% to 11.5%.
3. During the 2013-2014 school year, the Jacksonville System of Care Initiative (JSOCI) and the Chartrand Foundation convened a large group of community stakeholders and commissioned the University of Maryland's Center for School Mental Health (CSMH) to assist the Duval County Public Schools in developing a best-practice behavioral health model for school-based mental health services. Recommendations were grouped into three categories that consist of:
  - a) Establishing an integrated model of school-based (on-site) student wellness, behavioral health and healthcare
  - b) Improving data systems
  - c) Developing and conducting education and professional development activities for students, families, school staff and community behavioral health partners to support improved student behavioral health and wellness.
4. DCPS received two grants, Project AWARE and the STRIVE grants to improve mental health mental health and positive behavioral support for students. Duval County Public Schools has a committed team of social workers, school psychologists and guidance counselors that address grief issues, and academic stress, among other issues.
5. Jacksonville System of Care Initiative (JSOCI) convenes community stakeholders in addressing mental health screenings for specific populations such as youth involved in the juvenile justice, foster care, early learning and homeless systems. The JSOCI in partnership with the Jacksonville Children's Commission offers Youth Mental Health First Aid (YMHFA) Training, which prepares early responders to address mental health challenges in youth. Through a JSOCI faith-based collaborative, *Healthy Minds, Healthy Hearts*, YMHFA seeks to reduce mental health stigma.

## Important Resources

**Mental Health America**  
[www.mentalhealthamerica.net](http://www.mentalhealthamerica.net)

**Mental Health America  
Northeast Florida Chapter**  
[www.mhjax.org](http://www.mhjax.org)

**National Alliance on Mental  
Illness**  
[www.nami.org](http://www.nami.org)

**National Traumatic Stress  
Network**  
[www.nctsn.org](http://www.nctsn.org)

**Nemours Kids Health**  
[www.kidshealth.org](http://www.kidshealth.org)

**Youth M.O.V.E.**  
[www.youthmovenational.org](http://www.youthmovenational.org)

**National Suicide Prevention  
Lifeline**  
1-800-273-8255

**Session Leaders**  
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