

A R K A N S A S

a.w.a.r.e.

**ADVANCING WELLNESS AND
RESILIENCY IN EDUCATION**



ADVANCING WELLNESS AND
RESILIENCY IN EDUCATION



Elizabeth "Betsy" Kindall, Ed.D.
State Project Coordinator
elizabeth.kindall@ade.arkansas.gov



Nicole Fairchild, LPC
State Training Lead
nfairchild@oursc.k12.ar.us



Ryane Owens-Sorey, LCSW
Regional Trainer
rsorey@oursc.k12.ar.us



Jamie McAfee
Services Coordinator
jmcafee@oursc.k12.ar.us



Beth Mathys, M.Ed.
Regional Trainer
bmathys@oursc.k12.ar.us



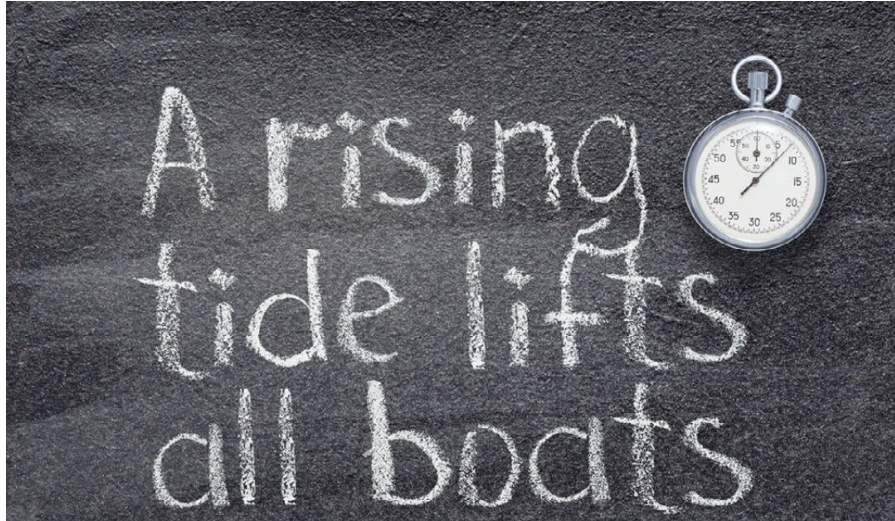
Amanda Musick, Ed. D.
Regional Trainer
amusick@oursc.k12.ar.us



Andrea Fortner, M.Ed.
Regional Trainer
afortner@oursc.k12.ar.us



Advancing Wellness and Resiliency in Education



Sandy Hook - December 2012

NOW IS THE TIME - White House Initiative 2013

- Make schools safer & more nurturing
- Increase access to mental health services

AWARE funding round #1 in 2014

Arkansas awarded in round #2 in 2018

Arkansas awarded AWARE 2.0 in 2022



Project AWARE 2.0

Five-year grant awarded in October 2022 to establish a statewide training framework to promote awareness of topics related to mental health and resilience.

Project AWARE supports school districts in efforts to provide mental health care awareness and trauma-informed practices within schools.



- Increase coordinated referrals, mental health services and programs, and follow-up for children
- Increase outreach and engagement among youth, families, schools and communities to increase awareness, mental health identification and implementation of services and programs
- Develop the infrastructure that sustains mental health among youth and maintain mental and behavioral health services when federal funding ends.

*excerpt from the 2022 Arkansas School Safety Commission Final Report



ARKANSAS - #1 for youth experiencing most number of Adverse Childhood Experiences.

Arkansas - 26.3% - 2 or more
United States - 18% - 2 or more



What is mental health?

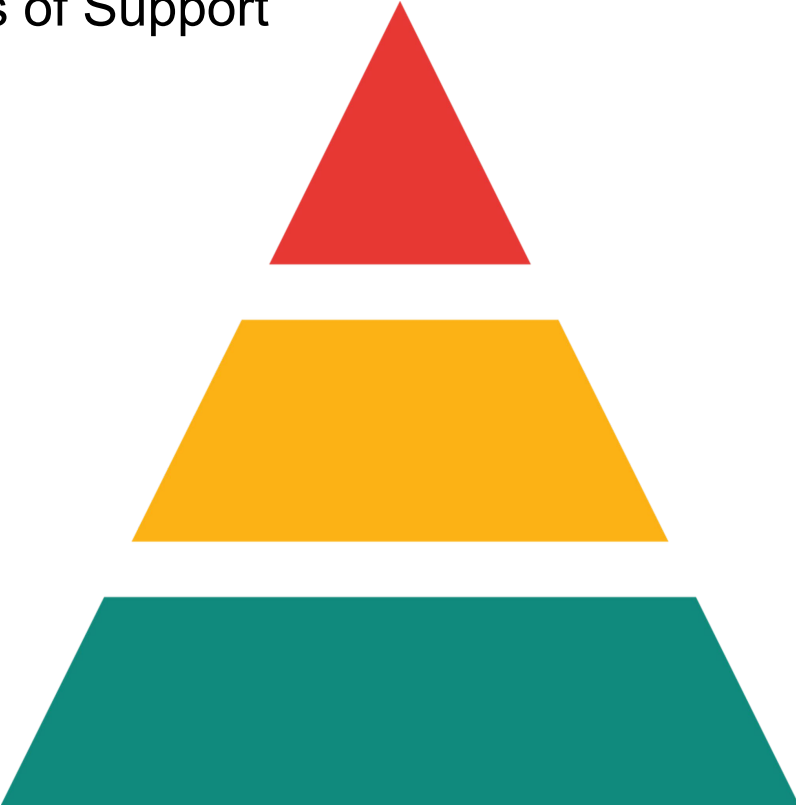
Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act, and helps determine how we handle stress, relate to others, and make choices.

WHAT ABOUT IN REAL LIFE?

- Think about what does it look like when YOU do this in your life?
- What events or thoughts happen right before you engage in these types of behaviors?

Flight	Fight	Freeze
<ul style="list-style-type: none">• Withdrawing• Fleeing the classroom• Skipping class• Daydreaming• Seeming to sleep• Avoiding others• Hiding or wandering• Becoming disengaged	<ul style="list-style-type: none">• Acting out• Behaving aggressively• Acting silly• Exhibiting defiance• Being hyperactive• Arguing• Screaming/yelling	<ul style="list-style-type: none">• Exhibiting numbness• Refusing to answer• Refusing to get needs met• Giving a blank look• Feeling unable to move or act

Multi Tiered Systems of Support



What is mental health
first aid?





YOUTH MENTAL HEALTH FIRST AID

WHY YOUTH MENTAL HEALTH FIRST AID?

Youth Mental Health First Aid teaches you how to identify, understand and respond to signs of mental health and substance use challenges among children and adolescents ages 12-18.

10.2%

of youth will be diagnosed with a substance use disorder in their lifetime.

Source: Youth Mental Health First Aid**

1 IN 5

teens and young adults lives with a mental health condition.

Source: National Alliance for Mental Illness*

50%

of all mental illnesses begin by age 14, and 75% by the mid-20s.

Source: Archives of General Psychiatry***

WHO SHOULD KNOW MENTAL HEALTH FIRST AID?

- Teachers.
- School Staff.
- Coaches.
- Camp Counselors.
- Youth Group Leaders.
- Parents.
- Adults who Work with Youth.

WHAT MENTAL HEALTH FIRST AID COVERS

- Common signs and symptoms of mental health challenges in this age group, including anxiety, depression, eating disorders and attention deficit hyperactive disorder (ADHD).
- Common signs and symptoms of substance use challenges.
- How to interact with a child or adolescent in crisis.
- How to connect the youth with help.
- Expanded content on trauma, substance use, self-care and the impact of social media and bullying.

THREE WAYS TO LEARN

- **In-person** – Learners will receive their training as an 8-hour, Instructor-led, in-person course.
- **Blended** – Learners complete a 2-hour, self-paced online course, and participate in a 4.5- to 5.5-hour, Instructor-led training. This Instructor-led Training can be:
 - A video conference.
 - An in-person class.



Mental Health **FIRST AID**

from NATIONAL COUNCIL FOR MENTAL WELLBEING

Learn how to respond with the Mental Health First Aid Action Plan (**ALGEE**):

- A**ssess for risk of suicide or harm.
- L**isten nonjudgmentally.
- G**ive reassurance and information.
- E**ncourage appropriate professional help.
- E**ncourage self-help and other support strategies.

Sources



* National Alliance on Mental Illness. (n.d.). Kids. <https://www.nami.org/Youth/Journeys/Kids-Teens-and-Young-Adults/Kids>

** Mental Health First Aid. (2020). *Mental Health First Aid USA for adults assisting children and youth*. National Council for Mental Wellbeing.

*** Kessler, R., Berglund, P., Demler, O., Jin, R., Merikangas, K.R., Walters, E.E. (2005, June). Lifetime prevalence and age-of-onset distributions of DSM-IV disorders in the National Comorbidity Survey Replication. *Archives of General Psychiatry*. 62(6), 593-602. doi: 10.1001/archpsyc.62.6.593


What about ME?

7. We know that this has been a very challenging time for educators and school staff. Please rank order the importance you see for addressing the following staff needs.

Item	Overall Rank	Rank Distribution	Score	No. of Rankings
Staff mental well-being	1		12,278	2,135
Stress management	2		11,765	2,139

A dysregulated adult cannot regulate a dysregulated child.

REMINDER



don't forget
to take
care of
yourself!

we are
here to help

Trainings offered

- [Youth Mental Health First Aid](#)
- Trauma Invested Classrooms
- Motivational Interviewing
- Adverse Childhood Experiences (ACEs)
- Resiliency for Educators
- Enneagram: Team Building
- Resiliency for All
- School Climate – Coming Soon

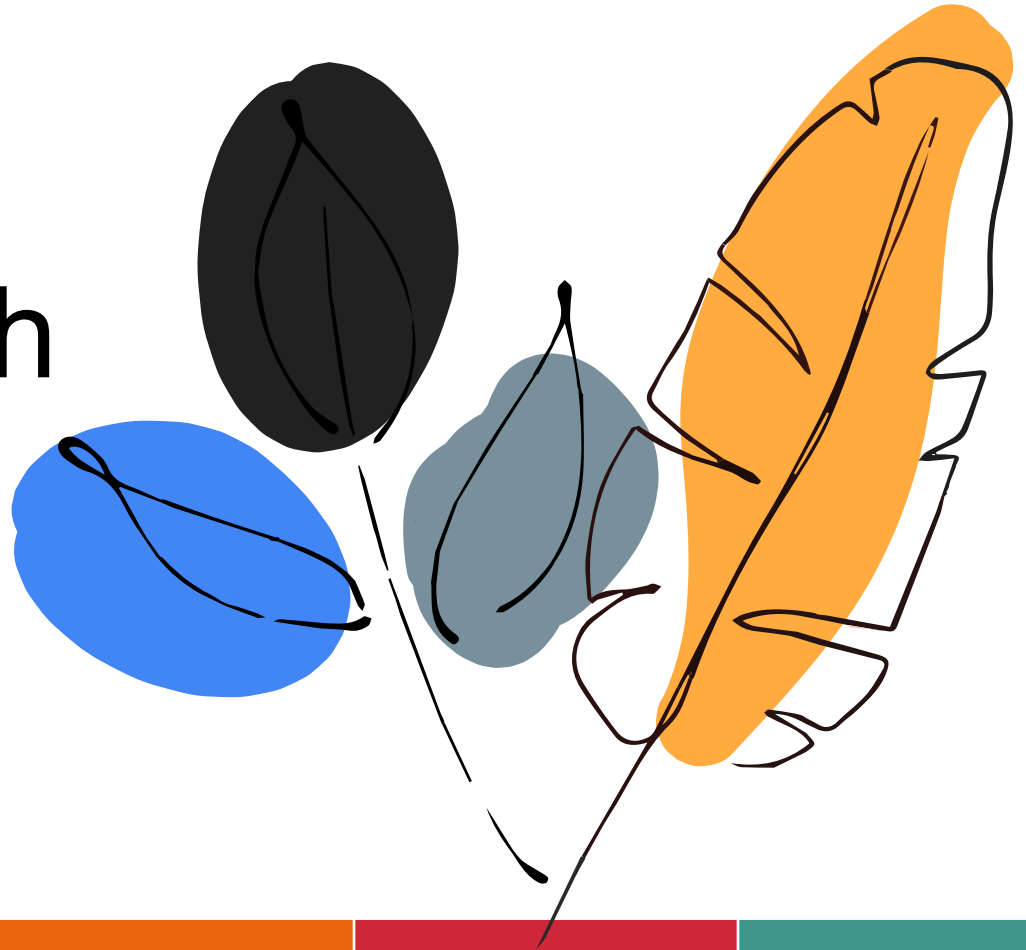
Request Training



<https://bit.ly/AWARE-Training>



Mental Health Resources



NAMI Arkansas



- Public Education

- Lectures, talks, and information booths

- NAMI on Campus

- Peer-led, mental health awareness clubs
 - Raise awareness about mental health
 - Reduce stigma
 - Learn to become advocates
- Not a therapy group

Contact

help@namiarkansas.org

800-844-0381

Staff Wellness - New Directions



Call
1-877-300-9103
to connect with a
counselor today!

Access FREE counseling

- Employee Assistance Program (EAP) for public school employees
- Dedicated line for New Directions 24 hours a day at 1-877-300-9103 to connect immediately with a licensed counselor.
- ABSOLUTELY free professional counseling.
- No deductible or copay.
- ALL public school employees regardless of insurance coverage.
- Available to ANY household member, including college students up to age 26.
- In person, online, telephonic, and via text.

Community Supports

- Individual and Group Counseling
- Family Counseling
- Substance Abuse & Addiction Counseling and Treatment
- Parent & Child Counseling for Children Under Four
- Medication Management
- Help During a Mental Health Crisis
- Medicaid or uninsured?
 - State paid
- Available Monday Through Friday
 - 8:00 am to 4:30 pm

Department of
Human Services
Mental Health &
Addiction Support
Line

1-844-763-0198

Simply calling or texting 988 or chatting 988Lifeline.org will connect you to compassionate care and support for mental health-related distress.

#988Lifeline

988
24/7 Crisis
& Support



Recommended Books



- Fostering Resilient Learners
 - Kristin Souers with Pete Hall
- Permission to Feel
 - Marc Brackett
- What Happened to You
 - Bruce Perry & Oprah Winfrey
- The Deepest Well: Healing the Long-Term Effects of Childhood Trauma and Adversity
 - Nadine Burke Harris



*Make your
Mental
Health
a Priority!*