



Mental Health Awareness

Presented by ISBE SAC

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ISBE SAC 2016-17



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Q: Do you think students are provided with sufficient resources to deal with their mental health issues?

A: It has gotten to the point now that it feels more like a mini-clinic more so than a high school. We have all kinds of issues.



The Relevance of Mental Health

- Mental Health in School
- Mental Health in Public Policy





Student-Administrator Gap

In regards to the relation between Student and Administration, it is imperative to assess Mental Health Awareness.

- Invisible Correlation
- Lack of Support System
- Lack of Guidelines for Teachers



Student-Teacher Gap

Teachers frequent contact with students directly influences students' mental health and resulting outcomes.

- Many Teachers Feel Underprepared
- Student-Teacher Relationships are Impactful
- Teachers are a Major Part of ESSA's Support System





Student-Counselor Gap

As the primary resources for students with mental health issues, a counselor's role in assisting a student is vital.

Areas Affected Without Proper Support:

- Academics
- Emotions
- Social Life

Where Does the Gap Exist?

- Counselors' Lack of Awareness on Mental Health Issues
- Understaffing

Possible Solutions:

- Collaboration Within the Community
- Early Detection



Student-Student Gap

One of the Greatest Support Systems for Teens are Their Peers

- Teen Panel
 - Two Dozen Schools in Illinois have Instituted Teen Panel
- National Alliance of Mental Illness
 - “Say It Out Loud”
- University of Michigan
 - Student Advisory Board





Board Questions from January

How does social media affect mental health?

- There is a positive correlation between depressive symptoms and time spent on online social networking.

How to identify students prior to a crisis?

- Organizations like mentalhealth.gov
- Proper training

Legal Implications

- Common sense exceptions

Training to Build Parent/Teacher Relationships

- Communication guide

How can schools foster a multi-tiered system of support for students?

“What defines our moment, right here, right now?”

Mental Health issues affect a large number of students and severely inhibit a student’s ability to function within the school.

- 1/3 Americans Experience Mental Illnesses Every Year
- 2/3 Americans do not Receive the Mental Health Support They Need
- 50% of High School Students Suffering From Mental Health Issues Drop out of High School

How are Other Places Raising Awareness?

- Michigan
- Canada
- Minnesota





Why now?



1 in 5 children has a
mental illness.

**Speak out.
Stop the stigma.**





We appreciate all of your support and guidance this year!