



Non-White youth disproportionately affected by mental health challenges



Crises long-lasting impact on children's mental health



1 out of 10 children experience mental health challenges

Two-thirds of adolescents who developed alcohol or substance use disorders had experienced at least one mental health disorder.

Up to 50% of children experience sleep problems

Adolescent and TAY suicide rates increased in past 10 years

BARRIERS TO MENTAL HEALTH:

1. INCREASE OF STUDENTS IN NEED OF SERVICES
2. LIMITED ACCESS TO COMMUNITY SERVICES
3. ISSUES RELATED TO SCHOOL COUNSELOR CASELOADS & TRAINING

HELPFUL SCHOOL-WIDE STRATEGIES

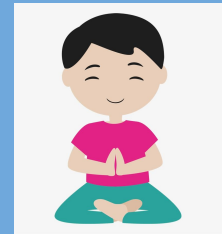
- Provide full time counselors
- Promote healthy social-emotional skills and conflict resolution strategies
- Partner with community organizations to provide free emotional services
- Offer a variety of extracurricular activities to promote strong relationships and build community



HOW TO HELP IN THE CLASSROOM

MINDFULNESS - MEDITATION - BREATHING TECHNIQUES

After six weeks of adding mindfulness in the classroom - [Harvard University](#) found that students felt less stressed and had better focus.



References/Links

- <https://www.gse.harvard.edu/news/uk/19/01/making-time-mindfulness>
- <https://www.cdc.gov/nchs/data/databriefs/db352-h.pdf>
- <https://www.nami.org/Blogs/NAMI-Blog/October-2019/Mental-Health-Conditions-Seen-in-Childhood>
- <https://www.schoolcounselor.org/asca/media/asca/ASCAU/Mental-Health-Specialist/Kaffenberger.pdf>
- <https://www.chkd.org/Blog/Coronavirus-Pandemic--How-Can-We-Reduce-Long-Term-Impact-on-Children-s-Mental-Health-/#:~:text=Specifically%2C%20a%20higher%20number%20of,disruptive%20behavior%20problems>
- <http://www.ascd.org/programs/The-Whole-Child/Past-Vision-in-Action-Recipients.aspx>
- <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3181901/>
- <https://www.aafp.org/afp/2014/0301/p368.html#:~:text=Up%20to%2050%25%20of%20children,teenagers%2C%20and%20poor%20academic%20performance.>
- <https://childmind.org/article/mental-health-disorders-and-substance-use/>