



## May is Mental Health Awareness Month

May was first observed as Mental Health Awareness Month in United States in 1949. Mental Health Awareness Month’s purpose is to raise awareness and educate the public about mental illnesses and the realities of living with these conditions, along with providing strategies for attaining mental health and wellness. Project AWARE Ohio has developed an information brief entitled: *Physical Activity and its Contribution to Overall Well-Being for Students*. Please refer to the attached information brief that outlines the importance of physical activities in academic, social, physical, mental health, and happiness outcomes in children and adolescents, and describes how parents and school personnel can support physical activities in youth.

### Raising Awareness and Education: Youth Mental Health First Aid

**Project AWARE Ohio** has been providing Youth Mental Health First Aid classes throughout the state of Ohio, and we would like to say “Many thanks to the 163 Ohio schools and Educational Service Centers for participating in the Youth Mental Health First Aid Workshops through Project AWARE Ohio. Please extend our appreciation to your communities for the support of this program and your commitment to improving the mental health of Ohio youth!”

<b>Total School Districts/Private Schools</b>	<b>163</b>
<b>Total Number of Ohio School Staff Trained</b>	<b>1,681</b>
School Staff trained in Southwest Ohio	740
School Staff trained in Northeast Ohio	416
School Staff trained in Central Ohio	307
School Staff trained in Northwest Ohio	212
School Staff trained in Southeast Ohio	11

YMFA trained school personnel have shared the following comments about their training experiences:

- “I have become more aware of the warning signs and how to communicate with those who are showing those signs. I have also used skills learned to help with my own anxiety.” -Northeast Ohio School Staff Participant
- “This was a very worthwhile experience and I look forward to finding various sectors of our community that could benefit from this training in order to increase our capacity to address mental health in our community.” -Central Ohio School Staff Participant
- “Awareness is very important with working with our students in our building. Thank you for making this class available!” -Northwest Ohio School Staff Participant
- “I was more prepared in assessing suicidal risk.” – Southwest Ohio School Staff Participant

The Project AWARE Ohio team includes partners in 3 county ESCs. If you are from those local areas and want more information about Project AWARE services, please contact:

**Cuyahoga County ESC:** Mary Wise; (216) 901-4201; [mary.wise@esc-cc.org](mailto:mary.wise@esc-cc.org)

**Warren County ESC:** Vycki Haught; (513) 379-2310; [vycki.haught@warrencountyesc.com](mailto:vycki.haught@warrencountyesc.com)

**Wood County ESC:** Angela Patchen; (419) 354-9010 x228; [apatchen@wcesc.org](mailto:apatchen@wcesc.org)

For information about Project AWARE in other regions of the state, please contact:

Emily Jordan: [emily.jordan@education.ohio.gov](mailto:emily.jordan@education.ohio.gov)

Cricket Meehan: [meehandc@miamioh.edu](mailto:meehandc@miamioh.edu)

Kathy Oberlin (Ohio Mental Health Network for School Success): [oberlink2@gmail.com](mailto:oberlink2@gmail.com)