

May is Mental Health Awareness Month

There is no better time to increase awareness of mental health and make a difference in our communities. In this spirit, we would like to share with you new mental health resources each week in May. All of these resources have emerged from Ohio's Project AWARE initiative, which is led by the Ohio Department of Education's Office for Exceptional Children in conjunction with partners from the Ohio Mental Health Network for School Success (OMHNSS) and Center for School-Based Mental Health Programs (CSBMHP) at Miami University. It is our hope that you will find these resources relevant and useful in your own practice, and share them with those around you.

The first resource, attached to this email, is a compendium of 50 no-cost, freely accessible mental health, social-emotional, and behavioral screening instruments for use with children and adolescents. This compendium includes a comparison chart of the screening tools, along with further details for each instrument, and an index for identifying screeners for a particular problem or disorder. We hope you find this useful as you work to identify mental health needs among children and adolescents. We hope that you can use this as a starting point for examining the uses and strengths & weaknesses of different instruments you might use for screening or program evaluation purposes.

Youth Mental Health First Aid

Mental Health First Aid is the help offered to a person developing a mental health problem or experiencing a mental health crisis. The first aid is given until appropriate treatment and support are received or until the crisis resolves. Through Ohio's Project AWARE initiative, Youth Mental Health First Aid classes are being offered to adults who work with and/or live with adolescents age 12-18. In the class, you will learn to:

- 1) Identify the risk factors and warning signs of mental health concerns,
- 2) Obtain information on depression, anxiety, trauma, psychosis, and substance use,
- 3) Learn a 5-step action plan to help an adolescent with mental health concerns or experiencing a crisis, and
- 4) Identify resources and supports available locally to assist youth in overcoming these challenges.

For more information about YMHFA classes, please contact **Kathy Oberlin**, director of the **Ohio Mental Health Network for School Success**, at oberlink2@gmail.com or (330) 697-3899; **OMHNSS** website: www.omhnss.org
Center for School-Based Mental Health Programs website: <http://www.miamioh.edu/csbmhp>

Additional Resources

May 4-10 is Children's Mental Health Awareness Week

Look out in coming weeks for information briefs on topics including the Interconnected Systems Framework, promoting resilience, and mindfulness in schools!

In the meantime, check out the following links:

Tips for parents and educators about supporting children's mental health:

<http://www.nasponline.org/resources/mentalhealth/mhtips.aspx>

Mental health and academic achievement:

<http://www.nasponline.org/advocacy/Academic-MentalHealthLinks.pdf>

<http://store.samhsa.gov/shin/content//SMA10-4547/SMA10-4547.pdf>

