

NursePost

Issue 1

October 2022 Newsletter

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Mental Health Awareness

According to leading authorities, school age children are suffering due to mental health challenges that impair their interpersonal and academic functioning, leading to short and long term consequences at home, school and within communities.

Approximately one in six school age children have life functioning impairments due to a diagnosable mental health illness. Other data indicates that an estimated 70% of children have experienced some type of physical or emotional trauma.

Most mental illnesses are evident in childhood, yet **fewer than HALF** who suffer from mental illness receive treatment. Reasons cited for lack of treatment are varied and include: stigma associated with mental health illness, cultural beliefs, limited providers, access to care, cost, challenges of treatment, confusion about how to access and initiate services.

Research has shown that children with a mental health illness are more likely to have increased school absences, lower academic achievement, increased and dropout rates.

What Can You Do?

As Parents- If you are concerned about your child's mental health, consult your child's health care provider. Describe the behaviors that concern you. Talk to your child's teacher, school nurse, close friends, relatives or others to see if they have noticed changes in your child's behavior.

As Teachers/Nurses/Administrators- Early identification is important, so that children can get the help they need. Know the warning signs that a child may have a mental health issue. Work with families if you have concerns about the mental health of a child in your school-provide school and community mental health resources. Initiate an in-school mental health referral.

The Lifeline-988

Did You Know?

"988" is the three-digit, nationwide phone number to connect directly to the 988 Suicide & Crisis Lifeline.

If you or someone you know is having thoughts of suicide or experiencing a mental health or substance use crisis, **988** provides 24/7 connection to confidential support and counselors.

Just call or text 988 or chat
988lifeline.org



1 in 6 children aged 2-8 years has a mental, behavioral, or developmental disorder.

IDONTMIND Awareness to Action

Changing How We Talk and Promote Mental Health



**Your mind matters.
Talk about it.**

IDONTMIND is a mental health campaign with a mission to inspire open conversations about mental health and to provide resources, education, and encouragement for anyone who needs it. Whether you're living with a mental illness or working to improve your overall mental health, IDONTMIND offers resources for everyone.

Learn More

Feel confident and empowered to talk about mental health & ask for the support when you need it.

<https://idontmind.com>

Start a New Conversation with...

- I don't mind talking about my mental health.
- I don't mind listening when you need support.
- I don't mind going to therapy.





Check in With Your Mental Health

Symptoms of mental health conditions can sneak up on you, and taking an online mental health screen is quick, easy, scientific and helps determine if you could be experiencing a mental health disorder.

What's a screen? It's a simple series of questions to help you check in with your mental health. You can also think of it as a routine check-up for your mind.

Mental Health America (MHA) offers free mental health screening tools on its website for multiple conditions. After you finish your screen, you will have access to extensive resources and information.



If you are concerned about your child's mental health, we encourage you to take the Pediatric Symptom Checker and share the results with your child's healthcare provider. Access the Pediatric Symptom Checker at:

<https://screening.mhanational.org/screening-tools/parent/>

Interactive Screening Program

www.hope.connectsyou.org

The South Carolina Department of Mental Health (SC DMH) is partnering with the American Foundation for Suicide Prevention to provide an Interactive Screening Program - a safe and easy service that allows you to anonymously take a Self-Check Questionnaire, which allows you to connect with a professional counselor in the State of South Carolina. Counselors can provide guidance, support, and resources to help connect you with mental health and addiction services. This service is now available to all residents of South Carolina 18 years of age.

Get Started

CLICK



Go to
hope.connectsyou.org
to get started

CONNECT



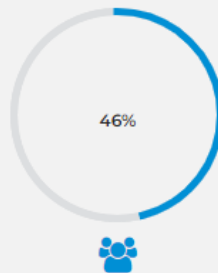
Take the Self-Check
Questionnaire.
Receive feedback and
support from a program
counselor.

CHAT



Exchange messages with
the counselor - ask
questions and learn about
available resources and
services.

Take a Mental Health Test



46 PERCENT OF AMERICANS

Will Meet The Criteria For A Diagnosable
Mental Health Condition Sometime In Their
Life.

IS IT STRESS AND BURNOUT,
OR ANXIETY AND DEPRESSION?

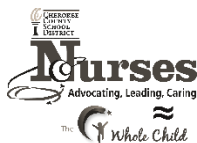
THE SIGNS ARE SOMETIMES SIMILAR.

TAKE A SCREEN AT MHASCREENING.ORG.
IT'S A QUICK, FREE, AND PRIVATE WAY
TO ASSESS YOUR MENTAL HEALTH.



final thoughts...

Our district has a process in place to assist with mental health referrals and services. You are not alone. We can help. If you think a child has a mental health illness, please make a Mental Health Referral. Anyone can make a referral-Parent, Teacher, Guidance, Nurse & Other School Staff. The referral assists in determining if a child needs evaluation, interventions & resources.



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