Advancing Wellness and Resilience in Education

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Mental Health In Schools

- Safe Schools/Healthy Students
- Local Partnerships
- Apex
By the Numbers

20%  75%  50%
70%  10  90%

2nd

www.nami.org
Impact

Unhappy

Distractibility

Poor Concentration

Inability to retain information

18-22 days

3 x

High Risk Behaviors

14%

44%

10%

www.nccp.org

www.youth.gov

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What are YOUR Sources of Strength?

- Peer Leaders
- Trusted Adults
- Social Networks
- #Iamstrong
- #whathelpsme
- @sourcesofstrength

Today I am thankful for...
TOOLS AND STRATEGIES
for
SCHOOL STAKEHOLDER TEAMS

TO IMPACT GRADUATION & CAREER READINESS EFFORTS for STUDENTS WITH and WITHOUT DISABILITIES

A State Personnel Development Grant (SPDG) Initiative
US Department Education
Office of Special Education Programs
Build and Expand

• Climate – Student Health Survey; School Climate Star Rating
• PBIS – Positive Behavioral Interventions and Supports
• NAMI – National Alliance on Mental Illness
• YMHFA – Youth Mental Health First Aid
Mental Health First Aid?

The help provided to a person developing a mental health problem or experiencing a crisis until professional treatment is received or the crisis resolves.
YMHFA Objectives

Stigma

Warning Signs

Action Plan Resources

Risk Factors and Protective Factors
Project AWARE SEA YMHFA Trainings 15-16

[Map of Georgia showing different counties with various symbols to indicate locations of training events.]
"A child's mental health is just as important as their physical health and deserves the same quality of support. No one would feel embarrassed about seeking help for a child if they broke their arm...and we really should be equally ready to support a child coping with emotional difficulties."

Kate Middleton
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