

# Advancing Wellness and Resilience in Education

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Georgia Department of Education





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Georgia's School Superintendent  
*"Educating Georgia's Future"*  
[ga DOE.org](http://ga DOE.org)

# Mental Health In Schools

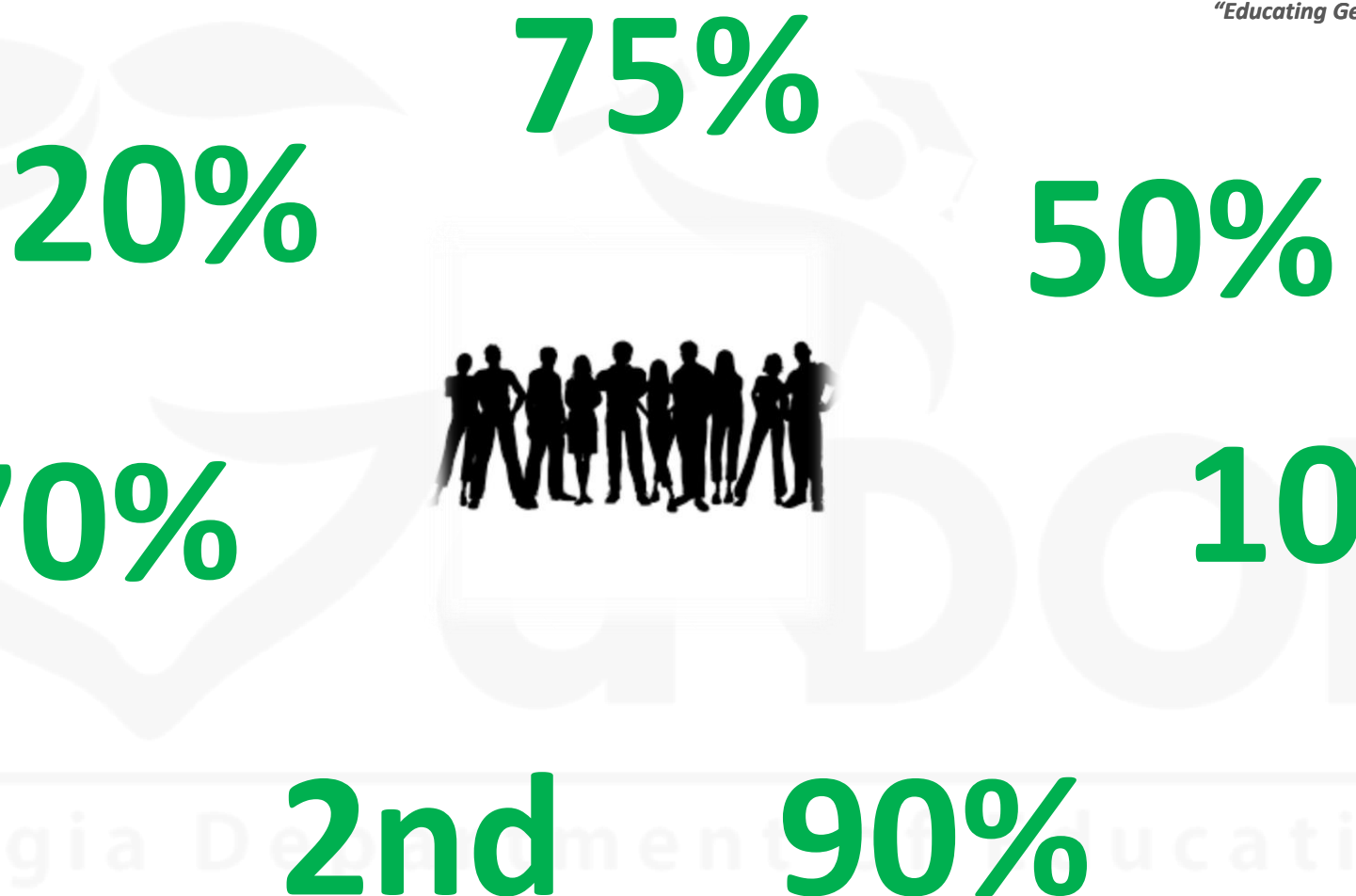
- Safe Schools/Healthy Students
- Local Partnerships
- Apex

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# By the Numbers



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[www.nami.org](http://www.nami.org)

# Impact



Unhappy

Distractibility

Poor Concentration

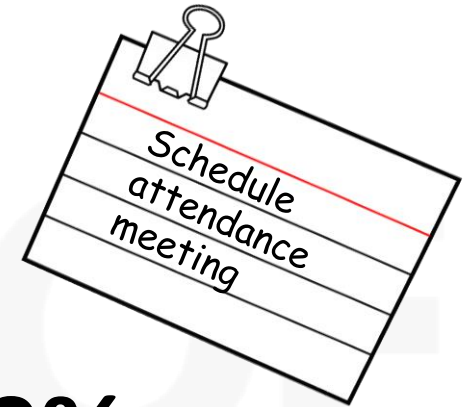
Inability to retain information

**18-22 days**

**3 x**

High Risk Behaviors

**14%**



**44%**



**10%**



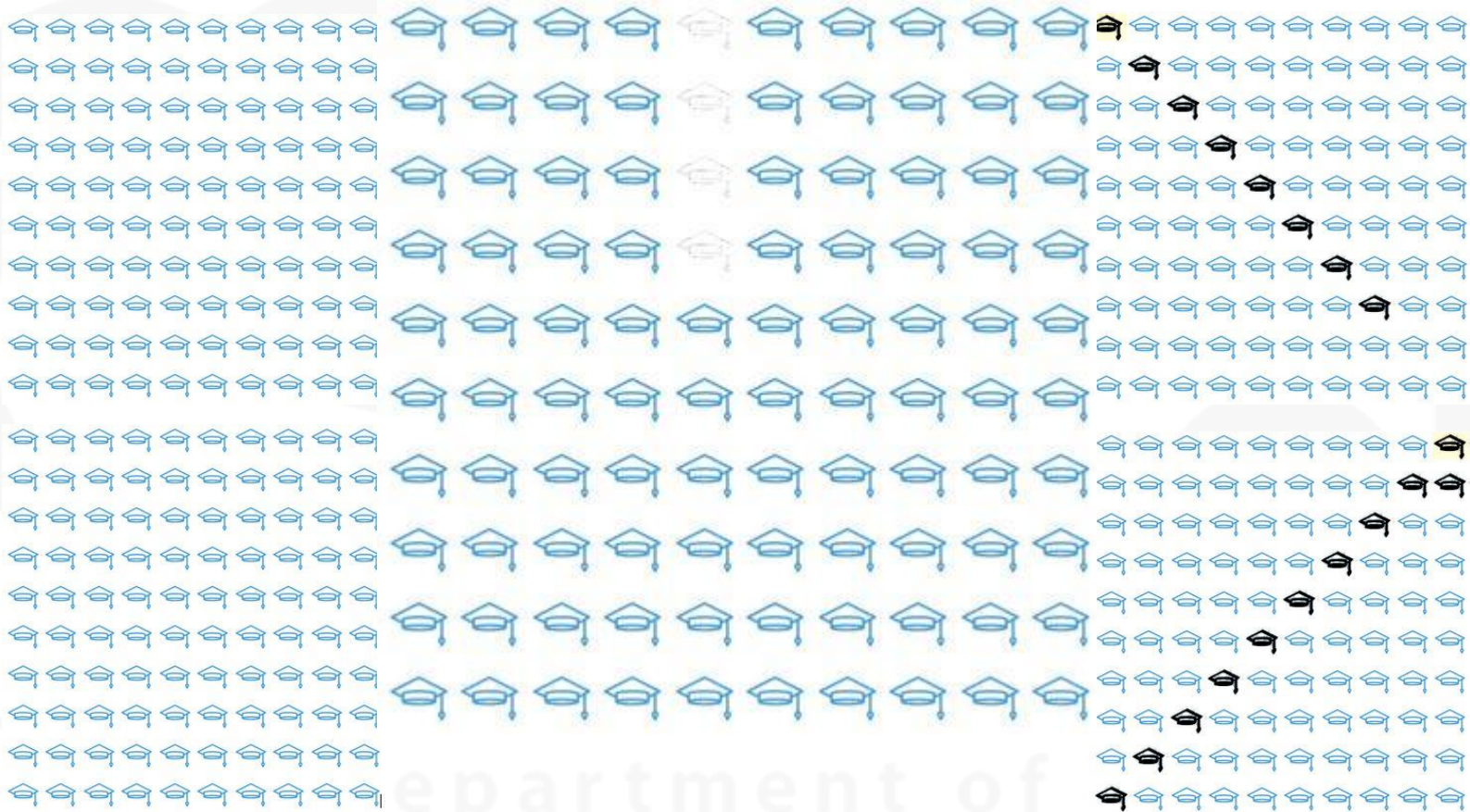
[www.nccp.org](http://www.nccp.org)

[www.youth.gov](http://www.youth.gov)

# Student Health Survey 14-15



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# What are YOUR Sources of Strength?



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Peer Leaders

Trusted Adults

@sourcesofstrength

#Iamstrong

#whathelpsme

Today I am thankful for...

Social Networks

GEORGIA DEPARTMENT OF EDUCATION  
CIRCLES OF ADULTS FOCUSING ON EDUCATION (C.A.F.E.)  
DIALOGUE IMPLEMENTATION GUIDE



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**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







# 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.



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# YMHFA Objectives



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## Stigma

### Warning Signs

### Action Plan

### Resources

## Risk Factors and Protective Factors



# YMHFA Training



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"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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