

WHAT IS THE CHILDREN'S MENTAL HEALTH MATTERS! CAMPAIGN?

The Children's Mental Health Matters Campaign is a collaboration of the Mental Health Association of Maryland (MHAMD) and the Maryland Coalition of Families (MCF) with support from the Maryland Department of Health – Behavioral Health Administration. The Campaign goal, with community and school champions across the state, is to raise awareness of the importance of children's mental health. Each year, we celebrate Children's Mental Health Matters! with over a week of events, workshops, media, outreach and other awareness raising activities.



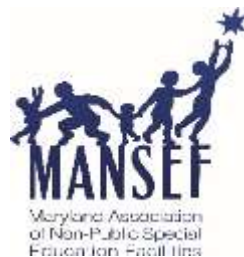
May 3 – 9, 2020

www.childrensmentalhealthmatters.org

WHY IS THIS NEEDED?

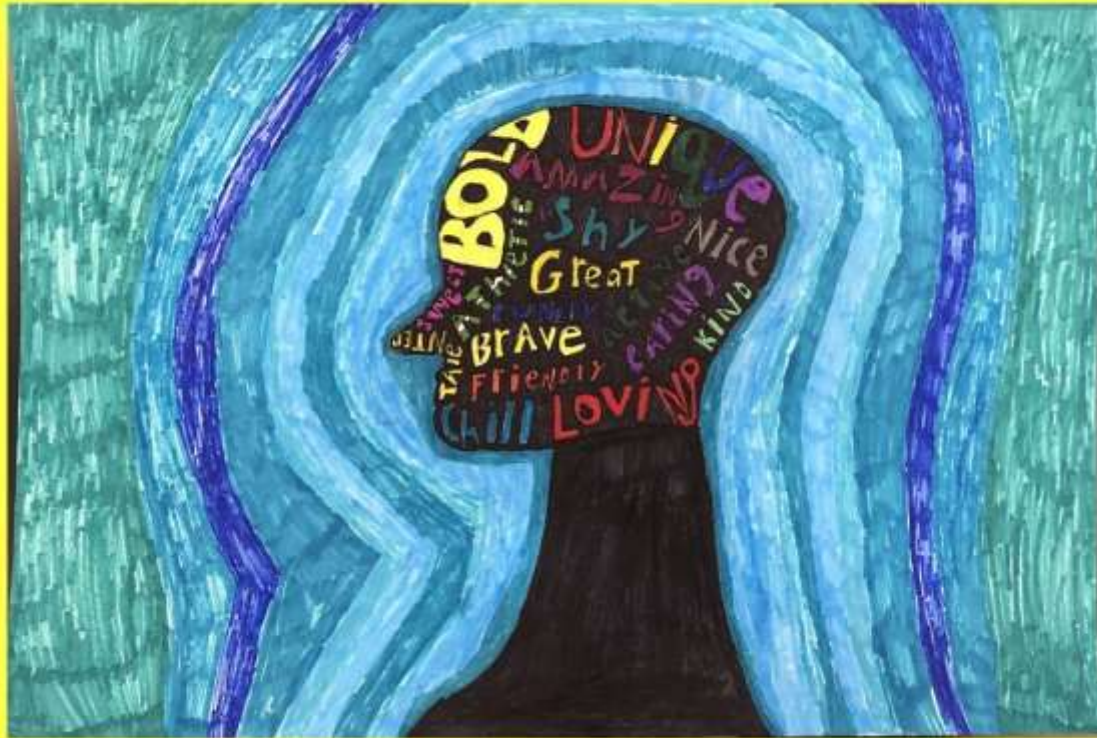
- One in five children will struggle with a mental health problem before the age of 18.
- 70% of school-aged children with a diagnosable mental illness do not receive treatment.
- Many illnesses start in childhood.

2020 CHILDREN'S MENTAL HEALTH MATTERS! CAMPAIGN HIGHLIGHTS



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2020 Campaign Poster



Hale, 17, from the Harbor School

2020 CHAMPIONS!

600

School Champions!

199

Community Champions!

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VALUE IN SCHOOL PARTICIPATION?

- ❑ Free and easy to take part
- ❑ Materials for all ages
- ❑ Electronic resources including activity ideas
- ❑ Hard copy materials including a poster, bookmarks for every student and resources for parents*
- ❑ Spanish language materials available

*had to be modified this year!

CAMPAIGN MATERIALS

TRAIN YOUR BRAIN



What keeps my brain healthy and strong?



A Good Night's Sleep



Healthy Food & Drink



Moving My Body




Learning New Things



Having Fun With People


ABOUT YOUR BRAIN

What is my brain made of?




75% water!

How much does my teacher's brain weigh?




3 pounds!

How much electricity does my brain produce?




12-25 watts: enough to power a light bulb!

Who has the biggest brain?



A whale!

Neuroplasticity is the way your brain changes so that you can learn and do amazing things. Your brain controls everything you do and performs best when you keep it healthy.



For more brain facts, visit: www.ChildrensMentalHealthMatters.org

Be Kind To Your Mind

How can I keep my brain healthy & strong?



Get Enough Sleep



Healthy Food & Drink



Exercise



Learn New Things



Hang Out With Friends

ABOUT YOUR BRAIN

What is my brain made of?



75% water!

What does my brain have that can live 100+ years?



Neurons - billions of them!

How much electricity does my brain produce?



12-25 watts: enough to power a light bulb!

How much does my brain weigh?



3 pounds!

Which animal has a brain 6 times heavier than mine?



Whale!

Neuroplasticity is the way your brain changes so that you can learn and do amazing things. Your brain controls everything you do and performs best when you keep it healthy.



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CAMPAIGN MATERIALS

May 2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Children's Mental Health Awareness Week is May 3-9, 2020 Tips for Fostering Resilience in your Child				1 As a family, make a list of things you are grateful for!	2 Spend some time outdoors together, if possible.
3 Learn the facts about children's mental health!	4 Find a mindfulness activity for your family to do together.	5 Have a device-free day!	6 Stay hydrated and try to eat a balanced diet.	7 Wear GREEN for Children's Mental Health Awareness!	8 Keep your body moving, even if remaining indoors.	9 Speak kindly to yourself and others.
10 Work on a family project together!	11 Help your child name the things that make them feel safe.	12 Ask for help.	13 Try to get a good night's sleep!	14 Feeling overwhelmed or frustrated? Take 10 deep breaths.	15 Have a family game night!	16 Start a journal. There are many ways of doing this!
17 Learn and practice new coping skills for stress and anxiety.	18 Keep up at your routine and schedules.	19 Spend time talking about your family's strengths!	20 Complete a random act of kindness!	21 Exercise your brain: do a puzzle, craft, read, listen to music.	22 Reach out to friends and family! Call, email, send a letter!	23 Start a new project together as a family!
24 Encourage each other to practice self-care.	25 Practice active listening skills.	26 Keep doing your best!	27 Feelings are important! Write or draw about them!	28 Remain positive about the future! Make a list of things ahead!	29 Take 5 minutes to sit in the silence and just breathe.	30 Make uninterrupted time for each other.
31 Don't forget to say thank you and I love you!	The Children's Mental Health Matters! Campaign is a collaboration of the Mental Health Association of Maryland & the Maryland Coalition of Families with support from the Maryland Department of Health - Behavioral Health Administration. The Campaign goal, with School & Community Champions across the state, is to raise public awareness of the importance of children's mental health. For more information, please visit www.ChildrensMentalHealthMatters.org MHAMD: 443-901-1550 www.mhamd.org MCF: 410-730-8267 www.mdcoalition.org					

Happy - Healthy - Hopeful

www.childrensmentalhealthmatters.org

CAMPAIGN MATERIALS

Children's Mental Health Matters!

a Maryland public awareness campaign

Facts For Educators

Managing Educator Stress & Well-Being

The Children's Mental Health Matters! Campaign recognizes the stress our educators are under in both Maryland and across the country. We want the teachers within our schools to be safe, supported and healthy. With that in mind, we have developed this fact sheet for teachers.

In 2017, 61% of teachers reported that their work is "always" or "often" stressful.

Pain Sources of Teacher Stress

- Increased school threats - schools are often thought of and have been targets for violence.
- Challenging relationships - with school leadership, colleagues, parents, and students.
- Job demands - high stakes testing and managing students with behavior problems.
- Disempowerment - feeling lack of inclusion in school decision making.
- Discussion & training of school safety.

Consequences of Teacher Stress

- Mental health - High levels of stress can lead to symptoms of depression, anxiety, post-traumatic stress disorder and other diagnoses.
- Physical health - psychological stress also affects physical health. Managing physical health by seeing a primary care physician regularly, eating a balanced diet, exercising, and getting enough rest can decrease health complications and improve overall quality of life and well-being.
- Teacher performance - teachers with high levels of stress show more symptoms of depression, which can negatively affect teacher performance.
- Student outcomes - teachers who report high feelings of burnout or depressive symptoms have classrooms with more behavior problems.

- High turnover - It is estimated that between 23-42% of teachers stop teaching within their first five years. Reasons for leaving the field include: poor working conditions, low salary, student behavior problems, lack of classroom resources, lack of input with school decision making and unsupportive leadership.

Tips for Educators

Be aware of the signs of stress, burnout or mental health problems.

- Emotional - feeling detached, overwhelmed, or hopeless.
- Physical - having low energy, decreased concentration, sleeping poorly.
- Behavioral - feeling increasingly irritable with students, colleagues, family or friends, excessive alcohol or substance use.
- Professional - performing job-related tasks poorly, feeling low job morale.
- Cognitive - experiencing confusion, trouble with decision making, or trauma imagery.
- Spiritual - questioning the purpose of life, feeling hollow.
- Interpersonal - withdrawing from colleagues, friends, or family, feeling extreme worry about family members.

Use a team approach

Work alongside colleagues from your school district to advocate for policies that promote teacher well-being, eg. shared decision-making, mental health

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coordinated by



New Resource in 2019

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**& Thank you to the BHIPP team for
putting this webinar together!**

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