

2021 Youth Voices Forum on Mental Health Highlights & Report Launch

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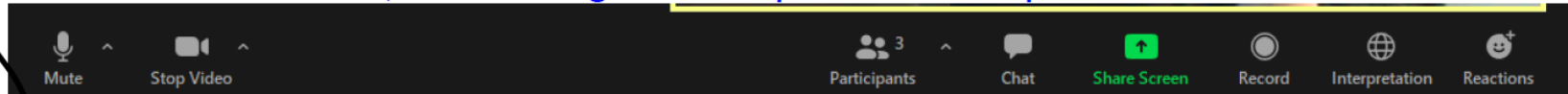


See below for instructions on how to use the interpretation feature of zoom as well as other features of zoom. \

Consulte a continuación las instrucciones sobre cómo utilizar la función de interpretación del zoom, así como otras funciones del zoom.

When you log in you will see the following options on your zoom screen.

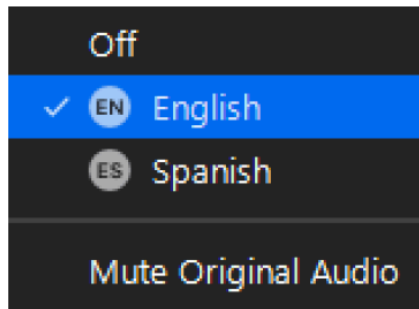
Quando inicie sesión, verá las siguientes opciones en la pantalla de zoom.



Interpretation / Interpretación

If your training / meeting offers translation select the Interpretation option. Select the language that you want to hear in. The trainer will be in English. The interpreter will be in Spanish. If you select English you will not hear the interpreter. You will not hear anything if you do not select a language. Select Spanish for interpretation.

Si su capacitación / reunión ofrece traducción, seleccione la opción Interpretación. Seleccione el idioma en el que desea escuchar. El capacitador estará en inglés. El intérprete estará en español. Si selecciona inglés, no escuchará al intérprete. No oirá nada si no selecciona un idioma. Seleccione español para interpretación.



**Puede llamar a Aracelli para ayuda:
787-363-0582**

Presentation Overview

- Welcome
- Highlights from the 2021 Youth Voices Forum on Mental Health
- Update U-46 School Social Worker: Kim Berry
- System of Care and Next Steps: Anna Czerniak
- Questions, Discussion, and Survey



2021 Youth Voices Forum on Mental Health

- In February, 2021, the Kane County System of Care (“KCSOC”) and the Kane County Regional Office of Education hosted the 2nd annual Youth Voices Forum on Mental Health.
- This virtual event created a space for youth to have their voices heard as they shared their thoughts, experiences, and insights related to mental health.



2021 Youth Voices Forum on Mental Health

Participating High Schools:

Geneva High School;
Mades-Johnstone Center;
Bartlett High School;
Larkin High School;
South Elgin High School;
Dream Academy;
Elgin High School;
Dundee-Crown High School;
Jacobs High School;
Central High School; and
Hampshire High School.



As always, thank you for
supporting mental health for all.

Key Messages from Students

**“The healing isn’t linear and we need time to get the supports we need.”
-Student, YVF, 2021**

- Their mental health is a priority.
- They have much to share about their experiences with mental health services.
- They need support from the adults in their lives as well as school and community leaders to improve their mental health.

Key Messages from Students, cont.

“Without dealing with mental health, students can’t succeed in academics or sports.” -Student, YVF, 2021

- Young people can make valuable contributions to improving existing mental health services.
- Young people can be resilient in the face of stress and change such as the COVID-19 pandemic when they feel heard and supported by their families, schools and communities.

The Spectrum & Scope of Youth Mental Health Challenges

According to an analysis of 2016 survey data:

- 6% of youth ages 12-17 have been diagnosed with depression,
- 7% with anxiety,
- and 7% with behavior disorders.
- 22% of children living below the poverty line were identified as having mental, behavioral, or developmental disorder.

- Ghandour, et al. Prevalence and Treatment of Depression, Anxiety, and Conduct Problems in US Children (2018)



It's never too early to talk about mental health.

Half of all people who will have a mental health condition in their lifetime start to experience symptoms by age 14.

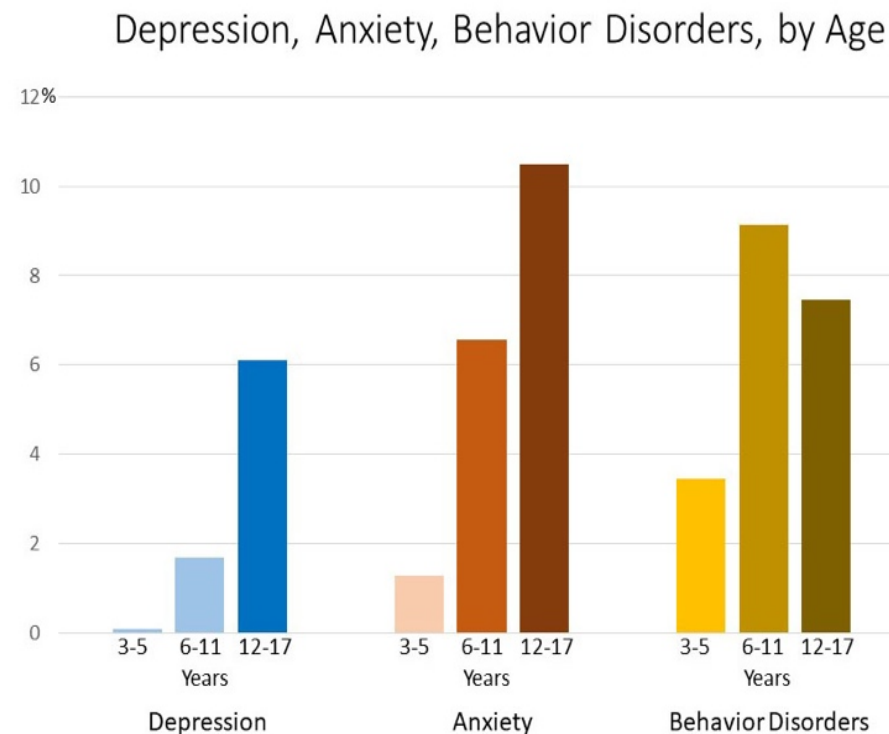
MENTAL HEALTH ADVOCATE
IN TRAINING

MHA
Mental Health America

Treatment Gaps

- Nearly 8 in 10 children (78.1%) aged 3-17 years with depression received treatment.
- 6 in 10 children (59.3%) aged 3-17 years with anxiety received treatment.
- More than 5 in 10 children (53.5%) aged 3-17 years with behavior disorders received treatment.
- Children living below the poverty line were less likely to receive treatment.

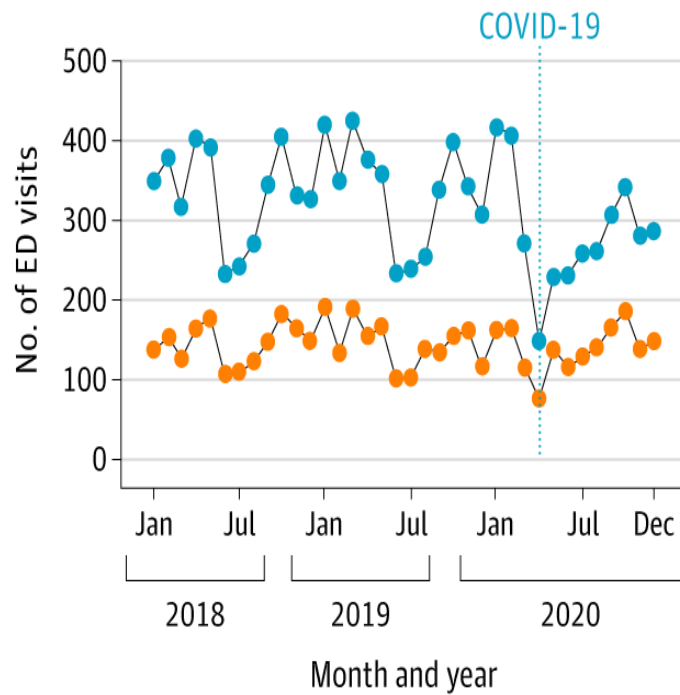
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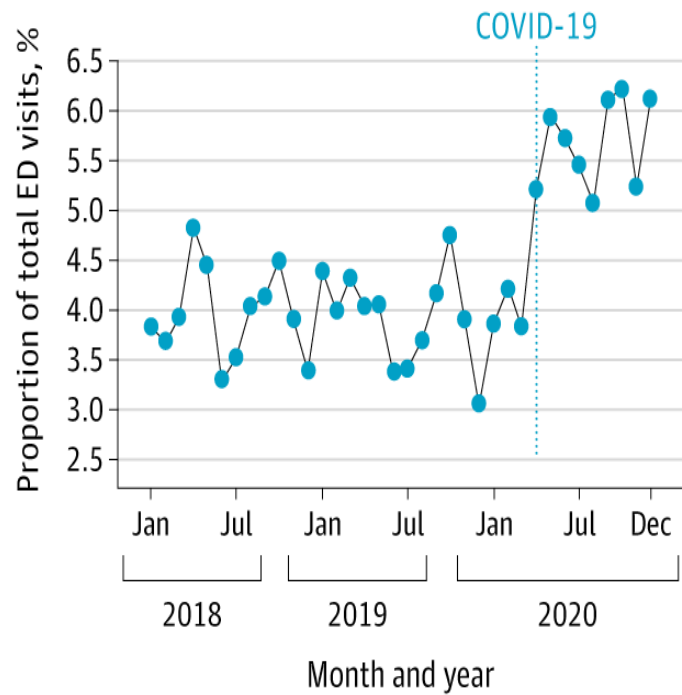
The COVID-19 Pandemic

● ED visits for MH conditions ● ED MH visits admitted to the hospital

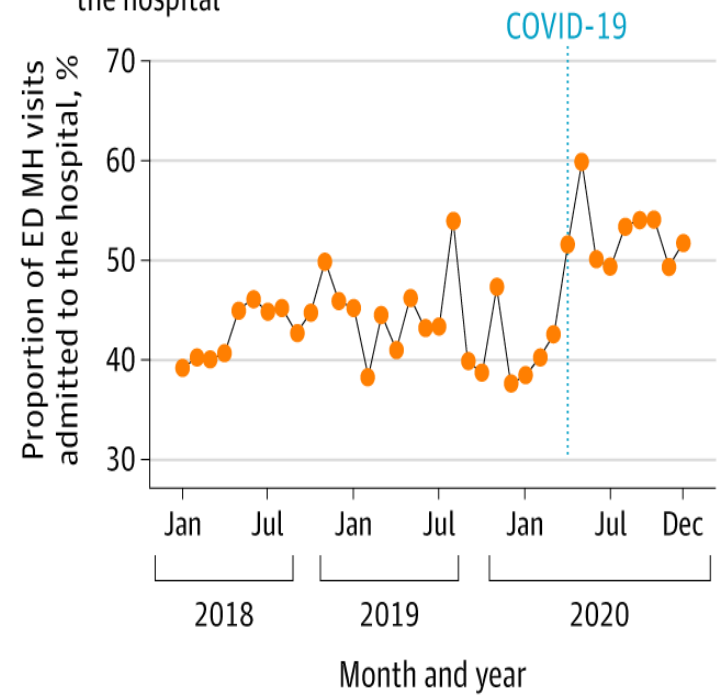
A No. of ED visits for MH conditions



B Proportion of ED visits for MH conditions



C Proportion of ED visits for MH conditions admitted to the hospital

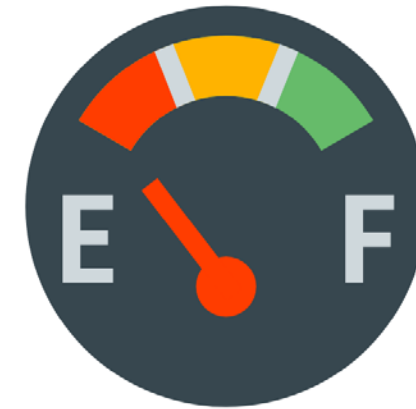


The Role of Schools

- Schools are increasingly called upon to support the physical and mental health of children and young people.
- Schools are often the primary provider for mental health care and education.
- Many parents will never receive formal treatment for their own mental health or substance abuse disorders, schools are often the primary providers of mental health education for adults as well.



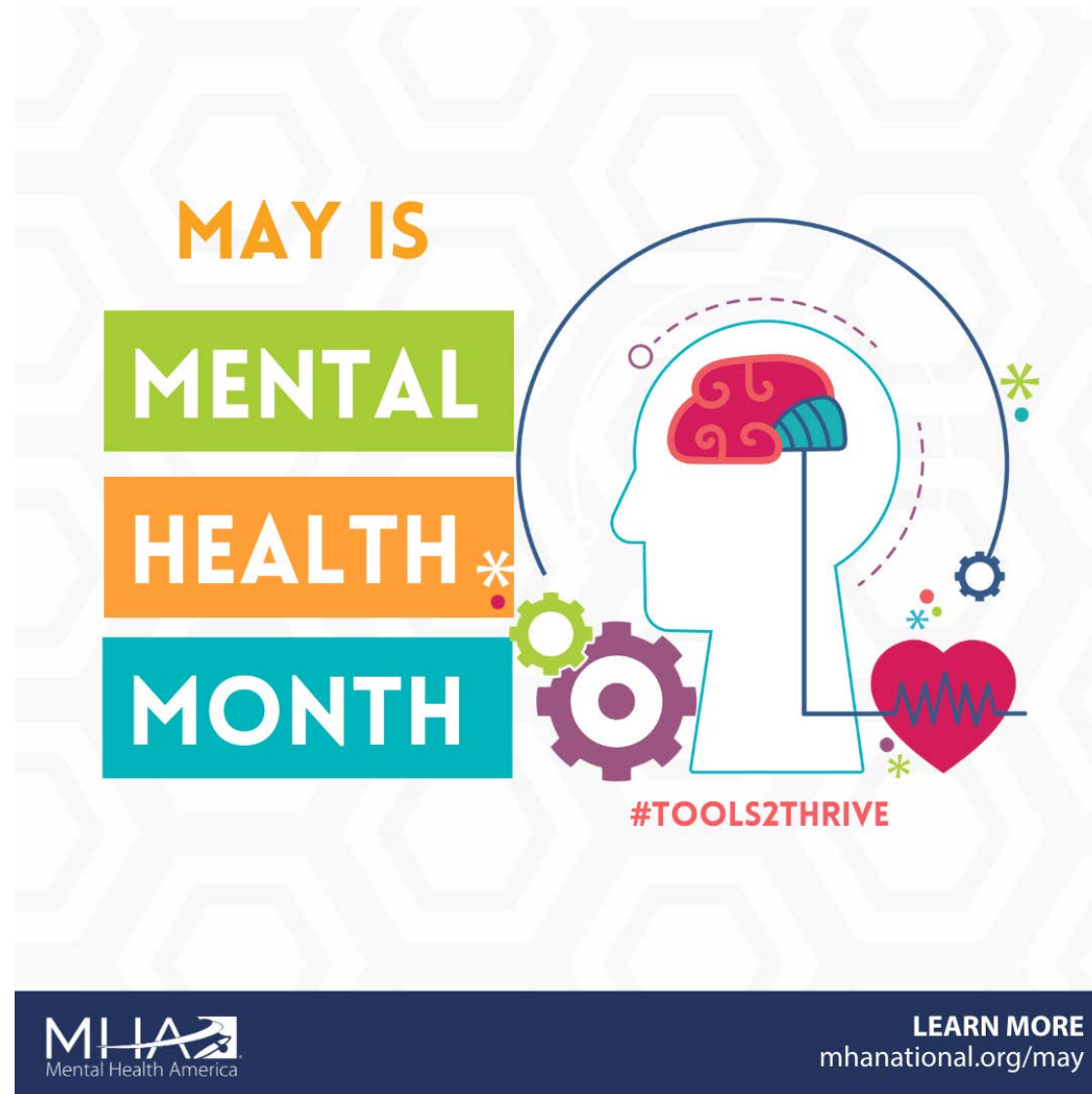
Challenges for School Staff & Leaders



You can't give from an empty cup. Take care of yourself first so you can care for others.

@mentalhealthamerica

Update from School Social Worker



MAY IS

MENTAL

HEALTH *

MONTH

#TOOLS2THRIVE

MHA
Mental Health America

LEARN MORE
mhanational.org/may

The graphic features a stylized human head profile in blue outline. Inside the head is a red brain with blue and green swirls. A dashed red line traces a path from the brain down to a red heart with a blue ECG line. Several gears in green, purple, and blue are scattered around the head and heart. Small asterisks and dots in various colors are also present. The background has a light gray geometric pattern of hexagons.

Kane County System of Care & Next Steps

What is a System of Care?

A System of Care is a spectrum of effective, community based services and supports for children and youth with or at risk for mental health challenges and their families that is organized into a coordinated network, **builds meaningful partnerships with families & youth**, and addresses their cultural & linguistic needs, in order to help them to function better at home, in school, in the community and throughout life.



Kane County System of Care & Next Steps

Core Values of the KCSOC

1. **Family Driven & Youth guided**, with the strengths and needs of the child and family determining the types and mix of services and supports provided.
2. **Community based**, with the locus of services, as well as system management, resting within a supportive, adaptive infrastructure, processes, and relationships at the community level.
3. **Culturally & linguistically competent**, with agencies, programs, and services that reflect the cultural, racial, ethnic and linguistic differences of the populations they serve to facilitate access to and utilization of appropriate services & supports.



Kane County System of Care & Next Steps

How can the KCSOC support your school's efforts to uplift youth voices & enhance mental health supports?

- Staff from the KCSOC can provide individual consultation & support as you plan and initiate efforts to uplift youth voice and enhance mental health services within your school.
- Staff from your school are invited to participate in monthly calls facilitated by the KCSOC with other schools to share ideas, resources, and best practices for authentic youth engagement and mental health supports in schools.
- Your school can participate in the Kane County Integrated Referral & Intake System ("IRIS). IRIS is a streamlined referral system that can be used by staff to connect students with community resources, including mental health providers.

Sample Goals & Strategies

Goal 1: Create more spaces for young people to talk about mental health.

- **Strategy 1:** CONVENE leaders and stakeholders who value mental health in your institution, organization, or community to assess what spaces exist currently.
- **Strategy 2:** CREATE channels of communication for the young people in your institution, organization, or community to share their opinions, insights, and dreams.

Goal 2: Greater access to supportive adults with knowledge of mental health.

- **Strategy 1:** ASSESS existing systems of support and system gaps.
- **Strategy 2:** CONVENE leaders and stakeholders who value mental health in your institution, organization, or community to brainstorm how to respond to results of the assessment and existing service gaps.

Goal 3: More access to reliable mental health information.

- **Strategy 1:** ASSESS existing systems of support and system gaps.
- **Strategy 2:** CONVENE leaders and stakeholders who value mental health in your institution, organization, or community to brainstorm how to respond to results of the assessment and existing service gaps.

Example

The KCSOC partnered with Family Service Association of Greater Elgin to create a space for youth to talk about mental health through the 2021 Photo Voices Project.

This project allowed others to experience mental health through the eyes of Kane County Youth.

View a slideshow of the 2021 Photo Voices Project Here:

<https://drive.google.com/file/d/1VKR2FuCClvQYl557aQHmAHspQTjiaYU4/view?usp=sharing>

Questions, Discussion, & Survey

- Read the 2 page summary report
- Read the full report
- Join us for monthly Youth Voices Forum Planning Meeting

