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Mental Health Presentation

Mental Health Services

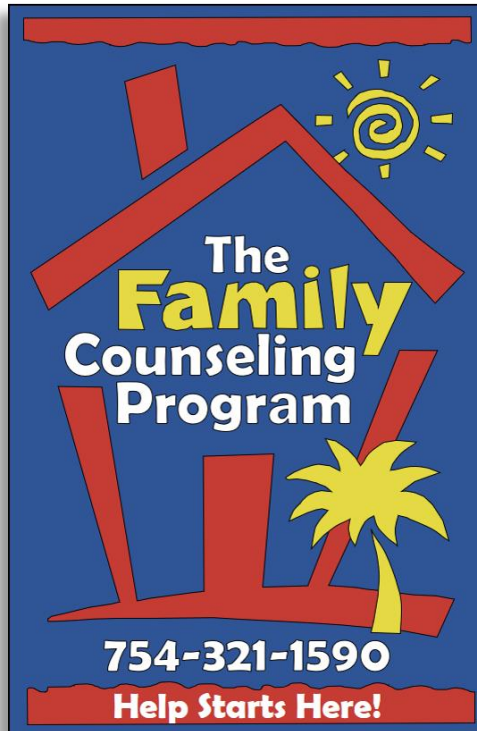
Broward County Public Schools Mental Health Services and Departments

- Family Counseling Program
- Psychological Services
- School Counseling & BRACE
- School Social Work Program



Mental Health Services

Family Counseling Program



- **Free**, confidential short-term therapy (up to 12 sessions)
- Individual, Siblings, and Family Therapy
- Most therapists trained in trauma therapy
- Teletherapy provided, available in multiple languages
- **Evening appointments available**

To make an appointment,
call 754-321-1590



Student Services Mental Health Initiatives



The TALK App

- District launched the T.A.L.K. App on 8/24/2020
- Located on student's Clever page
- K–12 students can request to speak to a mental health professional, or report abuse
- Over 800 mental health requests, with 24% having a substantiated need
- 230 child abuse related requests with 50 routed to the abuse hotline



Mental Health Services

School Social Work Program



Contact your School Social Worker:

- Call your child's school
- School Social Work Main Office 754-321-1618
- BCPS Website
www.browardschools.com/schoolsocialwork

- Master's level mental health professionals (State Certified or Licensed)
- Intervene to remove barriers to social, emotional, and academic success
- Mental health counseling
- Crisis support and intervention
- Address truancy and non-attendance
- Psychosocial assessments
- Specialty Assignments:
 - Substance Abuse/Expulsion Abeyance Case Managers
 - Teen Parent School Social Workers



Mental Health Services

School Psychological Services

754-321-3440



Psychological
Services

<https://www.browardschools.com/Page/32565>

- Assess student emotional and behavioral needs
- Assess diverse learning needs
- Assist in navigating special education and Section 504 processes
- Provide diagnostic screening for children aged birth to five
- Individual & group counseling
- Crisis response and support



School Counseling



School Counseling

754-321-1675

www.browardschools.com/schoolcounseling

www.browardschools.com/brace

1. *Individual Counseling*
2. *Group Counseling*
3. *Classroom Lessons*
4. *School-wide School Counseling Initiatives*
5. *Community Initiatives*
6. *Indirect School Counseling Services*
7. *Comprehensive Mental Health Mandated Lessons*
8. *Social and Emotional Learning*
9. *Recovery Services*



- **The Multiagency Network for Students with Emotional/Behavioral Disabilities (SEDNET) creates and facilitates a network of key stakeholders committed to assisting in the provision of a quality system of care for students with or at-risk of emotional and/or behavioral disabilities.**

754-321-3421

<https://www.browardschools.com/Page/47555>

Training and Professional Development

Counseling as a Related Service

Behavioral Health Partnership

SEDNET Local Advisory

Suicide Prevention

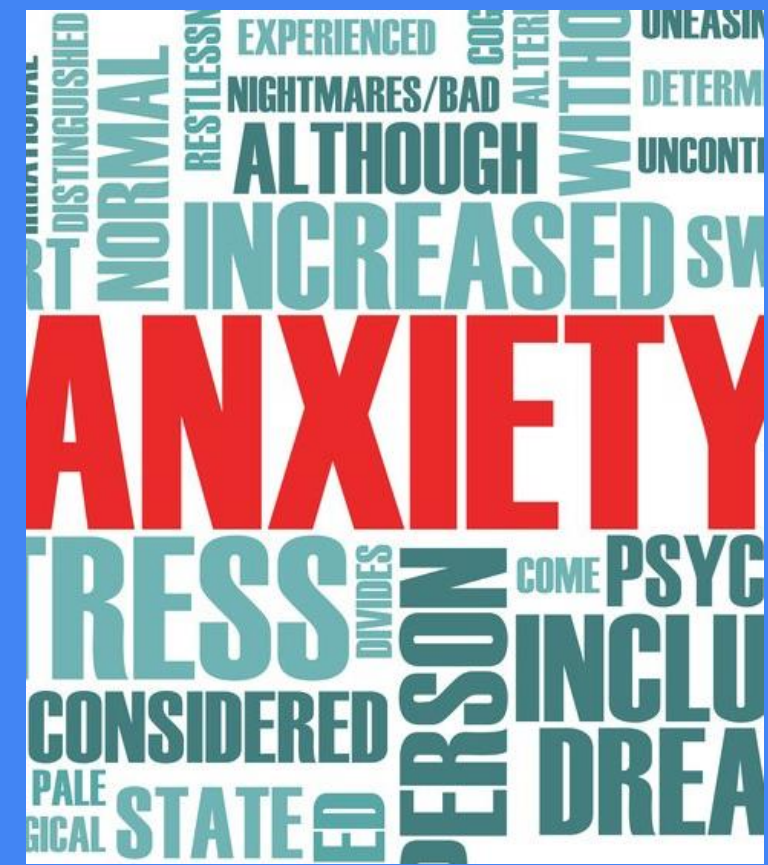


Suicide Prevention Supports

- **Staff Presentations**
- **Student Presentations on Resiliency**
- **Support for Suicide Prevention Designees**
- **Suicide Prevention Curriculum**
- **Suicide Risk Assessment**
 - **Screening**
 - **Clinical Assessment**
 - **Risk Determination**
 - **Safety Planning and Support**



What is Stress?



- ▶ **Stress** is the way our minds and bodies react to pressures we face everyday

Examples of Stress in Children

FAMILY LIFE- abusive situations, poverty, divorce, blended families, substance abuse in the home, parental discord, siblings.

SCHOOL LIFE- grades, need to do better, need to be perfect, fear of getting in trouble for grades, peers, teachers, social relationships, fear of failing, homework, test, disabilities, feeling left.

Puberty- Changes in body and hormones

Trauma Experiences may be an example of stress in students. Trauma Experience may come from the caregiver, personal, or school experience

- Bullying
- Poor grades
- Family abuse (towards the student or others in the home)
- Death
- Moving



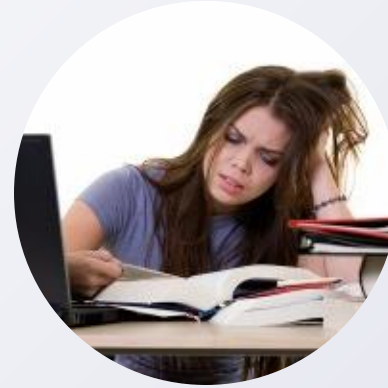
What Stress Might Look Like



Sleeping more or
trouble with
sleeping



Difficulty
concentrating on
important task
including
homework
assignments

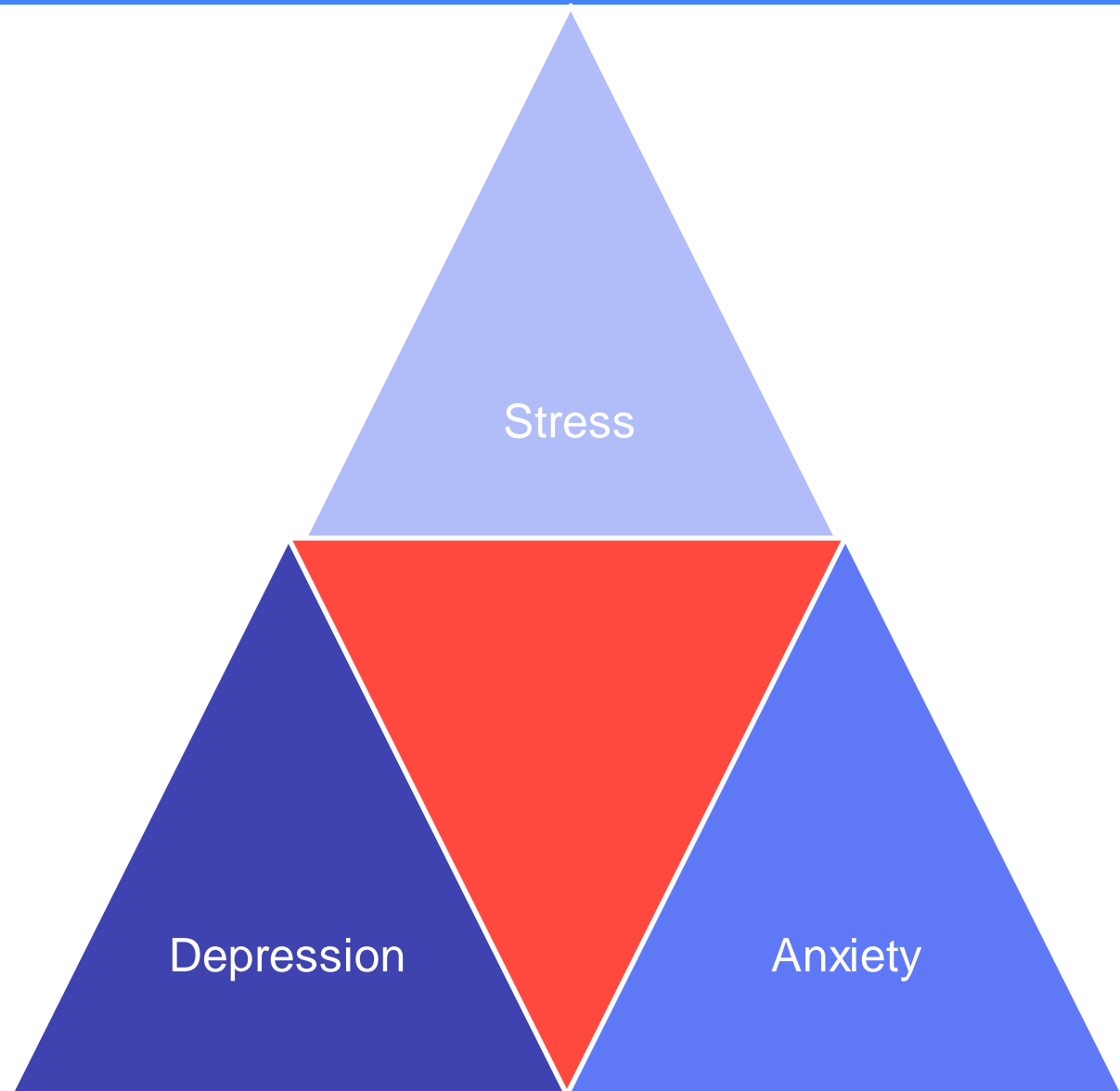


Test anxiety



Eating more or less
than usual

The Relationship Between Stress, Depression, & Anxiety



Suicide Statistics

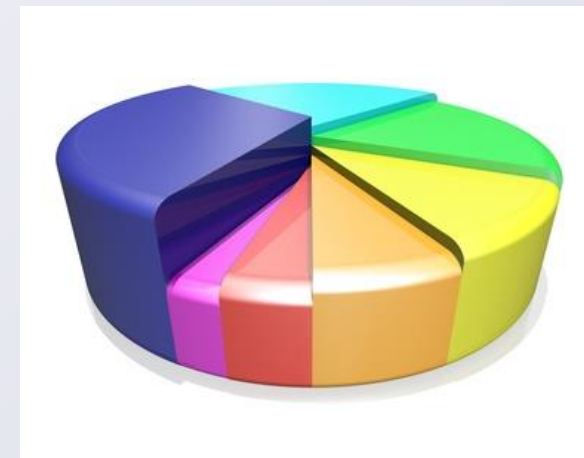
National Data (2020):

Suicide is a leading cause of death in the US (top 9)
46,000 deaths in 2020 (1 death every 11 minutes)
2nd leading cause of death for ages 10-14
3rd leading cause of death for ages 15-24

Florida Data (2019):

16% of FL high school students reported having seriously considered attempting suicide
12% reported having made a plan to die by suicide
8% reported a suicide attempt

Centers for Disease Control and Prevention



What Do I Need to Know: Suicide Prevention

Risk Factors

- ▶ Mental health problems
- ▶ Alcohol/Substance abuse
- ▶ Family History of Suicide
- ▶ Poor Academics
- ▶ Family Dysfunction
- ▶ Bullying/Victimization
- ▶ Non-Suicidal Self Injury



Warning Signs

- ▶ Suicide Notes
- ▶ Threats/Suicidal Statements
- ▶ End of Life Planning
- ▶ Changes in Physical Habits/Appearance
- ▶ Sudden Personality Changes
- ▶ Death Suicidal Themes
- ▶ Hopelessness
- ▶ Loss of Interest in pleasurable activities



How Can I Help: Suicide Prevention

Protective Factors:

- Strong Family Bonds
- Positive Friendships
- Cultural, Religious Beliefs
- Feeling Close to at Least One Adult
- School Connectedness
- Healthy Problem-Solving, Coping Skills
- Access to services and resources



Promoting Coping Skills and Resilience



How caregivers can help...

- ▶ **Provide a safe, secure, & consistent home environment**
- ▶ **Healthy communication**
- ▶ **Be available**
- ▶ **Listen vs hearing**
- ▶ **Build self-worth**
- ▶ **encouragement**
- ▶ **Foster independence**
- ▶ **Encourage healthy coping skills**
- ▶ **Recognize signs of stress, anxiety and depression**
- ▶ **Seek professional help as needed**

Positive



Ways to Relieve Stress



- ▶ **Journaling**
- ▶ **Drawing**
- ▶ **Set realistic expectations**
- ▶ **Engage in activities that promote a healthy self image and self-esteem**

Affirmations

What we think affects how we feel and how we act. A personal affirmation is a positive message that we say to ourselves every day. Examples of affirmations are, “I will make it through this difficult time” and “I am a calm and brave person.”



Self-Care for the Caregiver

Check in with Yourself-Ask:

Who can I talk to when I need support?

What am I doing that makes me happy?

What resources are available to me?

What healthy practices do I engage in?



SELF CARE IS
GIVING THE WORLD
THE BEST OF YOU
INSTEAD OF WHAT'S
LEFT OF YOU

www.theinspirationedit.com



Resources



Who Can I Call: Suicide Prevention

Mobile Response Team –Henderson Behavioral Health

- 954-463-0911

211 Broward

- Dial 2-1-1

The National Suicide Prevention Lifeline:

- ▶ 9-8-8 <http://www.suicidepreventionlifeline.org/>

The Trevor Line:

- ▶ 1-866-4-U-TREVOR or 1-866-488 7386
<http://thetrevorproject.org/>

Crisis Text Line

- ▶ Text **FL** to [741741](https://www.crisistextline.org/)
- ▶ <https://www.crisistextline.org/>



Additional Resources

BCPS Mental Health Portal

- ▶ <http://bcps-mentalhealth.com/suicidePrevention.php>

Suicide Prevention Resource Center (SPRC):

- ▶ <http://www.sprc.org>

American Foundation for Suicide Prevention

- ▶ <https://afsp.org/>

National Association of School Psychologists

- ▶ <https://www.nasponline.org/>

Florida Initiative for Suicide Prevention

- ▶ <https://fisponline.org/>



My3 App

The My3 app lets you stay connected when you are having thoughts of suicide

- ▶ Create your support system
- ▶ Build your safety plan
- ▶ Access Important Resources

<https://my3app.org/>



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Exceptional Student Learning Support:Contacts

Latonia Green, Executive Director

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- **754-321-3400**



Q & A



What is mental health?

Mental health is a state of well-being in which an individual realizes their own capabilities, can cope with the normal stresses of life, can work productively and can contribute to their community.



What are some signs and tips for identifying and preventing suicide?

- Displaying extreme mood swings
- Talking about wanting to die or kill oneself
- Looking for a way to kill oneself
- Talk about feeling hopeless or having no reason to live
- Talk about feeling trapped or in unbearable pain
- Talk about being a burden to others
- Increasing the use of alcohol and/ or drugs
- Acting anxious or agitated; behaving recklessly
- Sleeping too little or too much
- Withdrawing or feeling isolated
- Showing rage or talk about seeking revenge



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Mental health stigma

- Stigma includes negative attitudes toward people with mental health challenges and can lead to discrimination
- Stigma creates challenges for young people to talk about their mental health challenges and reach out for help
- Showing youth they're not alone:
 - 8.7% of youth will be diagnosed with depression
 - 8.3% of youth will be diagnosed with anxiety
 - 2.3% of youth will be diagnosed with an eating disorder
 - 100,000 adolescents and young adults experience their first episode psychosis each year



How to speak to your child about mental health?

- Plan to talk privately about your concerns, youth are prone to a negative response if they feel embarrassed
- Let them know how much you care about them
- Listen nonjudgmentally
- Youth may be worried they will disappoint you or upset you, so they may downplay the seriousness
 - Reassure them this is not the case
- Try not to use too much pressure, reassure them you are there to talk whenever they are ready



Thank You

