CONNECTing YOUTH
An Integrated Approach to Implementing Mental Health Education and Youth-led Awareness Activities
Advancing School Mental Health Conference
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CONNECT System of Care Grant
Connecticut History

Connecticut’s Children’s Behavioral Health Plan

Substance Abuse Mental Health Service Administration (SAMSHA) System of Care

Connecticut Network of Care Transformation (CONNECT)
System of Care
Values and Principles

- Family-Driven
- Community Based
- Culturally Responsive
- Strength Based
- Data Driven
- Youth Guided
Family & Youth Engagement

B - Be Service Minded

I - Integrity

R - Rapport

RBI Collaboration Process
HOSA
CONNECT
YMHFA

Engagement
Integration
Collaboration
CONNECTing YOUTH

One in five young people deal with mental illness. You can be the one that helps.

WHAT IS BEHAVIORAL HEALTH?
WHERE CAN YOUTH GET HELP?
HOW CAN I MAKE A DIFFERENCE?
CONNECTing Youth

CONNECTing Youth is an one-hour interactive presentation that introduces mental health as an important pillar of overall health & wellness.

PHYSICAL Health

SOCIAL Health

MENTAL Health
After the PRESENTATION...

...a lot more people than you think going through stuff..

...trying to brighten up everyone’s day
Youth Mental Health First Aid is an 8-hour training designed to teach parents, family members, caregivers, teachers, school staff, peers, neighbors, and other caring citizens how to help adolescents (age 12-18) who are experiencing a mental health challenge or are in crisis.
PEOPLE BEGAN...

ASKING QUESTIONS

STARTING CONVERSATIONS

TO REALIZE THE PREVALENCE

TO BECOME MORE AWARE
HOSA’s mission is to enhance the delivery of compassionate, quality health care by providing opportunities for knowledge, skill and leadership development of all health science education students, therefore, helping the student meet the needs of the health care community.
Youth Led Mental Health Activities

Student Presentation to All Staff Faculty Meeting
...do they have food at the High School?
8th grade student

...can we do this every week?
8th grade student

...we NEED MORE of this...
Middle School Principal

Youth Led Mental Health Activities
CONNECTed Multi-Tiered Program

Youth-Led HOSA Activities

Youth Mental Health First Aid Certification

CONNECTing Youth Presentation
Main Office
Lobby
Math
Social Studies

23 students
Teach
258

82 more agree to “Teach One”

Cheerleading
Band
Track
Mental Health AWARENESS
Stigma reduction

...are YOU Ok?
Since September 2016, this CONNECTing YOUTH Collaboration has directly served over 1600 youth with training and has impacted several times that number through Mental Health awareness activities.