



# CONNECTing YOUTH

An Integrated Approach to Implementing Mental Health  
Education and Youth-led Awareness Activities

Advancing School Mental Health Conference

October, 2017

**CONNECTing**  
Children and Families to Care



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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



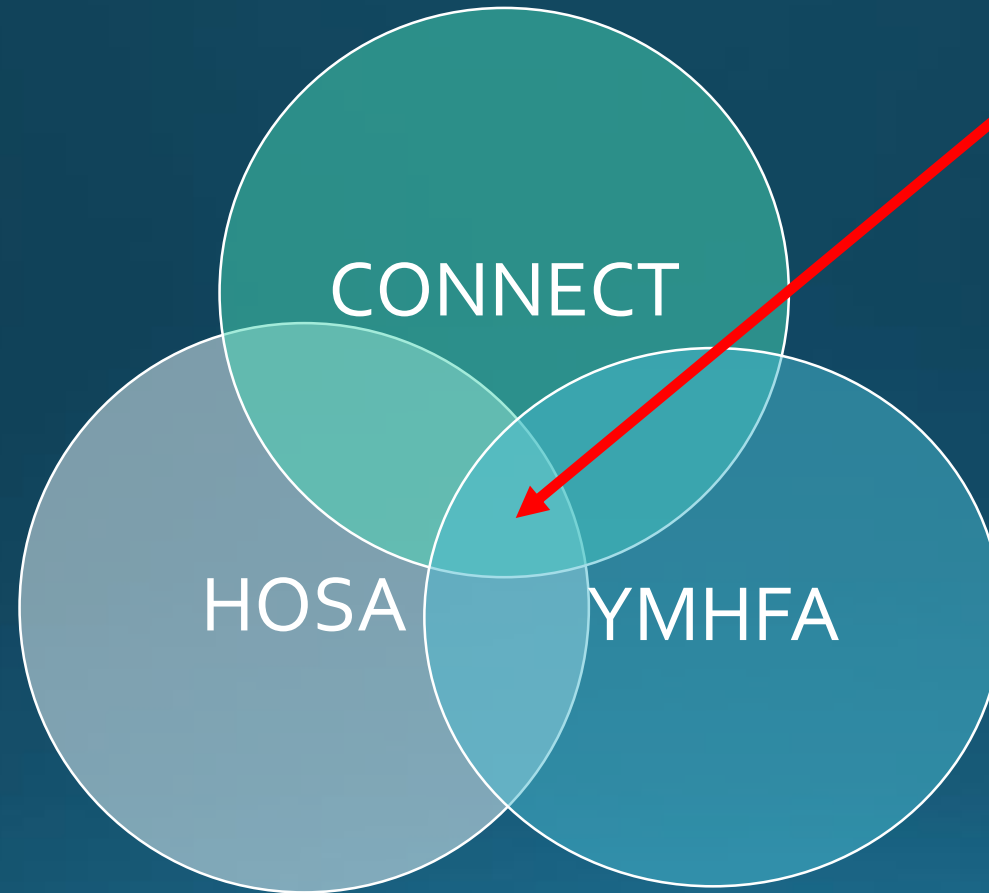
**I**ntegrity

**B**e  
Service  
Minded

**R**apport

**Family & Youth Engagement**  
**RBI** Collaboration Process

**Engagement  
Integration  
Collaboration**



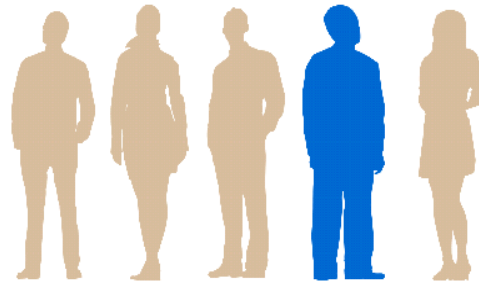
**CONNECT**

**HOSA**

**YMHFA**



# CONNECTing YOUTH



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

WHAT IS  
BEHAVIORAL  
HEALTH?

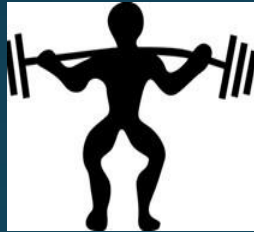
HOW  
CAN I MAKE  
A  
DIFFERENCE?

WHERE CAN  
YOUTH GET  
HELP?



# 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





MENTAL  
HEALTH  
FIRST AID

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...

STARTING  
CONVERSATIONS

ASKING QUESTIONS



TO REALIZE THE  
PREVELENCE

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



## Youth Led Mental Health Activities

...can we do this  
every week?  
8<sup>th</sup> grade student

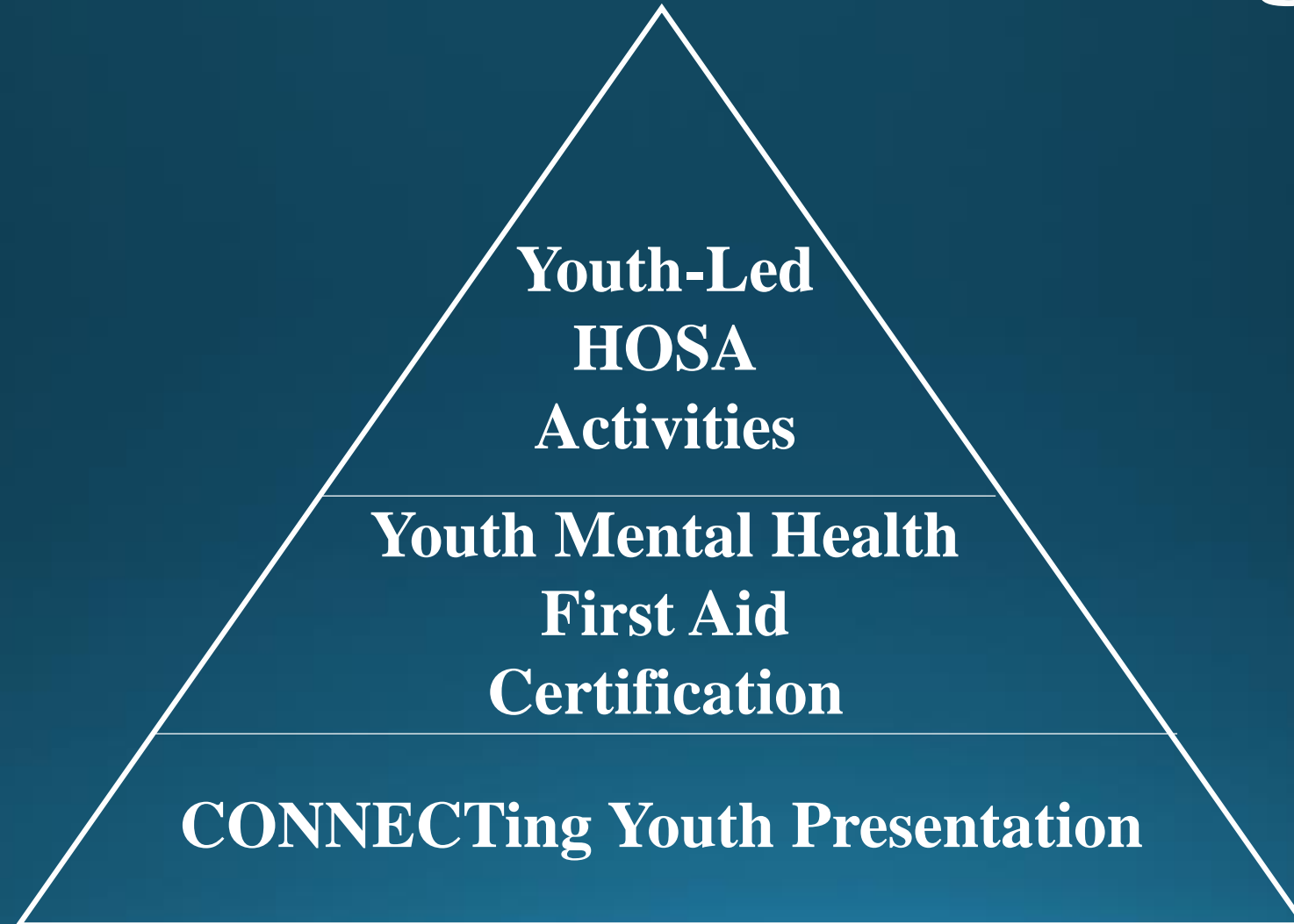


...do they have  
food at the High  
School?  
8<sup>th</sup> grade student



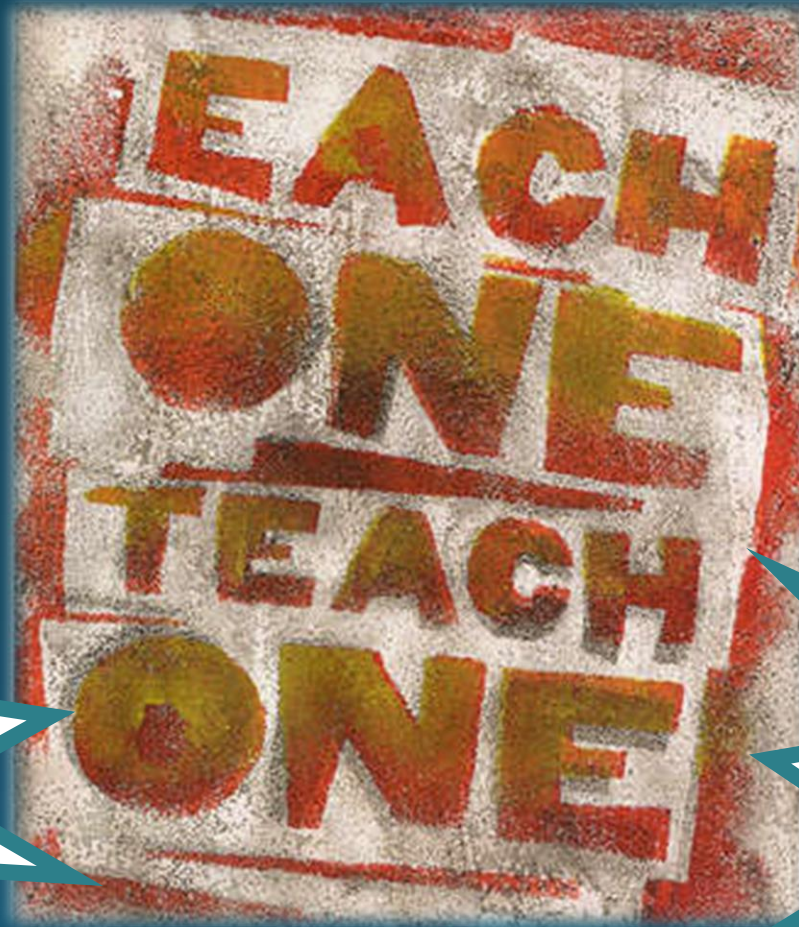
...we NEED  
MORE of this...  
Middle School Principal

# ***CONNECTed* Multi-Tiered Program**



23 students  
Teach  
258

Main Office  
Lobby  
Math  
Social Studies



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**







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