

2023-2024

School Mental Health Virtual Learning Series

Strengths-Based Holistic Approaches to Youth Mental Health

December 12, 2023

Introductions



Cameron Sheedy, MS

*Research Coordinator, The National Center for School Mental Health
at the University of Maryland School of Medicine*

Share in the chat box:

- Name, Role, Location
- Why is this topic – ***Strengths-Based Holistic Approaches to Youth Mental Health*** – important to you?

Technology Support

- **Slides & recording will be posted in** ~one week on the NCSMH website

www.schoolmentalhealth.org/Webinars

- Type **questions for the presenters into the Q&A box**
- Message “***Hosts and panelists***” in the chat box **for technical support**
- Message “***Everyone***” in the chat box **to share resources and provide general comments**

* *Note:* CE credits are not available for this series, but **Certificates of Attendance** are

Certificates of Attendance

Process:

1. Complete GPRA Post-Event Evaluation
2. Redirected to a *Certificate Request* form
3. Submit name and email address
4. Expect to receive Certificate within 30-45 days from webinar

Notes:

- You must attend **at least 50%** of webinar *in real time*
- Your Zoom name **must match** name on registration form
- **If you are calling in**, email csheedy@som.umaryland.edu & confirm your phone number
- To access evaluation, use **any code** you are comfortable with & will easily remember:

Provide the last 3 digits of your personal zipcode; last 4 digits of your phone number; 2 digit birth year; first 3 letters of preferred name.
Personal Code (please use uppercase letters): Ex. 734036172BRI

Last 3 digits of your personal zipcode:

Last 4 digits of your phone number:

2 digit birth year:

First 3 letters of preferred name

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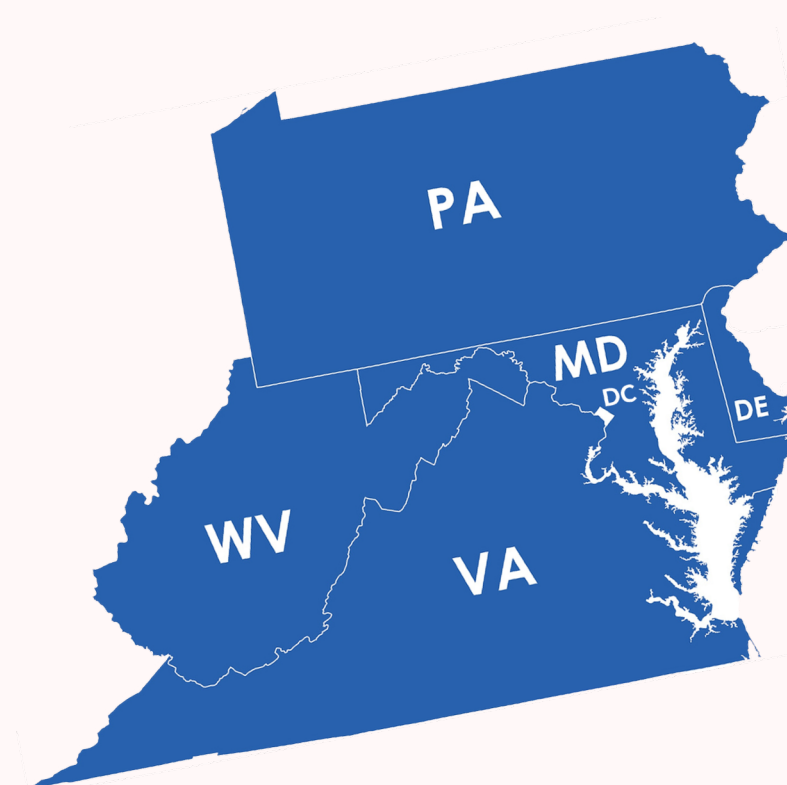
schoolmentalhealth.org/Connect/Listserv--Newsletters/

Central East MHTTC

Actions

- **Accelerates** the adoption and implementation of evidence-based and promising treatment and recovery-oriented practices and services
- **Strengthens** the awareness, knowledge, and skills of the behavioral and mental health and prevention workforce, and other stakeholders, that address the needs of people with behavioral health disorders
- **Fosters** regional and national alliances among culturally diverse practitioners, researchers, policy makers, funders, and the recovery community
- **Ensures** the availability and delivery of publicly available, free of charge, training and technical assistance to the behavioral and mental health field

Area of focus



National Center for School Mental Health

Mission

To strengthen policies and programs in school mental health to improve learning and promote success for America's youth.

Goals

1. Advance high-quality, sustainable comprehensive school mental health systems at school, district, state, regional, and national levels.
2. Conduct research and evaluation on mental health promotion, prevention, and intervention in schools and other aspects related to the planning, delivery, and continuous quality improvement of high quality, sustainable school mental health systems.
3. Train and support diverse stakeholders and a multidisciplinary workforce in understanding, promoting, and advancing child, adolescent, and young adult mental health and wellbeing.

Directors

Nancy Lever, *Ph.D.*, & Sharon Hoover, *Ph.D.*,

Faculty

Tiffany Beason, *Ph.D.*, Jill Bohnenkamp, *Ph.D.*, Elizabeth Connors, *Ph.D.*, Aijah K. B. Goodwin, *Ph.D.*,
Britt Patterson, *Ph.D.*, Sam Reaves, *Ph.D.*, Cindy Schaeffer, *Ph.D.*

Commitment



**BLACK
LIVES
MATTER**

- Racial and social justice lens
- Cultural responsiveness and equity
- Developing and modeling equitable and anti-racist policies and practices
- Learn, heal, grow together

Upcoming Events

Second Tuesdays in 2024, 3-4pm ET: School Mental Health Virtual Learning Series
topics & speakers TBD

Stay updated:

www.schoolmentalhealth.org/webinars

Early 2024 *dates TBD*: Promoting School Well-Being Learning Community

*Complete Interest Form by **December 15***



Today's Objectives

- 1** Identify approaches to help youth recognize and utilize their strengths.
- 2** Identify strategies to engage youth in a holistic manner.
- 3** Access local and national resources to promote youth mental health.

Our Presenters



Jaleel K. Abdul-Adil, PhD

*Associate Professor of Clinical Psychology &
Co-Director of the Urban Youth Trauma Center,
University of Illinois at Chicago;
Founder, Young Warriors/Hip-Hop H.E.A.L.S.!*



Tyde-Courtney Edwards

Founding Director, Ballet After Dark

Discussion and Q&A facilitated by:



Britt Patterson, PhD

*Core Faculty & Assistant Professor of Psychiatry,
National Center for School Mental Health at the
University of Maryland School of Medicine*



Dana Cunningham, PhD

*Director of the Prince George's School Mental Health
Initiative, National Center for School Mental Health
at the University of Maryland School of Medicine*



Jaleel K. Abdul-Adil

PhD

MY ROLES

- **Associate Professor of Clinical Psychology**, University of Illinois at Chicago
- **Founder**, Young Warriors/Hip-Hop H.E.A.L.S.!
- **Co-Director**, Urban Youth Trauma Center in the National Child Traumatic Stress Network [grants for both training and service]
- **Chair Emeritus**, NCTSN Community Violence Committee
- **Distinguished Professor of Clinical Psychology**, the Chicago School of Professional Psychology

MY LENS

- Muslim
- African-American
- Male
- Married with children
- Howard University [HBCU] graduate
- Former college football player
- Former newspaper Rap music editor/writer



5 ELEMENTS



EMCEE



DEEJAYING



GRAFFITI



BREAKIN



BEATBOXING







HD

vevo

<https://www.youtube.com/watch?v=RvVfgvHucRY>



https://www.youtube.com/watch?v=_zhR6d6LDzM



<https://www.youtube.com/watch?v=Z4N8lzKNfy4>



Panel Discussion

Why are holistic approaches to healing important in supporting youth?

What approaches would you recommend we use to identify and utilize the strengths of youth?

Audience, please share your thoughts in the chat box!

What steps would you recommend for identifying local and national resources to promote holistic youth mental health?

Audience share in the chat box:

What resources within your community would you recommend?

Audience Q & A

Resources

- [*The Urban Youth Trauma Center*](#)
- [*Rhymes + Rhythms = Revolution*](#), *Dr. Jaleel Abdul-Adil*
- [*Ballet After Dark*](#)
- [*In Dialogue: Tyde-Courtney Edwards, Founding Director Of Ballet After Dark, On Healing, Creating Community And Building Bridges Through Business*](#), *Forbes*
- [*How violence changes the brain in children*](#) [YouTube]
- [*Music as Medicine*](#), *American Psychological Association (APA)*
- [*The Role of Hip-hop in Hamilton's Music*](#), *Broadway Seats*
- [*School Mental Health Virtual Learning Series*](#)