



Mental Health Literacy

In Basic Health Response Training

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Sunshine Silver Lining, LLC

Overview

- Diversity, Equity, Inclusion
 - Mental Health Literacy
 - PITR
 - 12 Sectors of Prevention
 - Programming
 - Action Steps
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Introduction

- **Vermonter**
 - **Entertainment, Media and Journalism, Social Services**
 - **Small Business Owner**
 - **Lived Experience**
 - **2nd Masters in Psychology**
 - **Communications and Mental Health Literacy**
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What is Mental Health Literacy?

MHL includes four core components:

- Understanding how to foster & maintain positive mental health
- Understanding common mental health disorders, signs & symptoms, and treatments
- Understanding how to seek help effectively
- Understanding stigma and strategies for stigma reduction

"With good mental health literacy, we learn how to take better care of ourselves, our loved ones, and our communities. We are empowered and provided with the skills that we need to help us build better lives, better systems of care, and a better society."

~ Wei & Kutcher 2018 (leading MHL researchers)

Diversity, Equity and Inclusion

- **Diversity**

- Recognize, Value, and Celebrate
 - Including but not limited to race, ethnicity, culture, language, socioeconomic status, ability, and family structure.
 - In health education, this means incorporating materials, activities, and perspectives that reflect the diversity of the children and families being served.
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Diversity, Equity and Inclusion

- **Equity**

- Ensure that all children have access to the resources, opportunities, and support they need to thrive, regardless of their background or circumstances.
 - This involves addressing systemic barriers to health and well-being, such as poverty, discrimination, or lack of access to quality healthcare.
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Diversity, Equity and Inclusion

- **Inclusion**

- Emphasize creating environments where all children feel valued, respected, and included.
 - Curriculum, policies, and practices that accommodate the needs of children with diverse backgrounds, abilities, and learning styles.
 - Foster a sense of belonging and community among children and families from different backgrounds.
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PITR

- Prevention
- Intervention
- Treatment
- Recovery

Topics can include vaping, other substance use, mental health and more

12 Sectors of Prevention





What is happening in Vermont?

- **Prevention Works!**
 - **Vermont Care Partners**
 - **988**
 - **Recovery Vermont**
 - **Grant - Funded Programming for...**
 - **Youth Serving Organizations**
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Mental Health First Aid



Mental Health FIRST AID

from NATIONAL COUNCIL FOR MENTAL WELLBEING

YOUTH MENTAL HEALTH FIRST AID

WHY YOUTH MENTAL HEALTH FIRST AID?

Youth Mental Health First Aid teaches you how to identify, understand and respond to signs of mental health and substance use challenges among children and adolescents ages 12-18.

10.2%

of youth will be diagnosed with a substance use disorder in their lifetime.

Source: Youth Mental Health First Aid**

1 IN 5

teens and young adults lives with a mental health condition.

Source: National Alliance for Mental Illness*

50%

of all mental illnesses begin by age 14, and 75% by the mid-20s.

Source: Archives of General Psychiatry***

WHO SHOULD KNOW MENTAL HEALTH FIRST AID?

- Teachers.
- School Staff.
- Coaches.
- Camp Counselors.
- Youth Group Leaders.
- Parents.
- Adults who Work with Youth.



Key Organizations Nationally

- National Council for Mental Wellbeing
 - National Alliance of Mental Illness
 - American Foundation of Suicide Prevention
 - Mental Health America
 - Many more!
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For More Info + Support

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consultation

