Duval AWARE
Keeps you in the know!

“The more knowledgeable people are about the signs and symptoms of mental disorders and other mental health challenges, the earlier youth, young adults and their families will get the help they need” – Youth Mental Health First Aid Manual, 2016

We at Duval AWARE are committed to bringing AWAREness to the presence of mental illness and that there are resources to get the help needed for our students and their families.

What is the Duval AWARE program?
The purpose of the Duval AWARE program is to build district capacity to support schools in promoting mental wellness, and ensuring that Duval County Public Schools targeted schools (Ed White High School, JEB Stuart Middle School, Jeff Davis Middle School, Bayview Middle School, Normandy Village Elementary School and Jax Heights Elementary School) youth who experience mental health problems have timely access to effective and coordinated supports and services.

Youth Mental Illness Statistics
Anxiety and Depression are Mental illnesses that affect our youth.

• Research has shown that children and youth with untreated anxiety disorders are at higher risk of performing poorly in school, missing out on important social experiences, experiencing early parenthood and engaging in substance abuse.

• Depression is a serious mental health issue that can affect even very young children. Major depression disorder affects approximately 2% of preschool children and 3% of pre-pubertal school age children at any given time.

Youth/Adult Mental Health First Aid
Youth Mental Health First Aid is an 8-hour training course designed to give members of the public key skills to help an adolescent who is developing a mental health problem or experiencing a mental health crisis. The 8-hour course covers a range of common disorders and potential crises such as helping a young person who is having a panic attack, is contemplating suicide or is struggling with substance abuse.

Mental Health First Aid is an 8-hour training course designed to give members of the public key skills to help an adult who is developing a mental health problem or experiencing a mental health crisis. The 8-hour course covers a range of common disorders and potential crises such as helping an adult who dealing with anxiety, is contemplating suicide or is struggling with substance abuse.

You can find both training courses on ERO!

There’s an App for That!
Here are some FREE apps to download that can help you and your child!

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AWARE Focus Group Data
The 6 AWARE specialists conducted focus groups with youth and family members from each of the targeted schools. The data collected from these groups was designed to facilitate action planning by the district, school teams, and state management team about mental health issues and positive mental health. The survey also was designed to identify barriers, needs and priorities of youth and family for school staff and community partners implementing culturally appropriate, evidence-based mental health practices.

The district results were as follows:
~ More information is needed to address misconceptions and uncertainty of the definition of mental health.
~ Mental health is a condition that both adults and children experience.
~ Today’s youth are experiencing many problems very different from the past. Adults need to take time to identify student’s needs.
~ The most helpful way to acquire information about mental health would be from a professional, family and friends, and the internet.
~ Lack of resources keep individuals from accessing mental health information and services.
~ Time, transportation, finances, fear of being bullied, feeling unworthy, not a priority for parents and not knowing how to ask for help are barriers to mental health assistance.
~ Individuals would prefer to seek out information for themselves from a professional or utilize the internet.

The results of this survey combined with additional data will assist in the targeted intervention to increase access, implementation and awareness of mental health issues within our youth, families, schools and communities.

www.duvalschools.org/projectaware
Mental Health Knowledge SURVEY RESULTS

6 out of 10 parents are NOT talking to their child(ren) about mental health concerns.

76% of adolescents perceive their parents are NOT talking with them about mental health concerns.

60% of Educators WILL talk with children about mental health concerns.

Only one third of aforementioned Educators will talk about thoughts of suicide or harm.