

THE PARTNERSHIP FOR CHILD HEALTH - MENTAL HEALTH AWARENESS MONTH ACTIVITIES OVERVIEW

I. DUVAL COUNTY PUBLIC SCHOOLS MENTAL HEALTH CONFERENCE

The Partnership for Child Health-Jacksonville System of Care partnered with Duval County Public Schools in their second annual School-Based Mental Health Conference for students. The Mental Health Conference was held at Jefferson Davis Middle School (May 19, 2017) and William M. Raines High School (May 26, 2017). With over 60 presenters, the conference reached over 600 middle and high school students. Selena Webster-Bass, MPH (Voices Institute), Garry Bevel, Esquire (Children's Ombudsperson) and Courtney Lynch, BSW (UNF Social Work Program Graduate) presented *Labels are for Clothing, Not for People* presentation to over 30 middle and high school students. The presentation emphasizes the 2015 Youth Risk Behavior Survey Mental Health data and the importance of (E.R.C.) empathy, respect and compassion with fellow peers regardless of their cultural background. The Partnership also awarded three gift cards to high schools students for their participation in the Mental Health Pecha Kucha Contest. Pecha Kucha is Japanese for "chit chat," a unique way of presenting information with images only. Pecha Kucha includes 20 (PPT slides) x20 (seconds) PowerPoint (PPT) accompanied by narrative. Using their youth voice and creative expression, students addressed the importance of the fusion of physical and mental health, Body, Mind and Soul. The Pecha Kucha winners were:

1st Place Winner: Ke'Tera Bentley, Senior, William M. Raines High School

Essay Excerpt: My Inner Me - "The connection of mind, body and soul is a spiritual thing. In order to have such unison of these qualities you have to be right with yourself by being right with God. Every one doesn't have the same mind, body and soul but we all receive them no matter if we like it or not, so it's up to us to take advantage of these gifts."

2nd Place Winner: Michael Ellison, Senior, William M. Raines High School

Essay Excerpt: Body, Mind and Soul - "Things for the bodyplaying football, playing basketball, drinking water, eating fruits and vegetables, yoga, and of course exercising. Now for soul I had to think a little bit.....praying and reading your Bible so I was really just over thinking. Now mind wasn't as difficult... No smoking, No drinking, and I used sitting at the beach because people go to the beach for more than just splashing water and making sand castles, it can also be a clearing of your head spot. I also said listening to music."

3rd Place Winner: Charles Sophomore, William M. Raines High School

Excerpt: Mind, Body and Soul – A Fusion of Physical and Mental Health – "Your ability to connect the three components of life (body, mind, and soul) will lead to endless passion for life, eternal happiness, and you'll yearn to try new things. No matter the age, you can find peace of mind, and the sooner it happens, the better off your life will be. Time management is also an essential element in order to live a great life. Planning your day or week ahead of time is a great way to reduce stress. Being optimistic and thinking ahead can reduce the pressure and struggle that comes with procrastination. Another essential component of wellness is a sound mind. A sound mind comes with meditation and positive thoughts."

When things aren't going how you would like, reading a book, reading a bible verse, listening to music, or even taking nap can help relieve stress and tension."

II. YOUTH MOVE – MENTAL HEALTH AWARENESS MONTH CELEBRATION

"Labels are for Clothing, Not for People"

Youth MOVE members celebrated diversity and inclusion by participating in the "Labels are for Clothing, Not for People" Training on May 19, 2017 at the Florida State College Jacksonville – Downtown Campus. Students began by sharing facts about their cultural background while forming a multicolored web of yarn, a metaphor of connectedness, commonalities and differences. Over 20 Youth MOVE members described youth culture and embraced the values of (E.R.C.) empathy, respect and compassion across ability, race, class, age and sexual orientation, gender identity and expression. The youth described strategies to integrate these values in their daily lives, for example using person-first language, including others in social circles and advocating for others when bias or discrimination is shown. The session was facilitated by Selena Webster-Bass, MPH with Voices Institute, consultant with The Partnership for Child Health and Melissa Valasquez, Youth Engagement Specialist.

III. THE MENTAL HEALTH AND BLACK FAMILY CONFERENCE

The Partnership for Child Health partnered with Northwest Behavioral Health Services, Inc., and Edward Waters College in their 35th Annual Mental Health and Black Family Conference on Thursday, May 11, 2017. The highlight of the conference was the keynote speaker for the Points of Excellence Banquet, David Satcher, MD, Former United States Surgeon General. In 2012, Dr. Satcher published the 2012 National Strategy for Suicide Prevention - <https://www.surgeongeneral.gov/library/reports/national-strategy-suicide-prevention/>. Dr. Satcher spoke about the association between physical activity and reduction in depression. He also addressed mental health and stigma reduction. He stated that at the individual level, stigma keeps people who are experiencing mental health issues from acknowledging a problem and seeking help. At the family/community/societal level, mental health stigma keeps people from recommending help for family and friends. At the policy level, mental health stigma keeps governmental and private sectors from addressing behavioral health inequities. Dr. Satcher stated, "In order to eliminate disparities and achieve health equity, we need leaders who care enough, who will do enough and who will persevere until the job is done." Over 250 community members attended the Points of Excellence banquet at the Bethel Baptist Institutional Church. Dr. Satcher also led a private community conversation with local behavioral health leaders at Edward Waters College the following morning addressing the opioid epidemic, suicide prevention, integrative care, quality parenting programs, faith-based engagement and behavioral health inequities.