

# Children's Mental Health Matters!



## **A Maryland Public Education Campaign**

Prince George's County's Participation in the Statewide Initiative

May 2017

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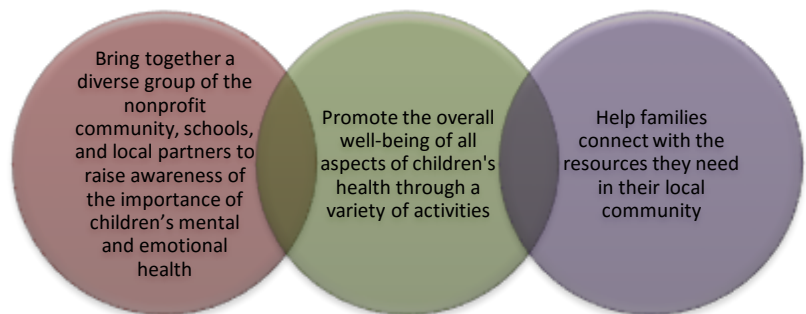
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## Executive Summary

We are pleased to present the summary report of the Prince George's County Work Group for Children's Mental Health Awareness Campaign for 2017. The partnership of the Prince George's County Public Schools, public and private agencies and individuals throughout the County worked in collaboration on a series of activities, events and outreach educational efforts to promote the overall goals of the state-wide campaign. Efforts this year resulted in new community champions, a substantial increase in the number of school champions as well as new and expanded activities, many of which will be highlighted in the narrative of this report. Our effort was locally spearheaded again this year under the auspices of Nonprofit Prince George's County and its Children's Mental Health Matters Work Group.

The overall goals of the campaign were to bring together the nonprofit community, schools and local partners- both public and private-to raise awareness of the importance of children's mental and emotional health; to promote the overall well-being of all aspects of children's health through a variety of activities, and to connect families with the resources they need in their local communities. The Campaign has two programs: The School Champions and the Community Champions.



Now in its fourth year for Prince George's County, this effort has grown substantially each year both in the numbers of agencies and schools which are involved as well as the number of children, families and the public who are touched by the activities and events. Our School Champions have grown from 2 in 2014 to 102 in 2017. The number of official Community champions increased in 2017 (to 32), however, there was a much larger number of volunteers and staff involved in the various activities as well as community agencies which participated in some of the activities but were not registered as Community champions. In addition, this year County Councilman Todd Turner and Mayor Candice Hollingsworth of Hyattsville participated in activities.



*We are proud that Woodbridge Elementary School was selected for the School Champion of the Year Award!*

# School Champions



## Woodridge & Vansville Elementary School

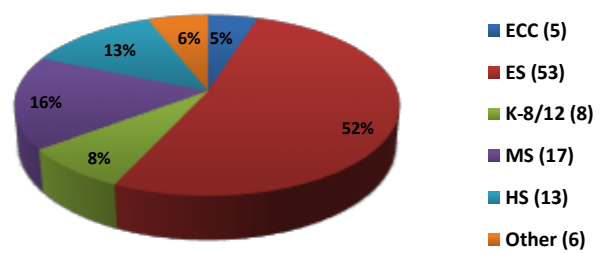
- Daily morning announcements about coping strategies
- Wear Green Day! May 4
- Classwide discussions and activities
- School-wide walk to stand up against the stigma of mental health

## Classroom Activities

PreK/K	• Feelings worksheet
1st grade	• What makes me feel special worksheet
2nd/3rd grade	• Coping strategies bookmark
4th grade	• Creating assertive statements
5th grade	• Creating posters identifying resources and strategies
6th grade	• Creating posters and chants about cyberbullying



## 2017 School Champions (n=102\*)



\*94 Public

## 2017 Community Champions

4 the Healing in You, Inc.	Bowie Youth and Family Services	City of Hyattsville	City of College Park	College Park Youth and Family Services	Community Counseling & Mentoring Services
Community Crisis Services, Inc.	Contemporary Family Services	District Heights Family and Youth Services	The Foundation Schools	Greenbelt CARES Youth and Family Services	Joe's Movement Emporium
In Reach, Inc.	Maryland Family Resource	Nonprofit Prince George's County	Prince George's Public Schools, Psychological Services	PACE Consulting	Prince George's Child Resource Center
Prince George's Dept of Family Services	Prince George's Health Dept. Behavioral Health Services	Prince George's Health Dept. System of Care	Prince George's County Memorial Library System	Reid Temple Restoration Center	The Training Source, Inc.
Art Works Now	Chesapeake Life Center, Hospice of the Chesapeake	Family Support Services	MD National Capital Park & Planning Commission	NAMI Prince George's County	University of Maryland Psychology Graduate Program
		Volunteer Mental Health Work-Group			Maryland Mental Health Association



### 2017 Featured Community Champions

- Joe's Movement Emporium/Prince George's County School Psychologists Association
- Project LAUNCH/Prince George's Park & Planning Commission
- Community Counseling & Mentoring Services
- Department of Social Services
- Health Department- System of Care



# Joe's Movement Emporium Prince George's County School Psychologists Association

On Wednesday, May 4<sup>th</sup>, 2017 at 6pm, Joe's Movement Emporium and the PGCSPA organized a 'flash mob' at the Center Court of University Town Center to spread awareness about children's mental health. Over 40 participants joined in.



**FLASH MOB**

UNIVERSITY TOWN CENTER

5.4.17 @ 6PM

Courtesy services from  
Regal Hyattsville Tennis Stadium 14  
6905 America Blvd, Hyattsville, MD 20782  
RAIN DATE: 5.10.17  
COME PUT YOUR BEST FOOT FORWARD



# Project LAUNCH

## *Come Out and Play!*

The event was a collaboration between Maryland LAUNCH from the Prince George's County Health Department and the County's Park & Planning Commission. The purpose was to highlight the importance of Children's Mental Health through informative and interactive exhibitors, face painting, as well as activities designed to move the body (i.e., roller skating, dancing, hoola hoops, etc.). Councilman Todd Turner representing District 4 was our special guest. He addressed the attendees during the event. Parents and children received a "Passport to Mental Health" as they entered. The passport was then stamped at each table and used later to win prizes.



### County Resource Tables

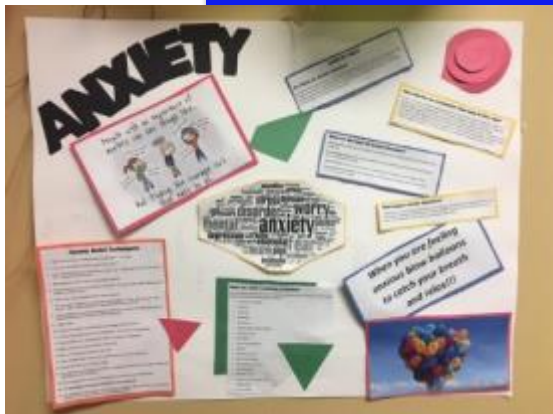


# Community Counseling & Mentoring Services

Waiting Room Area



- Each week, during the month of May, CCMS devoted its waiting room area to various topics related to children's mental health.
- These weekly displays offered brief, psychoeducation surrounding topics that impact their youth clients, such as, but not limited to, anxiety, depression, bullying, etc.
- Clients (children, adolescents, and adults) had the opportunity to share their thoughts about **"Why Children's Mental Health Matters"** on our waiting room wall board
- A video was displayed in their waiting room that depicted most of our CCMS staff sharing their thoughts about why "Children's Mental Health Matters"

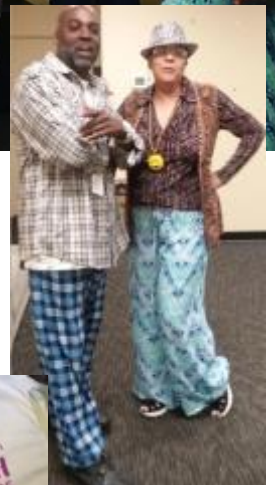


Staff getting in on the fun one Friday at a time!



Mismatch Day

Every Friday in May was devoted to bringing forth the "inner child"



**But wait!  
There's  
more...**

**Although CCMS wasn't able to host their CMHM event in May, the event was planned for June!**



# Prince George's County

## Department of Social Services

### Children's Mental Health Awareness Month Activities

#### Buck Lodge Middle

- The school hosted a Mental Health Awareness Parent Chat Night that included the Prince George's County Department of Social Services' Community Resource Advocate Program, as well as TNI@School: Prince George's Community Schools Network partners from Advanced Behavioral Health.
- Students referred to TNI@School were selected to join the *Who am I?* Group. The purpose of the group was to guide adolescents to improve self-awareness and self-esteem, through identifying their family history, role in the family, characteristics of self, who they would like to become, motivation to improve, as well as how to present themselves to others.

#### Rogers Heights Elementary

- Principal Dr. Barbara Bottoms was concerned about the high numbers of fifth and 6th graders, who were self-harming. To be proactive, the treatment team (Principal, Assistant Principal, Psychologist, School Counselor, and Community Resource Advocate) invited the school-based therapist from Advanced Behavioral Health, Michelle Collins, to provide a presentation to teach students better coping skills and stress management skills.

#### Bradbury Heights Elementary

- Bradbury Heights Elementary hosted an information table on Friday, May 12. As parents came to drop off their children, they stopped by the table to grab a donut, get information about the awareness campaign, and learn more about TNI@School and services offered through the Prince George's County Department of Social Services.
- The school facilitated an age-appropriate activity related to mental health in every classroom during the month of May. Some of the activity topics included coping skills, self-esteem, and stress relief. One of the most notable activities was feelings charades. When playing this game, third and fourth grade students acted out feelings and scenarios. It was a fun way for the students to learn about body language and the expression of feelings.

#### William Paca Elementary

- William Paca Elementary displayed posters and invited parents to a Mental Health Awareness event on Wednesday, May 24.

#### Walker Mill Middle

- The Community Resource Advocate hosted an information session about Mental Health Awareness on Friday, May 19.

#### Suitland Elementary

- The Community Resource Advocate Program and The Children's Guild, a TNI@School partner, conducted workshops on May 12 about mental health awareness. The students were given candy, the CMHM! Campaign awareness materials and the facilitators answered questions. The facilitators placed candy grams in teachers' mailboxes for staff appreciation, mentioning mental health matters. The Campaign poster was displayed in the CRA's office, and the school psychologist donated supplies to support the awareness month.

#### Woodridge Elementary

- The Community Resource Advocate and the school psychologist visited classrooms to do educational activities on mental health awareness. Some activities were selected from the Children's Mental Health Matters! Campaign website. Pre-K and Kindergarten did "The Way I Feel" activity. First graders did "What Makes You Feel Special?" Second and 3<sup>rd</sup> graders did "Coping Skills Bookmarks." Fourth graders did "Assertive Statements." Fifth graders had a discussion on glass half full or empty and created posters. Sixth graders watched a video and had a discussion on cyber bullying. Woodridge ES hosted a walk for CMHM! and held up the posters about the activities that they did.
- Students and staff wore the color green on Thursday, May 4. During CMHM week, the Community Resource Advocate and the school psychologist sent letters home to parents, including a resource sheet that listed local behavioral health providers, many of whom provide therapy in Spanish and have sliding scale fees for the uninsured.

# Prince George's County Department of Social Services

## Children's Mental Health Awareness Month Activities (cont.)

### Thomas Johnson Middle

- Staff and students were encouraged to wear the color green on "GREEN DAY" to show awareness around the importance of children's mental health. Students spotted wearing green were given a small incentive for their participation. In addition, throughout the awareness week, during the morning and afternoon announcements, the students were given a "coping skill of the day" to open them up to positive ways of dealing with different situations and triggers.

### Parkdale High

- The Community Resource Advocate Program and other TNI@School partners collaborated with the school to host a 1-day conference: Mental Health Awareness: Break the Stigma. Conference organizers wore event-themed t-shirts, and the Parkdale Student Government and Wellness Ambassadors led the day. Conference presentations included the depression assessment scale, breathing techniques for stress relief, art therapy, yoga, crisis prevention, and the hazards of tobacco.

### G. James Gholson Middle

- Eighth graders at G. James Gholson Middle, who are enrolled in the Hillside Work-Scholarship Connection, a TNI@School partner, contributed content to the school's Children's Mental Health Awareness Board.

### La Clinica Del Pueblo

- La Clinica Del Pueblo, a TNI@School partner, celebrated Children's Mental Health Awareness Month by hosting a group at Northwestern High School. The focus was on how to release stress as many students have identified a high level of stress in their life. As part of the celebration, students talked about how to identify when stress is causing issues. All participants shared examples of how stress has impacted their life and ways in which they could learn to control and manage stress. The group created stress balls with globes and flour. All participants reported they enjoyed the activity and started using their stress balls.

DSS Community Resource Advocate Program exhibited and participated at the PGCPs Title I Spring Conference on Saturday, May 20.

DSS Community Resource Advocate Program exhibited and participate at the Project Launch Walk on Friday, May 5.

TNI@School partners from the DSS Community Resource Advocate Program, Advanced Behavioral Health, PACE Consulting, LLC, The Children's Guild, and Hillside Work-Scholarship Connection exhibited and participated at the 2<sup>nd</sup> Annual Family Mental Health and Wellness Expo on Saturday, April 29 at Eleanor Roosevelt High



# Health Department Systems of Care

## Family Mental Health and Wellness Expo

### Background

The Prince George's County Health Department, the Prince George's County Public Schools, the National Alliance on Mental Illness (NAMI) Prince George's County, and the Maryland Coalition of Families co-sponsored the 2nd Annual Family Mental Health and Wellness Expo on Saturday, April 29, 2017 at Eleanor Roosevelt High School. One of the goals of the Expo was to promote health and wellness activities in order to remove the stigma that has been associated with mental illness. They also wanted caregivers and their children to have knowledge of, and easier access to available resources and services by becoming aware of the providers in their own and neighboring communities. Finally, they wanted to ensure that caregivers and youth have the supports they need by connecting with individuals faced with similar challenges.



### Results

Fifty-five organizations/agencies participated in the event, including County's Park and Planning Commission, which provided a yoga instructor. They received generous donations that allowed them to provide food and drinks for the vendors, as well as have face painting and a moon bounce. In addition, they received gift cards from local restaurants and businesses for the raffle. They also received some free printing. The expo was not as well attended as they had hoped, but it was considered to be a success and they received positive feedback from both participants and providers. Many of the providers told them that it was helpful to learn about other providers so that they can connect their families to other resources.



## Other Community Champion Activities

### City of Hyattsville

At their regular City Council Meeting, Monday, May 1, 2017 Hyattsville Mayor Hollingsworth read a Proclamation declaring May 4th, 2017 to be Children's Mental Health Awareness Day in Hyattsville.

This was followed by the presentation by three 'Helpful Hands' banners. The banners were made by third grade students in Hyattsville Elementary School, Rosa L. Parks Elementary School and Edward Felegey Elementary School.

The banners are each unique and demonstrate a healthy awareness of how children are truly helpful in aspects of family and school life.

The banners will hang in their Council Chambers. They will look for other areas of the Municipal Building to display the banners as well.

The City also co-sponsored the 'flash mob' at the Center Court of University Town Center on Wednesday, May 4 at 6pm.  
Click on image below to see more!



### In Reach, Inc

#### Magnifying the Mind Mental Health Forum

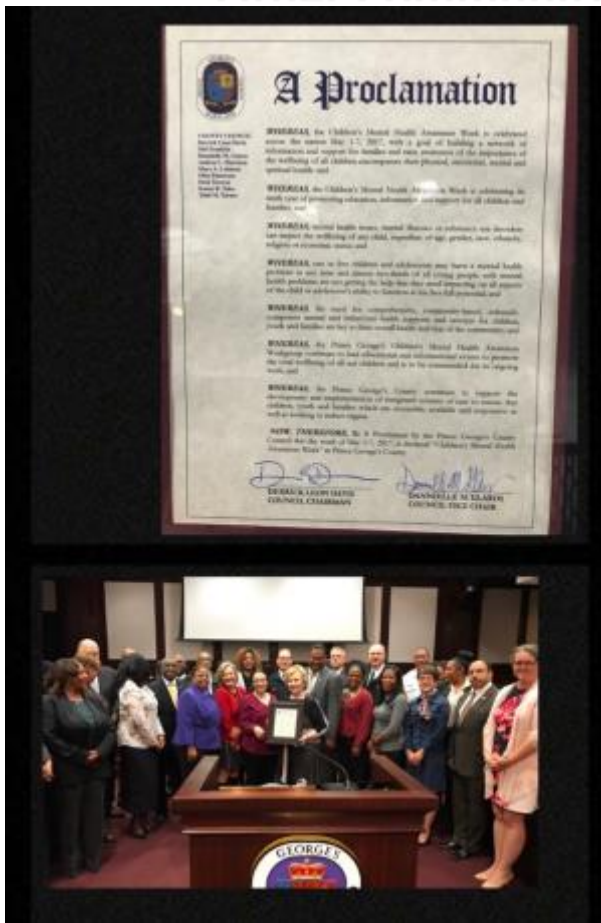
On April 26, 2017, **IN REACH's** Youth Ambassadors (YA) at Parkdale High School and members of the Student Government Association hosted a Mental Health Forum, **Magnifying the Mind**, to address teen mental health. The hands-on forum highlighted the warning signs of mental illness; coping mechanisms to handle stress; where teens can seek help; brought awareness to addiction, and how to break the stigma of "mental illness."

The event included a diverse panel of mental health experts, a pre and post survey and interactive activities.

During the forum, students rotated through several mental health stations, spending 10-12 minutes listening to different professionals speak on their area of expertise and the resources that they provide. Students learned how anxiety/stress and other mental health problems can negatively impact cognition and academic performance, and the stigma associated with receiving school accommodation. They also learned basic relaxation techniques; that using art as therapy can relieve anxiety; yoga and meditation relieve stress; and learned ways to give their brain a break when preparing for tests.



## Other Community Partner Activities (cont.)



### The Training Source

- Daily Facebook Posts
- Bracelets Distributed
- Children's Mental Health Information Distributed
- Walk in my Shoes Project
- Posters and signs displayed

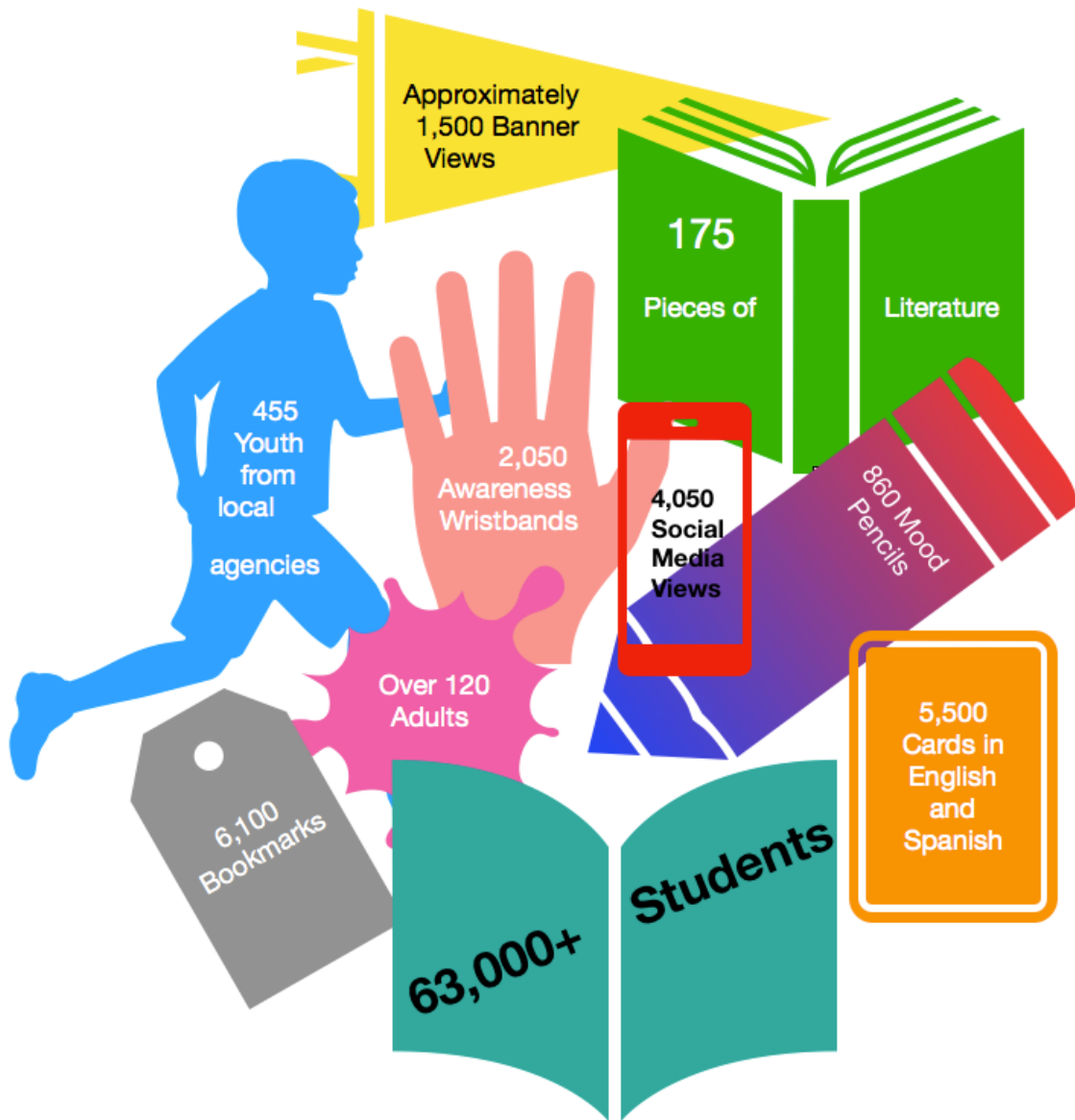
### The Foundation Schools

- They had a mental health information and resources display section in the hallway to inform staff and students on the subject of Mental Health Awareness.
- Daily worksheets were passed out to the classes for warm-ups prior to testing that focused on relaxation, positive affirmation, and gratitude to help them manage their test anxiety and stress level.
- Therapists focused on coping and practicing life skills with their students.
- Students received the wristbands and pencils as a reminder to use their coping skills during their tests. The students loved them.
- They also posted daily on social media (Facebook and Twitter) to raise awareness of mental health and champion our cause. Our proclamation post was our best performing post to date.

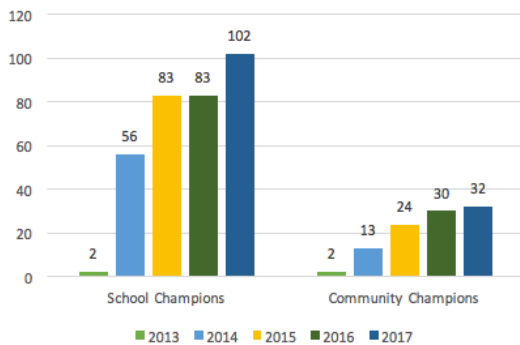
### Proclamations were received by:

- County Council
- Board of Education
- City of Hyattsville
- City of College Park

# Overall Impact 2017



**Prince George's County Champions:  
2013 to 2017**



## 2017 Work Group Participants

### Coordinators

- Bea Rodgers, Mental Health Association of Maryland
- Erica Chandler, Nationally Certified School Psychologist, Prince George's County Public Schools

### Report Editor

- Sonya Satterlund, Consultant, Formerly with the Department of Family Services

### Community Participants

- Hillary Lindeman, Director, Nonprofit Prince George's County (Workgroup Facilitator)
- Eugenia Greenhood, Child & Adolescent Mental Health Coordinator, Prince George's County Health Department, Behavioral Health Services
- Peggy Higgins, LCSW-C, Director, College Park Youth & Families Services
- Nicole Johnson, M.A., Project LAUNCH Local Young Child Coordinator, Prince George's County Health Department, Behavioral Health Services
- Kelli Kunert, LCSW-C, Director of Communications & Development, The Foundations Schools
- Donna Mason, Consultant
- Jodi Regner, Director of Community Programs, Prince George's Child Resource Center
- Andra Berry, Prevention Coordinator, Bowie Youth and Family Services
- Toni Smith, Executive Director, In Reach, Inc.
- Deondra Smith, Community Counseling & Mentoring Services
- Sharon Hunt, Principal Project Specialist, Prince George's County Health Department System of Care
- Paula Anderson, PACE Consulting
- Curtrina Hoston, Contemporary Family Services
- Tre Jerdon-Cabrera, Department of Social Services
- Amy Stapleton, Chesapeake Hospice
- Brittany Aiken, Graphic Designer for event flyers