

Mental Health Issues, School Age Children

Southern Arkansas University

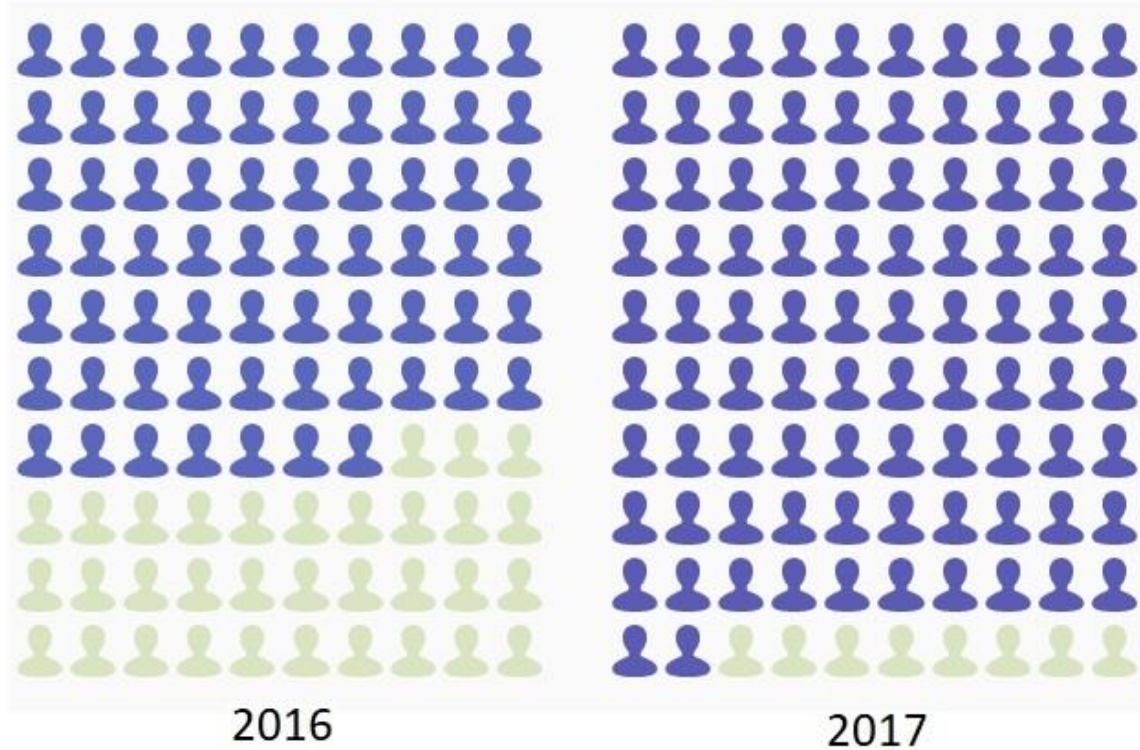
College of Education

Mental Health Issues Students Face

- ▶ Exposure to illegal substances
- ▶ Use of illegal substances
- ▶ Stress
- ▶ Bullying
- ▶ Sleep Deprivation / Screen time concerns
- ▶ Mental health diagnosis
 - ▶ ADD
 - ▶ ADHD
 - ▶ **Anxiety**
 - ▶ Depression
 - ▶ Bipolar
 - ▶ Suicidal / Homicidal Ideation
 - ▶ Suicide / Homicide

What the Numbers tell us

Suicides In Arkansas, ages 10 - 24



(Stromquist, K., 2019)

What this looks like in Schools

- ▶ Inattention
- ▶ Sleeping
- ▶ Absenteeism
- ▶ Low grades
- ▶ Behavior Referrals
- ▶ Suspensions
- ▶ Expulsions

The Good News

- ▶ We are having this conversation
- ▶ Site Based Mental Health Care
- ▶ Emotional Literacy in Schools
 - ▶ Mindfulness
 - ▶ 54321 Grounding Exercise
 - ▶ Trauma Informed Learning
 - ▶ Relationships / Tone
 - ▶ Restorative Practices
 - ▶ Peace Corners

The Even Better News

ACT 190

The School Counseling Improvement Act

February 2019

What this legislation looks like in schools

- ▶ Counselors now have more time for:
 - ▶ Conducting Classroom Guidance Lessons
 - ▶ Teaching Academic, Social Emotional and Career lessons
 - ▶ Forming even more meaningful relationships with students
 - ▶ Identifying troubled students
 - ▶ Facilitating Small Group Counseling Sessions
 - ▶ Data driven
 - ▶ Engaging more in Individual Counseling Sessions
 - ▶ Academic
 - ▶ Career / Post high school planning
 - ▶ Social Emotional Issues
 - ▶ Crisis Response

What we are hearing from our students

- School counselors given more freedom to create their own schedule to include more classroom guidance times
- School counselor having time to form a small group for students experiencing grief
- Several school counselors no longer have testing duties
- A renewed excitement for the job
- Inquiry from principal about the new comprehensive plan schools are to have posted by August 1, 2020.
- School Counselor collaborating with classroom teachers to create Peace corners in every classroom.
- Districts hiring mental health counselors
- Faculty and staff attending national conferences for Trauma Informed Learning Environments
- Morning classroom time for mindfulness exercises