The Importance of Mental Health and Wellness
Center for Family Involvement

Patrice Beard
Liaison to Mental Health Community
Center for Family Involvement
pabeard@vcu.edu
(804) 828-6967
What Does Mental Health Mean to You?
The World Health Organization (WHO) defines mental health as, ‘a state of well-being in which every individual realizes his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to her or his community.’ (WHO 2001)

http://www.who.int/features/factfiles/mental_health/en/
Mental Health:

Can affect how individuals think and feel about themselves and others

Can affect how they interpret different events

Has a strong impact upon an individual’s physical health because the way we think and feel has a large influence on our physical health
The Mental Health Continuum
Adapted from K Tudor (1996) Mental Health Promotion: Paradigms and Practice

Maximum Mental Health

Has diagnosis of a serious illness but copes well and has positive mental health

No illness or disorder and positive mental health

Maximal Mental Disorder

Has diagnosis of a serious illness and poor mental health

Minimal Mental Health

No diagnosable illness or disorder but has poor mental health
What is Stigma?

**stigma**

/ˈstɪmə/

noun
noun: stigma; plural noun: stigmata; plural noun: stigmas

a mark of disgrace associated with a particular circumstance, quality, or person.
*the stigma of mental disorder*
Mental Illness is used to describe the most severe cases of mental disorder, more severe cases of depressive illness, psychotic disorders and severe cases of eating disorders.
Fact versus Myth

MENTAL HEALTH TALK
50 Ways to Take a Break

- Take a walk
- Light a candle
- Learn something new
- REST your legs up on a wall
- Go to a body of water
- Watch the stars
- Write a letter
- Sit in nature
- Move twice as slowly
- Notice your body
- Buy flowers
- Call a friend
- Meander around town
- Find a relaxing scent
- Eat outside in silence
- Turn off all electronics
- Go to a park
- Pet a furry creature
- Create your own coffee break
- Read or watch something funny
- Color with crayons
- Do some gentle stretches
- Make music
- Climb a tree
- Let go of something
- Pet a furry creature
- Forgive someone
- Engage in small acts of kindness
- Dance
- Give thanks
- Write a quick poem
- Read poetry
- Read some music and art
- Go to a farmer's market
- Drive somewhere new
- Be a farmer's friend
- Examine an everyday object with fresh eyes
- Go on a bike ride
- Go to a beach
- Go on a guided relaxation
- Write in a journal
- Make a meal
- Move your body outside
- Stop and listen
- Do some gentle stretches
- Stand or sit for a long time
- Write a story
- Make a video
What are mental health conditions?

A diagnosable condition that

• Affects a child’s thinking, emotional state, and behavior
• Disrupts the child’s ability to:
  – Function at school
  – Carry out daily activities
  – Engage in friendships
Know the Facts

• 1 in 5 children affected
• Half of all lifetime cases of mental health conditions begin by the age of 14
• In any given year, only 20 percent of children with mental health conditions are identified and receive mental health care
• And, there are serious consequences when children do not receive the care that they need...suicide, failure in school, involvement with the law, etc.
• But, there is hope! Early identification, evaluation, and treatment can make a huge difference and prevent those consequences
State Resources for Families

• Center For Family Involvement - https://centerforfamilyinvolvement.vcu.edu/
• Virginia Dept. of Education: http://www.doe.virginia.gov/
• (PEATC) Parent Educational Advocacy Training Center - http://www.peatc.org/
State Resources, cont

• Campaign for Children’s Mental Health – www.1in5kids.org
• Children’s Mental Health Resource Center – www.mentalhealth4kids.org
• Newfound Families (formally FACES, foster, adoptive, kinships family support) - https://newfoundva.org/
National Resources

• Federation of Families for Children’s Mental Health – www.ffcmh.org
• Youth Move National (Youth Resources) – www.youthmovenational.org
• Child Mind Institute – www.childmind.org
• Children’s Mental Health Network – www.cmhnetwork.org