

School Psychology Awareness Week

November 11th-15th, 2019

WHAT IS A MENTAL DISORDER?

A mental disorder or mental illness is a diagnosable illness that affects a person's thinking, emotional state, and behavior as well as disrupts the person's ability to work or carry out daily activities and engage in satisfying personal relationships.



Why Does Mental Health Matter In Schools?

- According to the Association of Children's Mental Health, 1 in 5 children and youth have a diagnosable emotional, behavioral, or mental health disorder.
- 1 in 10 young people have a mental health challenge that is severe enough to impair how they function at home, school, or in the community.
- Over 50% of students with emotional and behavioral disabilities ages 14 and older, drop out of high school.
- At least one-half up to as many as 80% of youth ages 6-17 with mental health illnesses **DO NOT** receive the mental health care they need.

How Do Mental Health Disorders Affect Children & Youth at School?

- Chronic absences (includes hospitalizations)
- Low achievement
- Disruptive behavior
- Dropping out

Mental Health Knowledge Is Power for Families

- One of the problems that many families face are getting schools to recognize the role of mental health disorders in relationship to the difficulty their children may be experiencing.
- Some, not all families are open to seeking help in schools through 504 or Special Education due to the stigma that may be attached to these services.
- LSSPs can be a bridge for families of those children experiencing mental health and community resources or supports like MHMR.

What Are Some of the Common Mental Health Disorders Seen in Classrooms?

- Anxiety
- Bipolar Disorder
- Conduct Disorder
- Oppositional Defiant Disorder
- Depression
- Disruptive Mood Dysregulation Disorder
- Attention Deficit Hyperactivity Disorder

It is important to understand that many of the disorders that students are diagnosed with are typically diagnosed by a medical professional using the Diagnostic & Statistical Manual of Mental Disorders- Edition 5. LSSPs **do not** diagnose these disorders, but evaluate for educational behavioral disorders like Emotional Disturbance under IDEA.

WHY IS TEACHER SELF CARE IMPORTANT?

According to a Penn State report four main sources of stress for teachers include the following:

- Environmental Climate
- Increasing Job Demands & Dwindling Autonomy
- Limited Social & Emotional Competence

WHAT ARE SOME WARNING SIGNS THAT YOU NEED A BREAK?



- Getting easily frustrated
- Increased irritability
- Anxiety
- Intruding and disruptive thinking
- Loss of sleep
- Changes in hygiene
- Drastic changes in personal appearance
- Change of appetite

Five Areas for Teacher Self- Care:

1. Physical Self Care--find physical activities that renew (e.g. yoga, walking, etc.)
2. Psychological Self Care-- find mindful activities that feed your brain (e.g.

