

# PBIS Video Series on Mental Health Notes

## **Introduction:** 13:33

- ✓ Continuum from ill to well
- ✓ Special Education will overlap with mental health at times but not always
- ✓ By age 14, half of mental illness cases are diagnosed and three fourths by age 24
- ✓ 1:6 school aged youth experience mental illness
- ✓ Under 50% of school age children with mental illness receive treatment
- ✓ Suicide is the second leading cause of death for ages 10-24

## **Screenings for Mental Illness** 9:16

- ✓ Signs to watch:
  - 1) Sudden changes in behavior that are extreme
  - 2) Multiple alignments (headache, body aches, stomach, etc)
  - 3) Feelings of being scared, hopeless, lonely, anxious, excessive anger, etc.
  - 4) Loses interest in friends
  - 5) Changes in eating habits
  - 6) Lower grades in school
  - 7) Difficulty in relating to others
  - 8) Prolonged negative mood
  - 9) Use of alcohol or drugs
- ✓ Positive Adult Relationships can be key

## **Support for Mental Health** 10:31

- ✓ Positive adult interactions
- ✓ Protective Factors:
  - 1) Development of Skills and Interests
  - 2) Clear Expectations for behavior
  - 3) Physical and psychological safety
  - 4) Success in School
  - 5) Emotional Self-Regulation
- ✓ Importance of Relationships
  - 1) Consistency
  - 2) Trust
  - 3) Feeling understood and significant (not judged)
  - 4) Reciprocal Communication

**Resources 6:17**

- ✓ Tier 1 Universal supports for all students
- ✓ Tier 2 Small groups and more intensive supports
- ✓ Tier 3 individualized and most intensive



KRS 620.030-Law requires reporting for neglected or abused.

(1) **Any person** who knows or has reasonable cause to believe that a child is dependent, neglected, or abused shall immediately cause an oral or written report to be made to a local law enforcement agency or the Department of Kentucky State Police; the cabinet or its designated representative; the Commonwealth's attorney or the county attorney; by telephone or otherwise. Any supervisor who receives from an employee a report of suspected dependency, neglect, or abuse shall promptly make a report to the proper authorities for investigation. If the cabinet receives a report of abuse or neglect allegedly committed by a person other than a parent, guardian, or person exercising custodial control or supervision, the cabinet shall refer the matter to the Commonwealth's attorney or the county attorney and the local law enforcement agency or the Department of Kentucky State Police. Nothing in this section shall relieve individuals of their obligations to report.