



# COLLABORATIVE RESEARCH INITIATIVE

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INDIANA UNIVERSITY

School of Education  
Bloomington

Children's Mental Health Awareness Day Presentation

May 7, 2015

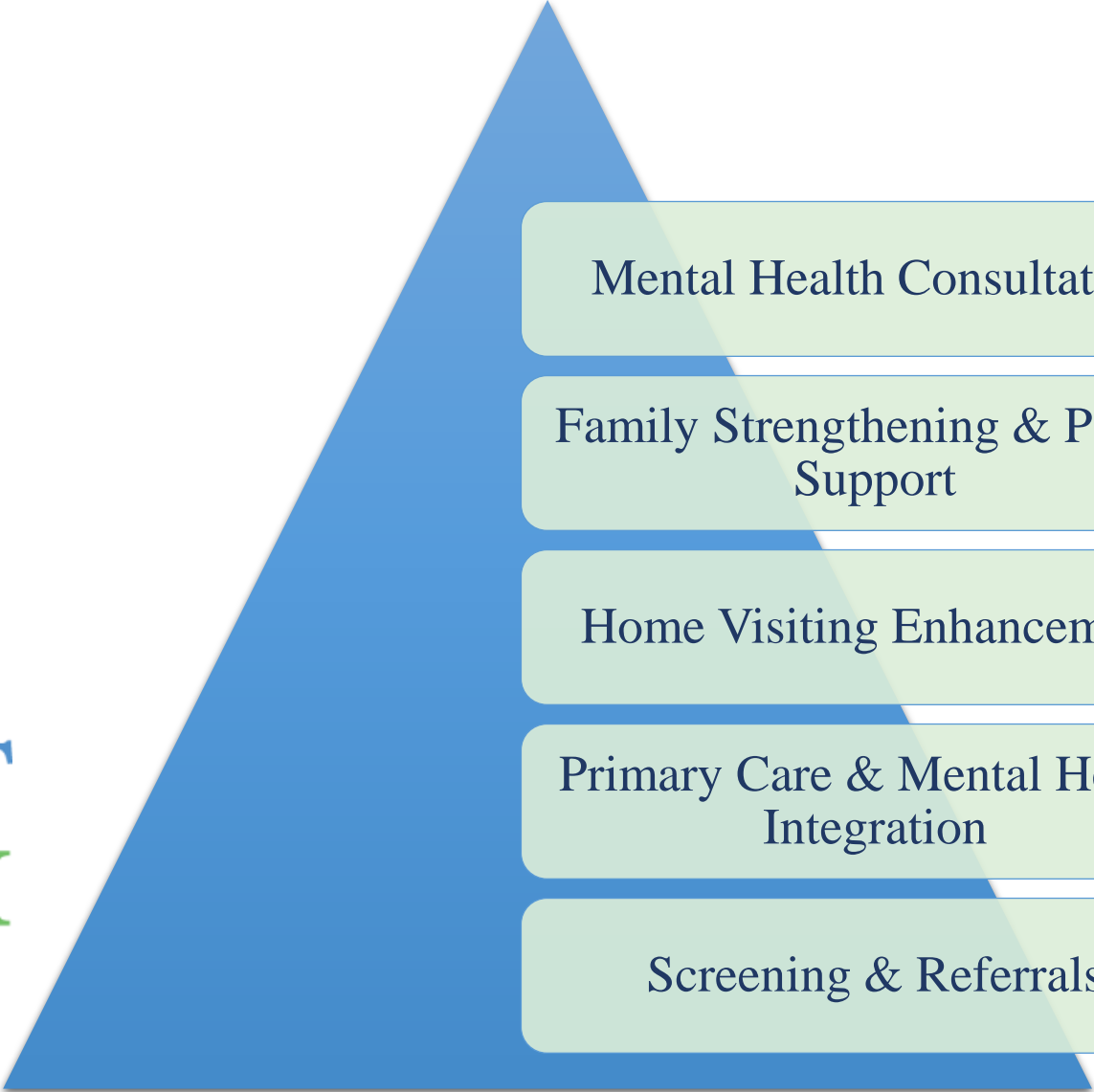
Allison Howland, PhD

# Strands & Strategies

*helping children soar*



**PROJECT  
LAUNCH**



Mental Health Consultation

Conscious Discipline

Family Strengthening & Parent Support

Incredible Years  
&  
Community Trainings

Home Visiting Enhancement

Primary Care & Mental Health Integration

Screening & Referrals

# Conscious Discipline



## and Head Start



Head Start early childhood education services addresses all areas of development to prepare young children for success in school and in life, while actively involving caregivers in their children's learning.



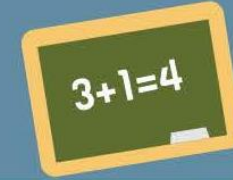
# SIEOC

*Southeastern Indiana Economic Opportunity Corporation*

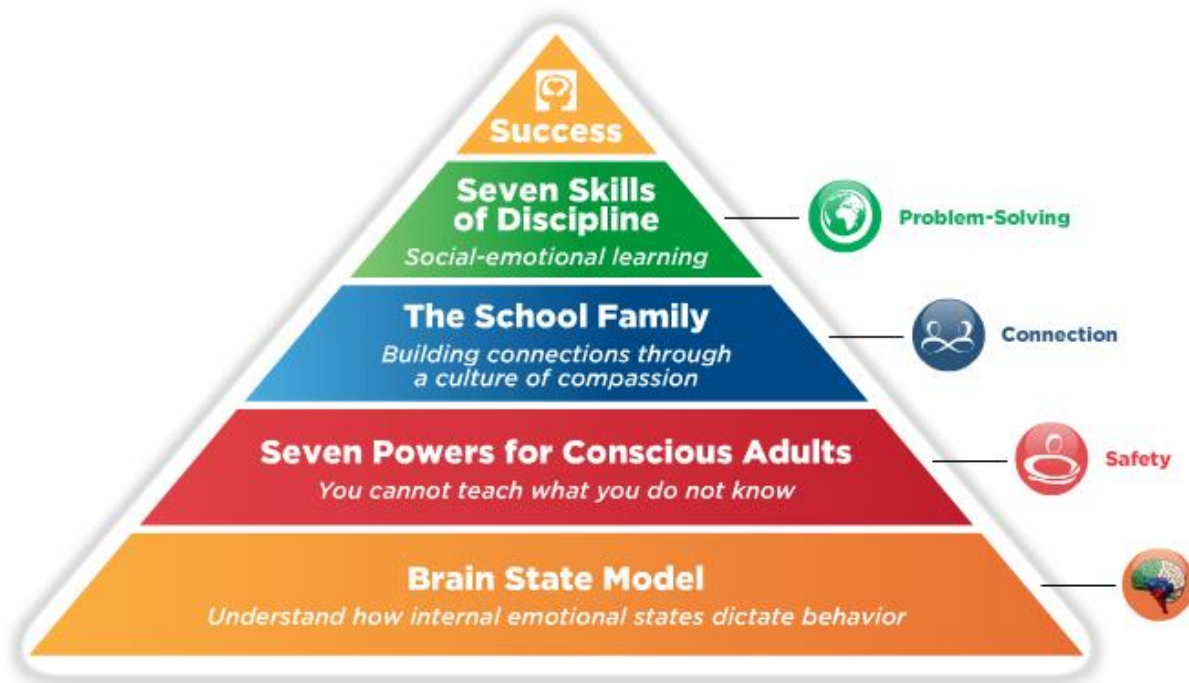
# Conscious Discipline



and  
Head Start



## What is Conscious Discipline??



### Key Benefits

Improves social-emotional skills for students and teachers



Improves the quality of student-teacher interactions



Improves school climate



Promotes school readiness

# Conscious Discipline



and

## Head Start



### Students Displaying Conscious Discipline Skills



0-25% 26-50% 51-75% 76-100%

Head Start staff agree that about 51 to 75 % of students are displaying Conscious Discipline skills most of the time.

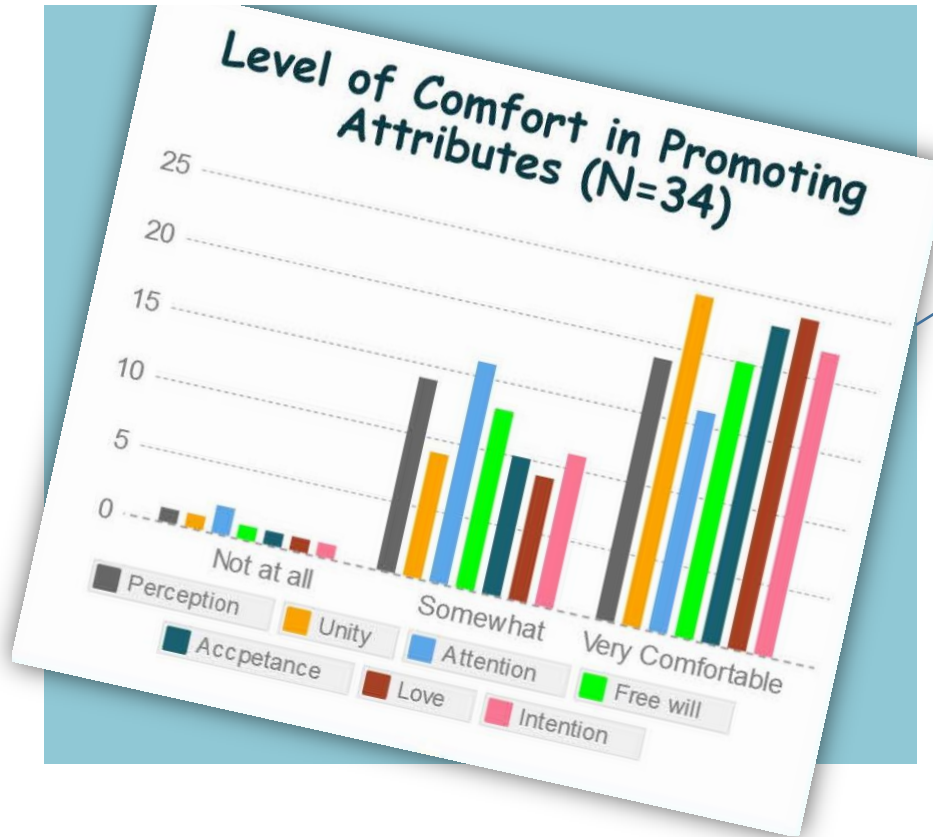
### Skills

- Assertiveness
- Choices
- Composure
- Empathy
- Encouragement
- Positive Intent

# Conscious Discipline

A  
B C

and  
Head Start



Overall, teachers are ready for Conscious Discipline and are prepared to promote the attributes in their classrooms.

# Incredible Years

One Community One Family is offering the evidence-based parenting program through two completely **FREE** services –

**PARENT GROUPS** and **HOME COACHING**

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Caregivers are eligible for *three* program types based on the age of their target child

**Parents and Babies (ages 0 – 12 months)**

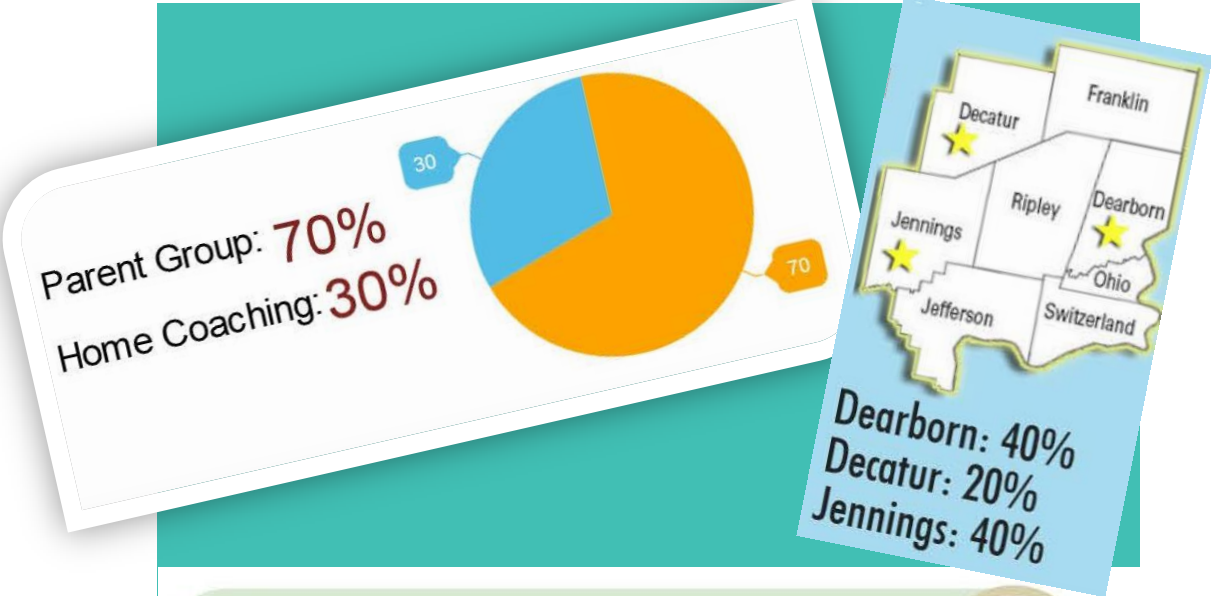
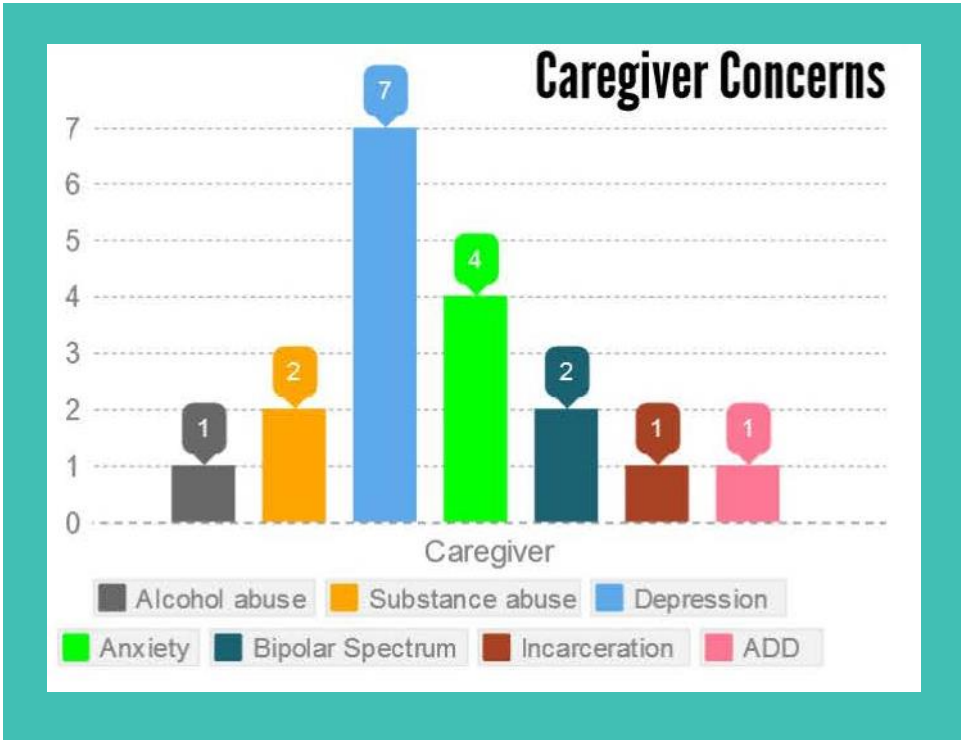
**Parents and Toddlers (ages 1 – 3 years)**

**Preschool (ages 3 – 6 years)**

Parent coaches work with families to arrange convenient times and locations of Parent Groups. Home Coaching is available for families with significant transportation difficulties.

# Incredible Years

## Caregiver Participation



Main referral reason  
**To increase parenting skills**



# Incredible Years

## TARGET CHILDREN

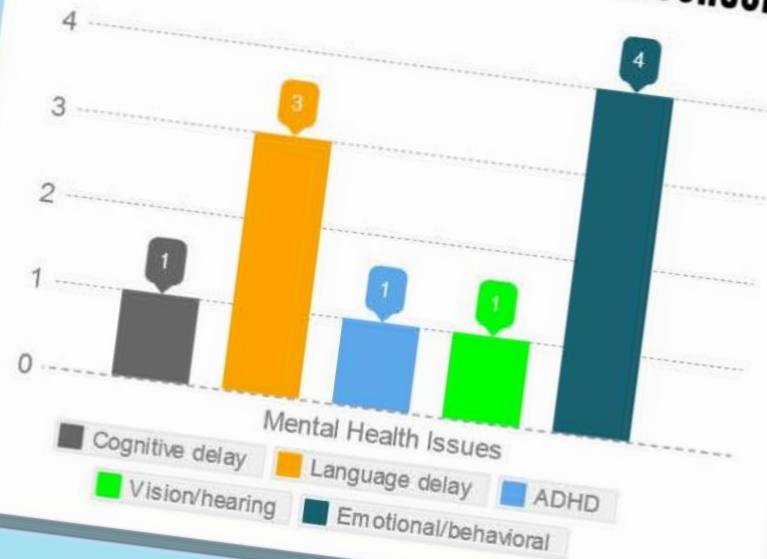


**80%** of the target children had experienced violence or trauma.



**40%** of the target children are meeting the developmental milestones for their age.

### Mental Health Concerns



# Incredible Years

*Parent Experience*

Overall, families participating in both **PARENT GROUPS** and **HOME COACHING** sessions agree the content of the sessions are

*"This program is awesome. I learn something new each time."*

**HELPFUL!**

*"Very enlightening. We need this so bad as foster parents."*

# Community Trainings

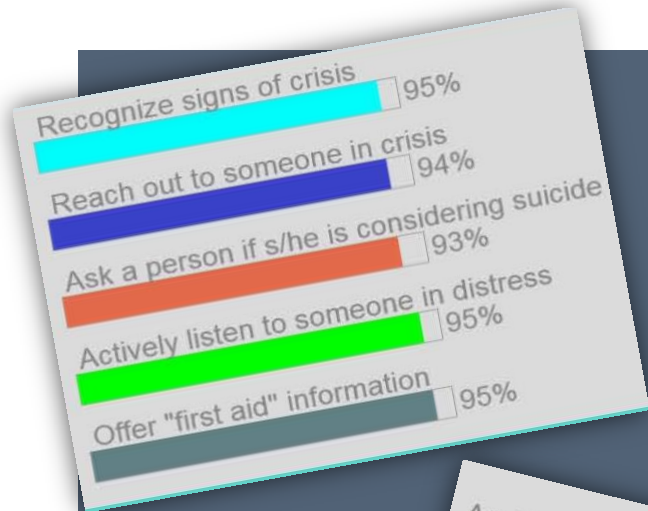
Mental Health First Aid  
Motivational Interviewing  
Ouch: That Stereotype Hurts  
Trauma-informed Approaches  
Youth Mental Health First Aid  
Community Resources

As of March  
2015, **294**  
providers and  
community  
members have  
been trained in  
Southeastern  
Indiana

Overall, the response to trainings have been overwhelmingly positive. Training participants have been satisfied with trainings and the training providers.

# Mental Health First Aid Trainings

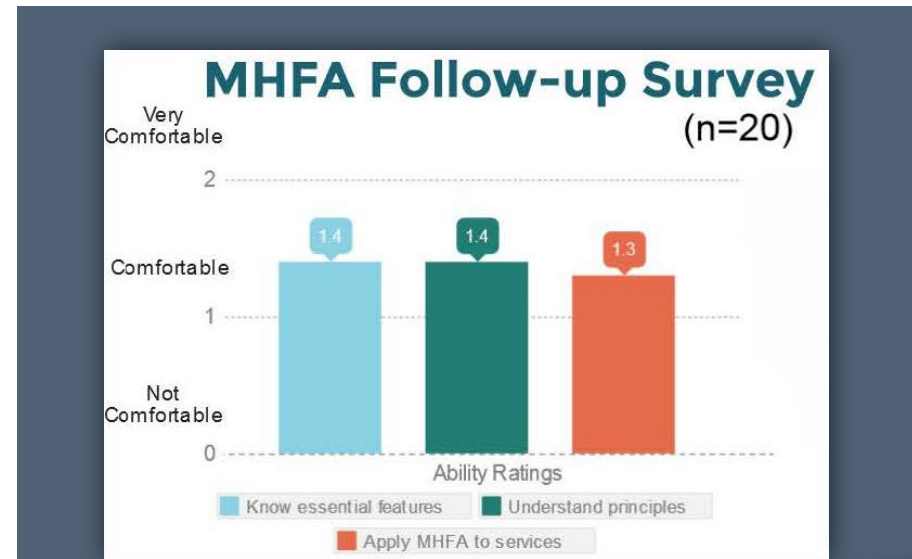





## Confidence Ratings in Applying Principles of MHFA



**Recognize Signs**  
**Identify Resources**  
**Take Action**



Over **150** providers and community members have been trained.



"It was very educational and eye opening."

# Youth Mental Health First Aid Trainings

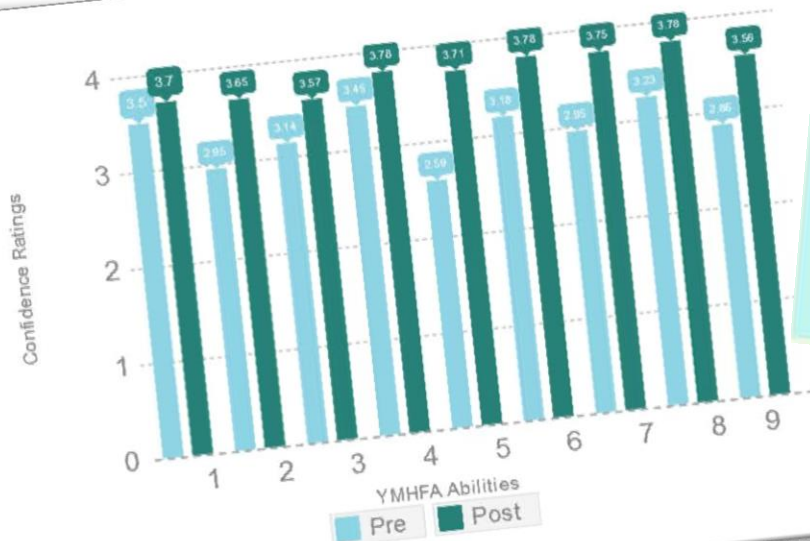


**24** participants included caregivers, foster parents, and youth-serving organizations.

These organizations have served **252** youth to date.

YMHFA is designed to teach caregivers and providers how to help adolescents (ages 12-18) who are experiencing mental health or substance use issues or who are in crisis.

## YMHFA Abilities (Pre and Post)



- 1: Recognize signs of mental health problems
- 2: Reach out to a youth in distress
- 3: Ask a youth if s/he is considering suicide
- 4: Actively listen to a youth in distress
- 5: Offer "first aid" information
- 6: Assist youth to seek help
- 7: Assist youth to connect to supports
- 8: Be aware of own views & feelings
- 9: Recognize & correct own misconceptions

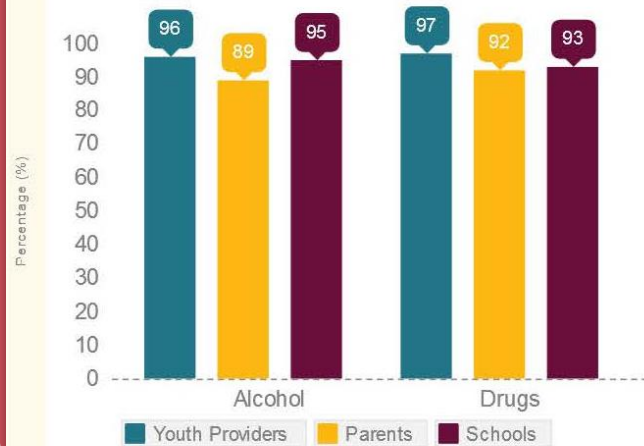


**Local Coordinating Councils (LCCs) of Dearborn, Decatur, Franklin, Ohio, Ripley and Switzerland counties that are committed to reducing underage drinking and substance abuse in their communities.**

# SEL3CT

## Community Surveys

### Teen Access to Alcohol and Drugs



Community members agree that it's easy for teens to access alcohol and drugs.

# SEL3CT

## Community Surveys

### Alcohol & Drug Safety at Home

Alcohol or prescription drugs are tracked to make sure teenagers have not taken any (36%).

Teenagers are instructed not to take any alcohol in the home (41%).

Alcohol or prescription drugs are locked up or in a place where teenagers cannot get it (17%).

Others (4%).

No alcohol is kept in our home (20%).



No special actions taken (9%).

Dangers of drug and alcohol use are discussed with my child (70%).



# SEL3CT

## Community Surveys

### TOP 5 Drugs of Choice

What do you believe to be the top 5 drugs of choice among teens in your community?

