





Impact of mental health on school-age children



What is my role as an educator?



Resources for educators and school staff









Factors Surrounding Mental Health in Students

- According to the CDC, mental health includes children's mental, emotional, and behavioral well-being. It affects how children think, feel, and act. It also plays a role in how children handle stress, relate to others, and make healthy choices.
- What does this look like for a student as part of the instructional day?
- Commonly diagnosed mental health disorders in children include ADD/ADHD, anxiety, behavior problems, and depression.
- How do these manifest themselves?









How Are Academic Success and Mental Health Related?

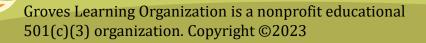


Learning disabilities do not operate in a vacuum. Often, there are co-occurring mental health concerns or other neurodevelopmental disorders present. For example:



- •Children with specific learning disabilities exhibit mental health challenges at a disproportionately higher rate than their same-age peers without learning challenges.
- •70% of students with learning disabilities experience higher anxiety symptoms than students without learning disabilities, with anxiety and reading disorders co-occurring in approximately 1 in 4 students.
- •A similar picture exists for depressive symptoms, as <u>adolescents with</u> <u>depression are more likely to struggle academically</u>, and <u>children with learning disabilities can be 3x more likely to report depressed symptoms</u>.

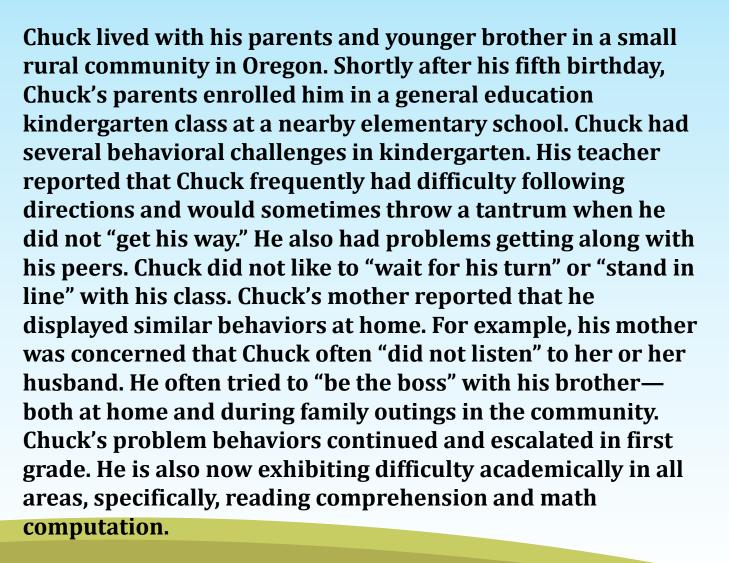
























Juanita lived with her father, mother, and five siblings in a large city in Arizona. She was enrolled in a general education first grade class at her local neighborhood school. Juanita qualified for Title 1 supports, including the free and reducedprice lunch program, but did not receive special education. Juanita's first grade teacher reported that she was an average student academically. The teacher reported that Juanita generally paid attention and tried hard to complete her seatwork and other academic assignments each day. Juanita's reading and math skills were near grade level and similar to those of most of the other students in her class. However, her teacher also reported that Juanita had several behavioral challenges at the beginning of first grade. Her teacher indicated that Juanita shy and timid, often refusing to "stand up for herself" when interacting with her peers. She rarely volunteered to participate in group activities in class or on the playground. Instead, Juanita would often avoid or withdraw from social situations, especially those requiring her to work together with other students.











Supporting Student Mental Health



- Recognizing changes
- Take action

Classroom Environment

- Peer interaction
- Safe space
- Student tools

Other Resources

Where do I go next?









Professional Support

- School counselor
- Intervention Assistance Team
- Referral for 504/Special Education
- Licensed Specialist in School Psychology
- Other Examples







Resources

In the Classroom

- Behavior Logs/Charts
- Goal Setting By Student
- Digital Resources











References

- Data and Statistics on Children's Mental Health |
 CDC
- <u>Microsoft Word Handout 2 Case Studies.docx</u> (ufl.edu)
- NIMH » Digital Shareables on Child and Adolescent Mental Health (nih.gov)
- <u>Supporting Child and Student Social, Emotional,</u>
 <u>Behavioral, and Mental Health Needs (PDF)</u>
- The Connection Between Mental Health and Academic Success (groveslearning.org)













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