

Welcome

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DIRECTOR OF YOUTH SUPPORT PROGRAMS



MHA

Mental Health Advocates

Be Heard. Be Helped. mhawny.org

**Just Tell
ONE.org**





MENTAL HEALTH DISCUSSION GUIDE PROGRAM FOR STUDENTS

**A PEER-TO-PEER
APPROACH TO
MENTAL HEALTH
PREVENTION AND
EARLY
INTERVENTION**



a program of



MHA

Mental Health Advocates



Development Background

- Part of the DSRIP initiated addressing the Medicaid population
- MHA was tasked with developing and managing a *public awareness campaign* to address *attitudes and behaviors* as they related to the mental, emotional and behavioral needs of youth 14-26 within the 8 counties of WNY
- WNY Community Health Needs Assessment study (2014) was used to identify our initial four focus areas
 - Depression
 - Suicide
 - Alcohol abuse
 - Drug abuse
- By focusing on *prevention and early intervention* in a younger demographic, the study showed DSRIP would achieve the best ROI



Development Background

Research

- A mix of qualitative and quantitative methods were employed
- Digital benchmark *surveys* with our target audience, in-depth *interviews* with peer mentors, and *focus groups* with community service providers with representation from the 8 WNY counties
- Results were cross-referenced
- Research directly influenced project's execution



Development Background

Research

“If I had just had someone to talk to.”



Campaign Launched November 2016

It's mission:

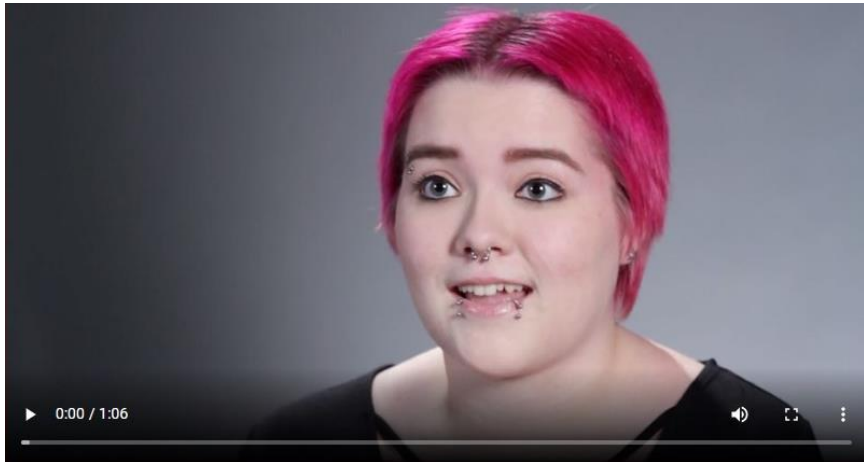
Give youth the tools,
language and confidence
to start the conversation
about their mental or
behavioral health issues.



Campaign Launched November 2016

For six years, the JustTellOne.org awareness campaign has successfully offered:

- Advice for youth seeking help
- Advice for adults giving help
- Self-assessment quizzes
- Peer-to-peer video messages (over **5 million views** to date)
- Downloadable toolkits (in **seven languages**)
- WNY search engine for service providers
- Tools and inspirational messages across multiple social media channels





**HELP START
THE CONVERSATION
ABOUT MENTAL HEALTH
IN YOUR SCHOOL.**

NEW! JT1 DISCUSSION GUIDE
PROGRAM FOR STUDENTS

An extension of the successful peer-to-peer JustTellOne.org campaign, the JT1 Discussion Guide Program utilizes many of the proven assets that have already helped thousands of at-risk youth in the WNY community.

Designed for classrooms and after-school activities, the program covers topics such as:

- › How do emotions affect one's health?
- › How to recognize if you or a friend needs help?
- › How to ask for help?
- › How to deal with negative reactions?
- › What steps to take once you have had that all-important first conversation?



Discussion Guide Program for Students

- Created in 2019 as an extension of the Just Tell One campaign using its many proven assets
- Developed to help youth ages 12-21 learn how to connect with a trusted person, or be that trusted person for someone else
- Learn how to have that first, all-important conversation
- Uses peer videos of young people sharing their stories to encourage conversation



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Discussion Guide Program for Students

The collective trauma of the past two years has only worsened the existing mental health crisis among our youth. This has left many schools and administrators struggling to find ways to meet the increasing mental health need of their students.

The JT1 Discussion Guide Program for Students offers a turnkey solution for teachers to bring this instruction into the classroom.



Discussion Guide Program for Students

The JT1 Discussion Guide Program for Students:

- **Meets the criteria of the New York State Mental Health Education Law**
- **Uses a series of progressive topics to facilitate group discussions**
- **Helps students recognize behavioral and mental health challenges**
- **Helps students connect with a trusted person for support**



Discussion Guide Program for Students

The JT1 Discussion Guide Program for Students can easily complement an existing mental health curriculum, or it can stand on its own. Filled with peer-to-peer video messages, topics include:

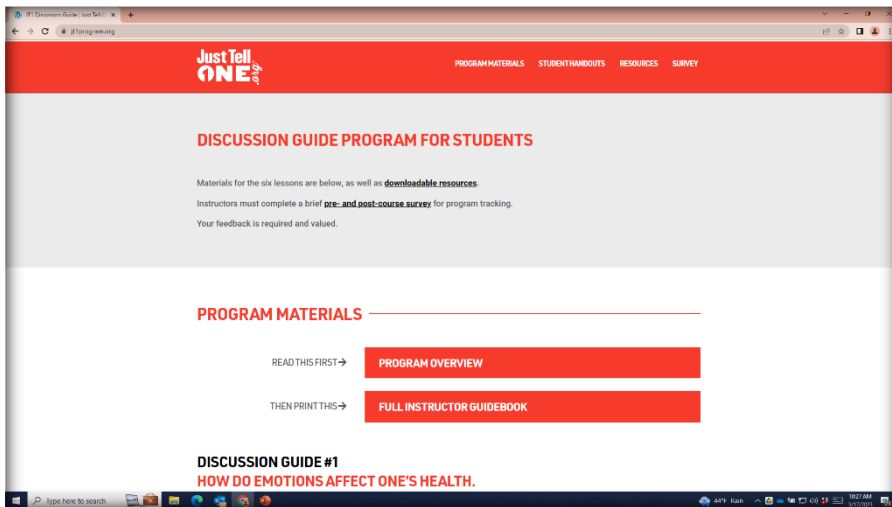
- How do **emotions** affect one's health
- How to choose (or be) a **trusted person**
- How to **recognize** if you or a friend needs help
- How to **ask for help**
- How to deal with **negative reactions**
- What steps to take once you have had that all-important **first conversation**



Discussion Guide Program for Students

Annual subscription-based program

Annual (school year) subscription: \$1500* *per school* includes:



- Password protected **online program** with companion website
- Downloadable easy-to-follow **instructor guidebook**
- Downloadable student **handouts**
- Other related **resources**
- Unlimited number of students

*grants may apply

Optional half-day instructor training or Youth Peer Advocate assistance available: \$500



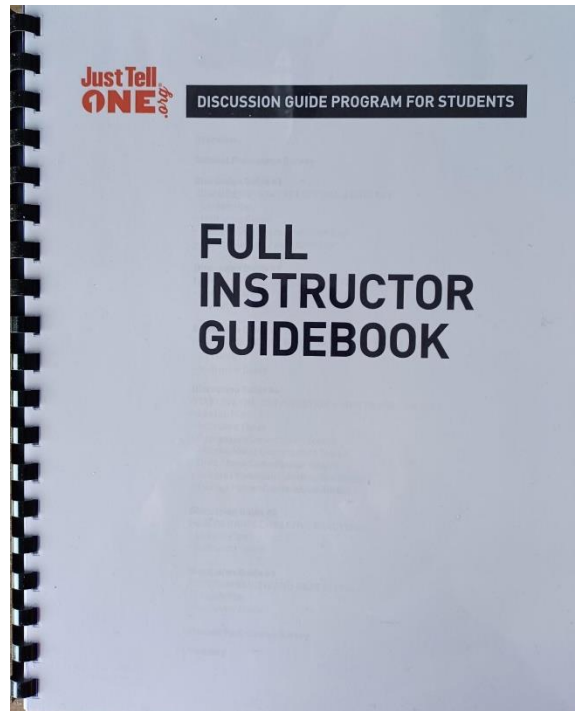
Discussion Guide Program for Students

Annual subscription-based program

Program consists of:

- **Six structured discussion guides**
- Presented in a **progressive order***
- Completed in a **35 minute** period
- Each topic includes a **full lesson plan and script***

**teachers can always adjust the order or modify lessons to meet class needs*

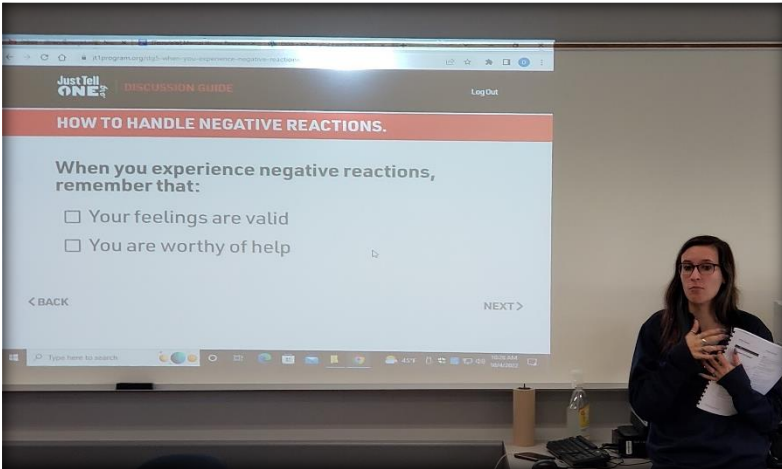




Discussion Guide Program for Students

2022 Program Results

We measured quantifiable changes through a short pre & post course survey using the questions below.



- Are you willing to talk about your emotions? **+11.7%**
- If you felt you had a problem, do you feel you have someone to whom you could talk? **+12.65%**
- Are you willing to help a friend if you noticed they had, or if they came to you, with an emotional or risk-taking behavior? **+3.45%**
- If you or a friend needed help, would you know whom to turn to for help here at school? **+14.75%**

100% of the teachers said they would recommend it to others.

We know people relate best to those who look like them, sound like them, and share similar experiences.

Let the JT1 Discussion Guide Program peer-to-peer message speak to your students. Help them to realize they are not alone. There is help out there. There is always hope.





MENTAL HEALTH DISCUSSION GUIDE PROGRAM FOR STUDENTS

To learn more visit:

- **JustTellOne.org**
- **Order.JustTellOne.org**

For an in-person demonstration of the online platform, contact:

Carol Doggett

cdoggett@mhanwy.org

716.886.1242 x350

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Research proves starting school with strong social and emotional skills sets students up for lifelong success.

BEST is a classroom-based program that helps students in Pre-K through Second Grade develop healthy social and emotional skills.





Mental Health Advocates has been providing school-based education programs **since 1976**, recognizing the importance of early social-emotional skills training.

Many Pre-K students are socially and emotionally **unprepared** for Kindergarten. The BEST program is **proven to increase skills** that enable young students to understand feelings and interact with others in a healthy, socially responsible manner.

The lack of these skills can result in poor academic performance, social isolation, anxiety, and other mental health disorders.



BEST is provided in two formats:

Teaching Kids to Care

- For Pre-Kindergarten
- Features interactive classroom lessons
- Helps children develop the skills they need to make and keep friends, express their feelings appropriately, and behave in the classroom

Too Good for Violence: A Peaceable Place

- An evidence-based program for grades K-2
- Uses cooperative learning, role play, games, small group activities, and class discussions
- Helps students handle emotions, improve interpersonal skills, and reduce aggressive behavior
- Students learn to respect themselves and others
- Learn strategies for dealing with conflict, anger management, solving problems peacefully, and bullying



2021-22 School Year

Students served

3025 Pre-K through Grade 2

Municipalities (98.35% of all services were provided in city or first ring suburb schools)

Buffalo

Cheektowaga

Lackawanna

Niagara Falls

Niagara Wheatfield Tuscarora Indian School



Annual Independent Evaluation

- Conducted by SUNY Buffalo State College **Center for Health and Social Research**
- Provides data analysis of **pre-post student behavior surveys** on each child
- Reports consistently provide statistically significant evidence of the positive impact BEST has upon student behavior



2021-22 School Year Teacher Satisfaction Survey Results

	YES	NO	NOT SURE
Did your students benefit from participation in BEST	100%	0%	0%
Did we treat you well?	100%	0%	0%
Did we help you?	100%	0%	0%
Would you like the program next year?	100%	0%	0%
Did you use the teacher follow-up ideas/activities?	100%	0%	0%
Did you learn anything new about social-emotional development and/or your students?	100%	0%	0%
Overall, did you observe improved interaction since BEST Program Participation?			
Student to student:	100%	0%	0%
Student to Teacher:	96%	0%	4%
Student to other school personnel:	80%	0%	20%
Overall, did you experience improved classroom environment (i.e., fewer disruptions to lessons, fewer behavioral outbursts)	96%	0%	4%



Program Costs

- The program averages \$65 per student per year.
- Grant funding may be available.
- Both programs have been adapted for distance learning

To bring the BEST program to your school contact:

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Thank You.



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