



# Mental Health Education

## Mission

1N5 is a Cincinnati-based non-profit organization dedicated to transforming mental health. We promote optimal mental health for all through education, awareness and stigma reduction so that people and communities can flourish.

## Our Pillars

We work towards a vision of a community with optimal mental health for all through five strategic pillars, which include:

Stigma  
Reduction

Community  
Engagement

Policy and  
Advocacy

Programming  
and Education

Measurement  
and Data



## How We Work With Schools

We believe that each school has a unique culture so there is not a one-size-fits all solution for mental health needs. To support each school's unique needs we:

1. Complete a needs assessment that includes administrators, staff, students, and parents
2. Create a customized, long term strategic plan pulling from our comprehensive list of evidence-based programs that include prevention, intervention, and postvention programs
3. Ensure proper mental health professional supports are in place prior

By facilitating the needs assessment, program selection, and appropriate supports, 1N5 simplifies the process for schools to choose effective programming that is developmentally appropriate and the best fit for students and staff. As a result, more students, staff, and parents are educated on mental illness and mental health resulting in students receiving the mental health support they need.



# Mental Health Facts

**113%**

Increase in psychiatry outpatient visits at Cincinnati Children's Hospital since 2011

**12%**

Of Cincinnati youth 18 and under population underwent an emergency department mental health assessment at Cincinnati Children's Hospital

**75%**

Increase in inpatient bed days at Cincinnati Children's Hospital since 2011

Suicide is the 2<sup>nd</sup> leading cause of death in youth ages 10-24

**2nd**



10.2 million adults have co-occurring mental health issues & addiction disorder



**1 in 5** adults and teens experience a mental illness in a given year

**20%**

of youth live with a mental illness



Serious illness cost us 193.2 billion a year in lost wages



Depression is the leading cause of disability worldwide

**50%**

Of all lifetime cases of mental illness begin by age of 14 and **75%** by age 24.

**+11**

Those that participated in Social Emotional Learning programs showed an **11 percentile-point** gain in academic achievement

**90%**

Of those who die by suicide have an underlying mental illness

**18.2%**

Of adults live with an anxiety disorder

## Signs and Symptoms:

- Excessive worry or anxiety
- Extreme mood changes, including uncontrollable "highs" or feelings of euphoria
- Difficulty perceiving reality
- Inability to carry out daily activities or handle daily problems
- Contemplating or thinking about suicide
- Out of control, risk taking behaviors that can cause self harm to self or others

## Action Steps:

- Set time aside with no distractions
- Let them share as much or as little as they want
- Don't try to diagnose or second guess their feelings
- Keep questions open ended
- Talk about wellbeing
- Listen carefully to what they tell you
- Offer them help in seeking professional support
- Know your limits

