

Children's Mental Health Awareness Day

2017 - 2019

National Children's Mental Health Awareness Day seeks to raise awareness about the importance of children's mental and social emotional health, reduce stigma for mental health, and show that positive mental health is essential to a child's healthy development from birth.

2017

Creating Mindfulness

550+ Elkhart Community Schools children, teachers, and parents learned about mindfulness, the benefits of emotional regulation and simple, brief activities that promoted mental health.

In the classroom...

- Students in 19 second and third grade classroom read the book, "Peaceful Piggy Meditation."
- Students discussed how mindfulness can positively impact feelings, thoughts, and behaviors.
- Students and teachers created "mind jars" to use in mindfulness activities.
- Teachers reported that these exercises help students focus in the classroom.

In the community...

- The SOURCE led a 1-minute mindfulness activity and provided a mindfulness infographic on Kids' Day at the Elkhart County 4-H Fair.

2018

Building Resilience

428 students and 12 social workers learned about how students can deal with difficult times and discussed strategies for students to help themselves and others.

Students...

- Sasha Mudlaff, co-author of the book "A Terrible Thing Happened," spoke to third and fourth graders in four Elkhart Community Schools.
- Students were engaged in an interactive presentation in which they shared ideas on how to let out their feelings in healthy ways and identify safe adults.

Social workers...

- Mudlaff met with local school social workers to assist in better recognizing students who may be experiencing grief and trauma.

2019

Suicide Prevention: Strategies that Work

126 youths, parents, and community members attended the presentation by Olympic swimmer Allison Schmitt.

The event...

- Schmitt shared about her life experiences, including her struggle with depression and how she sought treatment.
- Attendees received a suicide prevention resource sheet and a handout on "What Parents Can Do" to support their children's mental health.

Social media...

- 29,000+ community members were reached by posting resources daily throughout the week leading up to the event.

COMMUNITY FEEDBACK: WHAT DID YOU LEARN?

"I appreciate the resources provided to help address trauma. I also like the education on language to use when discussing grief and trauma with children and families."
-Social Worker

"You can share your feelings with someone you can trust."
-Student

"That other people have things going on, too."
-Student

"Reviewing that trauma can/will resurface as a child/person goes through life changes/stages of development."
-Social Worker