

STUDENT MENTAL HEALTH: ANXIETY AND THE STUDENT WELLNESS PROGRAM

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STUDENT **W**ELLNESS **P**ROGRAM



Anxiety has become an interchangeable term: Anxiety disorder v. anxious feelings



Difficult emotions are okay



Childhood is a time of new emotions- Hard to put words to



Our anxiety clouds us: we want to save

EMOTIONS VS. MENTAL HEALTH CONCERNS

A group of children are running happily through a grassy field. They are wearing backpacks and some have hoods up. The background shows trees and a bright sky. The image is overlaid with a semi-transparent grey layer where the text is placed.

Prevention of an Anxious Generation

Experience Successes and Failures

Limit Screen Time/ Access to Devices

Allow for time without adult supervision

Get into nature

Sleepovers/ Sleep Away Experiences

Create Child Friendly Neighborhoods

Talk about difficult things/ Listen to their thoughts

Acknowledge your own anxiousness

What do we do if our child is Anxious?

Encourage conversation (Family/ Safe Adults)

Acknowledge the challenge and the feelings

Use coping skills to calm down but to also work toward solutions

Acknowledge your own anxiousness

Seek help if needed

What do we do if we are worried about an Anxiety Disorder?

Seek professional support (Counselors: Julie Herrmann,
Lauren Turner Mental Health Specialist: Rachael
Johnson)

The Student Wellness Program

Encourage Conversation

Acknowledge the challenge and the
feelings

Acknowledge your own anxiousness

HOW DO WE KNOW?

DRASTIC AND SUSTAINED CHANGE

- YOU KNOW YOUR CHILD
- FEARFUL OF THINGS THEY HAVE NOT BEEN FEARFUL OF IN THE PAST/ AVOIDANCE
- CHANGE IN EATING AND SLEEP PATTERNS
- INCREASED IRRITABILITY
- TROUBLE TURNING THEIR BRAIN OFF/ ALWAYS ON EDGE
- COMPLAINING OF PHYSICAL SYMPTOMS (HEADACHES, STOMACHACHES, MUSCLE TENSION)
- SELF-HARMING/SUICIDAL IDEATION
- OTHER UNHEALTHY COPING MECHANISMS
- THE STUDENT WELLNESS PROGRAM



Crisis Response vs. Prevention/ Early Detection

Crisis Response

Intervention comes in response to a crisis

Intervention is seen only for those in crisis

Need for Intervention is immediate

We believe that mental wellness is only affected by crisis moments

Prevention/ Early Detection

50% percent of all lifetime mental illness begins by age 14, and 75% by age 24

Changes the conversation around mental health

The system is not in constant crisis response mode

Acknowledge that mental health is important no matter the degree

ONE SOLUTION



STUDENT

WELLNESS

PROGRAM

The goal of Mental Health America's Student Wellness Program (SWP) is to enhance every young person's learning and living by offering students, families, and schools' insight, language, knowledge, and support in understanding the necessity of and need for mental health in a child's education.

SWP IMPLEMENTATION

Identify

5th Grade Students complete a 10-15 minute questionnaire about their thoughts, feelings, and behaviors, including symptoms of depression and anxiety, suicidal thinking and behavior, self-harm, attention-related concerns and disruptive behavior, and use of drugs and alcohol.

Support

Students whose answers reveal a potential concern and students who ask for help will meet with a trained mental health professional in private to determine if a further evaluation would be helpful.

Connect

Parents of guardians are contacted by SWP staff to discuss their student's screening results and discuss options to obtain support (such as counseling), and help make those connections.

What You Can Expect

- We will meet with 5th-grade students between **April 14-16**.
- Reminder email a few days before- talk to your student about being signed up
- Students will take the screening tool on their Chromebook in groups no larger than 10.
- Regardless of screening results, you will hear from us.
- We will meet with students who screen positive for a one-on-one conversation.
- Schedule a time to meet with the parent/guardian to share the results.
- Offer recommendations for next steps, including referral, release of information for the school counselor, middle school counseling team, etc.
- Continued check-ins until connections have been made.



IMPACT

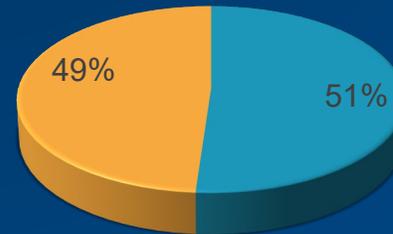
2023/2024 School Year



STUDENT **W**ELLNESS **P**ROGRAM

614 STUDENTS

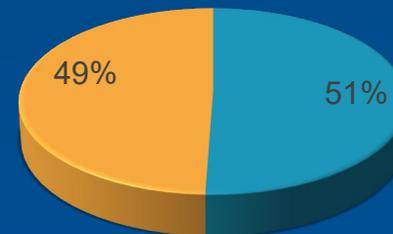
Parkway Schools received mental health screenings 2023/24



51% (314) were identified as needing mental health support

261 Parkway 5th Graders

received mental health screenings in 2023/24



51% (132) have been identified as needing mental health support



IMPACT

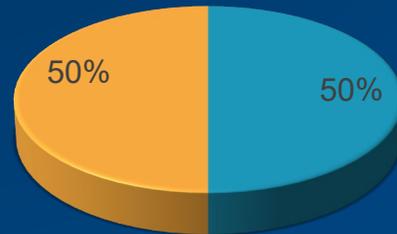
2023/2024 School Year



STUDENT **W**ELLNESS **P**ROGRAM

18 HENRY STUDENTS

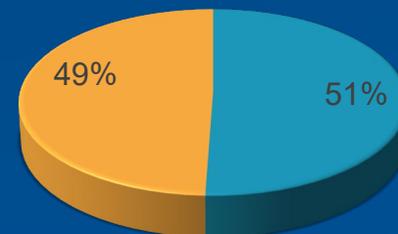
received mental health screenings
2023/24



50% (9) were
identified as needing
mental health support

261 Parkway 5th Graders

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in 2023/24



51% (132) have been
identified as needing
mental health support



Registration is Open!

SWP will be at Henry
April 14-16, 2025



2024/2025 School Year



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THANK YOU

WE ARE WORKING TO
ENHANCE EVERY STUDENT'S
LEARNING AND LIVING.

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