

Prioritizing Our Students' Mental Health in Schools in Pursuit of Equity

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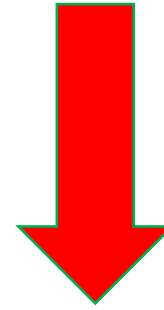


Success =

**Clear understanding
of actions we can
take to prioritize
our students'
mental health**



What do I mean when I use the term, "mental health"?



Mental health is a state of mental well-being that enables people to cope with the stresses of life, realize their abilities, learn well and work well, and contribute to their community...[it] underpins our...abilities to make decisions, build relationships and shape the world we live in...and it is crucial to personal, community and socio-economic development.

(World Health Organization, n.d.)

**What is
educational
equity?**



Every child receives what they need to develop to their full academic and social potential...by removing predictability of success or failure correlating with any social or cultural factor

(National Equity Project, n.d.)

**What is mental &
behavioral health
equity?**



Right to access quality health care for all populations regardless of...race, ethnicity, gender, SES, sexual orientation or geographic location..[and] includes access to prevention, treatment, and recovery services for mental and substance use disorders

(SAMHSA, n.d.)

**Why do I need
to know this?**

Depression

Anxiety



Some trends for your consideration from the CDC



- ✓ Approximately 15% of children from 3-17 had diagnosed anxiety and/or depression between 2016-2019 (8.5 million children)
- ✓ When considering relationship between depression & suicide, adolescents in 2018-2019 reported that in the past year:
 - ✓ 15.1% had a major depressive episode
 - ✓ 36.7% had persistent feelings of sadness or hopelessness
 - ✓ 18.8% seriously considered attempting suicide
 - ✓ 15.7% made a suicide plan
 - ✓ 8.9% attempted suicide
 - ✓ 2.5% made a suicide attempt requiring medical treatment.

Next Steps



Three action steps to prioritize your students' mental health



[Assess your school climate](#)

- ✓ In your small groups, document the most valuable assets in and qualities of your school or district
- ✓ The hyperlink above takes you to the National Center on Safe Supportive Learning Environments, which compiles valid and reliable school climate surveys
- ✓ Unfortunately, the NJ Performance Report's metrics for Climate and Environment include "School Day", "Absenteeism", "HIB", "Violence & Vandalism", and other challenges

Three action steps to prioritize your students' mental health

[Engage your school counselors](#)

- ✓ In your small groups, document how your school counselors support school wide mental health awareness activities
- ✓ The hyperlink above takes you to the American School Counselor Association (ASCA) resource outlining the role of the professional school counselor
- ✓ I am also including resources from:
 - ✓ The [NJ School Counselor Association](#)
 - ✓ [NJ MTSS](#) Resources for thought about how school counselors can engage students in Tier 1 level support for mental health awareness and advocacy
 - ✓ The [NJDoE and NJDCF Mental Health Guide](#) to inform your work in this area



Three action steps to prioritize your students' mental health

[Engage your parents/guardians](#)

- ✓ In your small groups, document the ways your schools facilitate parent engagement
- ✓ The hyperlink above takes you to the NJ Statewide Parent Advocacy Network's (SPAN) website to identify SEPAGs throughout the state
- ✓ I am also including resources from:
 - ✓ The [Centers for Disease Control & Prevention on Parent Engagement in Schools](#)
 - ✓ Information from the [National Responsible Fatherhood Clearing House](#) with recommendations on engaging fathers





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Let's Stay Connected!



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here, too)

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SCAN ME

JOIN DR. MICHAEL HANNON

**READING & BOOK
SIGNING EVENT**

*Black Fathering & Mental
Health*

REGISTER TODAY

Saturday, October 8, 2022 | 2-4 PM
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Free Admission. Registration Required.
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