

OHIO - Public Health and Mental Health Integration

The Ohio Department of Mental Health, 2009-2011 Strategic Plan includes a priority Goal to improve clinical quality & effectiveness throughout the state by integrating mental and other physical (somatic) healthcare.

Early Childhood Mental Health Consultation

- For the past 9 years, ODMH has promoted healthy social and emotional development of young children birth to age six through sponsoring Early Mental Health Consultation in early care and education setting– with a focus on ensuring that young children thrive and increases their readiness for school and later school success by addressing their behavioral health care needs
- In fiscal year 2008, ECMH consultants were called to early care and education settings to provide services to families and staff for 1475 children under the age of 6, at risk of expulsion from an early childhood setting for behavioral issues. Approximately 92% of those who received consultation services, were able to be maintained in the setting.

Link to ECMH Consultation FY 2008 report:

<http://b9962ed140049a571a710839f1f71c989aaf09ce.gripelements.com/pdf/what-we-do/provide/children-youth-families/sfy2008-early-childhood-mh-consultation-program-report.pdf>

RED FLAGS

Red Flags is a comprehensive depression education program for middle schools, supported by ODMH in partnership with the Ohio Dept of Education and participating local schools. This universal prevention program involves the entire school community – students, school and parents. It reduces stigma, and improves school climate. Red Flags provides information regarding mental illnesses in children, and as importantly, it promotes the development of appropriate coping mechanisms including accessing help.

Students learn how to recognize their feelings and act on the information they have received in the classroom.

One of the most satisfying results of Red Flags is that children learn to go to an adult with a problem. The operative concept in Red Flags is act when a child begins to exhibit problem behavior.

www.redflags.org

MENTAL HEALTH CHECK-UPS

The Ohio Suicide Prevention Foundation is supported by ODMH to address the lifespan for suicide prevention activities. For the school-age population, the Foundation sponsors the Ohio Mental Health Check-ups Model, adopted from the best practice program, Columbia University's TeenScreen. Ohio has also utilized a modified version of Mental Health America's evidenced based Signs of Suicide Program (SOS).

Currently, Ohio leads the nation in mental health screening sites for TeenScreen (105 sites), primarily in schools, and also hosts 12 SOS (Signs of Suicide) school-based sites.

www.ohiospf.org

OHIO MENTAL HEALTH NETWORK FOR SCHOOL SUCCESS

The Ohio Mental Health Network for School Success, sponsored by ODMH, and supported by the Ohio Dept of Education, has been in existence since 2001.

The Network is led by family members, school mental health providers and university partners, and convened by the Miami University Center for School-based Mental Health Programs. The Network is actively working to help Ohio's schools, community-based agencies and families work together to achieve improved educational and developmental outcomes for ALL children --- especially those at emotional or behavioral risk and those with mental health problems.

www.omhnss.org

*** RESILIENCY ***

Resiliency is an inner capacity that when nurtured, facilitated, and supported by others-empowers children, youth and families to successfully meet life's challenges with a sense of self-determination, mastery, hope, and well-being.

Resiliency is an EXPECTATION and not an exception for youth with significant emotional and/or behavioral challenges.

ODMH is sponsoring an active and innovative workgroup of youth and family members to define and promote what RESILIENCY means for them, to share with others to help raise the awareness of the power of this inner strength for our children, youth and families. In the words of a youth member:

“Resiliency is knowing when you are falling, and knowing how to catch yourself.”