

STUDENT MENTAL HEALTH SUMMIT

October 8, 2019



Michigan Association of
Secondary School Principals



This event seeks to provide a unique opportunity for building principals, counselors, student leadership advisers and student leaders to come together to discuss and seek solutions for student mental health concerns impacting our schools.

KEYNOTES:

- Student Mental Health Trends by the numbers
- Addiction: alcohol/drugs, prescription medication, tobacco and vaping
- Depression and suicidal tendencies
- Trauma informed schools

BREAKOUT TOPICS:

A call for presentations will go out seeking schools with programming in place to share their best practice on the following topics:

- Community Resources & Support Networks
- Stress Release, Mindfulness and School/life Balance
- Effects of Digital Media
- Supporting Students with Chronic Health Issues
- Supporting Students with a Mental Illness Diagnosis
- Depression/Anxiety
- Suicide Awareness and Responsiveness
- Trauma Informed Schools/ACES programming
- Addiction: Indicators and Prevention

For more information on the Student Mental Health Summit, [click here](#).

WHO SHOULD ATTEND?

A team from each school inclusive of: Principal, Counselor, Student Leadership Adviser and 3-5 student leaders.

Discounted pricing will be provided for teams!

Seeking presentations from schools with established and successful programming on student mental health related topics. For more information and to submit, visit <http://bit.ly/2lkFkAC>.

What the Numbers Indicate

FACT:

Suicide is the 3rd leading cause of death in youth ages 10-24.



20%

20% of youth ages 13-18 live with a mental health condition.



11%

11% of youth have a mood disorder.



8%

8% of youth have an anxiety disorder.



50% of all lifetime cases of mental illness begin by age 14 and 75% by age 24.

37% of students with a mental health condition age 14 and older drop out of school - the highest dropout rate of any disability group.



This textbox cites statistics provided by the National Institute of Mental Health. www.nimh.nih.gov

- Thank you to our event sponsors -

