The Integration of Mental Health in a Community-Based Service Learning Program

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19130 Zip Code Project

- Health Center without Walls
- Funded by the Independence Foundation
- Developed community partnerships
- 6000+ contacts yearly
- Health Promotion/Disease Prevention Interventions
19130 Zip Code Project Faculty
Health Promotion Activities

• Screenings
• Nutrition Education
• Heart Disease
• Smoking Cessation
• Sexual Health
• Physical Exercise
19130 Zip Code Project

Shift to Mental Health - 2015
Adverse Childhood Experiences (ACEs)

- Development with faculty
- Integration into the curriculum
- Didactic and clinical
- Re-focus understanding of perception
Lifespan Impacts of ACEs

Critical & Sensitive Developmental Periods

Adverse Childhood Experience
MORE CATEGORIES – GREATER IMPACT
Physical Abuse, Sexual Abuse
Emotional Abuse, Neglect
Witnessing Domestic Violence
Depression/Mental Illness in Home
Incarcerated Family Member
Substance Abuse in Home
Loss of a Parent

Genetics
Experience triggers gene expression (Epigenetics)

Brain Development
Electrical, Chemical, Cellular Mass

Adaptation
Hard-Wired Into Biology

Chronic Disease
Psychiatric Disorders
Impaired Cognition
Work/School Attendance, Behavior, Performance
Obesity
Alcohol, Tobacco, Drugs
Risky Sex
Crime
Poverty

Intergenerational Transmission, Disparity

Source: Family Policy Council, 2012
Adverse Childhood Experiences and Toxic Stress

https://binged.it/2QUTHwI
Mental Health + Social Determinants of Health

- Collaboration with NNCC
- Faculty development
- Student development
- Recognition of barriers to health care
NNCC Collaboration

• Medical Legal Partnership
• History of FQHC in housing projects
• History of housing projects
• Disparities in health care
• Innovations with nurse managed interventions
Mandatory Mental Health

- Increased awareness of the effects of trauma on children
- Increase in teen suicide and attempted suicide (CDC)
- Increase in school shooting
- Recognition that optimal mental health requires mental health education
Core Curriculum Elements for Mental Health Education in New York

1. The concept of wellness including self-care and personal responsibility for one's own mental health
2. The concept of mental health as an integral part of health
3. The recognition of the signs and symptoms of developing mental health problems
4. Instruction in the awareness and management of mental health crises such as the risk of suicide
5. The relationship between mental health, substance use, and other negative coping behaviors
6. The negative impact of stigma and cultural attitudes toward mental illness on treatment
7. The concept of recovery from mental illness
8. The implications of risk factors, protective factors and resiliency on wellness, mental health & recovery
9. Instruction in identifying appropriate professionals, services and family/social supports for treating and maintaining recovery from mental illness
Virginia Law: Board of Education in collaboration with Mental Health Experts

“Such health instruction shall incorporate standards that recognize the multiple dimensions of health by including mental health and the relationship of physical and mental health so as to enhance student understanding, attitudes, and behavior that promote health, well-being, and human dignity,” the law reads.

Retrieved from: 
https://www.huffingtonpost.com/entry/new-york-virginia-mental-health-education-laws_us_5b3a7a5de4b09e4a88b26293a
Mental Health Across the Lifespan
Sesame Street in Communities

https://sesamestreetincommunities.org/
Exploring Big Feelings (ages 2-6)

https://sesamестreetincommunities.org/activities/explorer- big-feelings/
Breathe.....

https://sesamestreetincommunities.org/topics/traumatic-experiences/?activity=breathe-bundle
Elementary School Mental Health Education

- Recognition of medication vs. poison
- Recognition of prescribed medication to address a problem
- Recognition of substance abuse
- Age appropriate discussions
Movie: Inside Out

• Getting to know my emotions
• Express yourself
• Mental health and its impact on well being

Inside Out

https://binged.it/2AfoHSm
Middle School Mental Health Education

- Guiding good choices
- Life skills and social skills
- Building self-esteem, personal responsibility, communication, decision making, and resisting social influences
- Preventing the use of alcohol, tobacco, marijuana, and inhalants
- Promotion of emotional health
- Mindfulness and breathing
- Resilience and grit

Substance Use issues in Middle School Students

• 11.7% of 8th graders smoked pot in the last year
• 6.5% of 8th graders smoked pot in the last month
• 1.1% of 8th graders smoke pot on a daily or near-daily basis
• 36.9% of 8th graders say it would be easy to get marijuana
• 42% of 8th graders don’t believe that regular marijuana use is harmful
Substance Use Disorder Awareness
Mental Health Education in High School Students

- Substance use screening and education
- Depression and anxiety
- Resilience and grit
- Social media

• Active Minds
Anxiety and Depression

- Resiliency training
- Functioning
- Decreasing stigma
- Suicidal ideation
- Mindfulness

- Exercise
- Essential oils
- Journaling
- Asking for help
Social Media and Mental Health
Outcomes with Trauma Improved Approach

Attendance – Behavior – Academic Performance

https://binged.it/2AfKARz
Depression Screening
National Institute of Mental Health Resources
Walking for Wellness

- Cognitive screening- MMSE
- Depression Screening – Geriatric Depression Tool (GDS)
- 12 week program
- Measured cognition and mood before and after using standardized tools
- Incentives to participate
Walking for Wellness
What do you think?

• https://play.kahoot.it/#/k/3baa2b1a-7a62-4019-9858-3997bbbc003d
“Depression is a flaw in chemistry, not character.”
-Unknown

Thank You