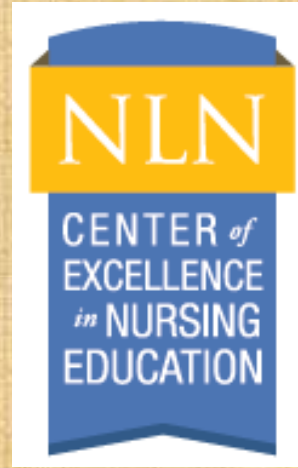


The Integration of Mental Health in a Community-Based Service Learning Program

Lauren Tavolaro-Ryley, PMHCNS-BC, MSN

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

Independence
*f*oundation



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Health Promotion Activities

- Screenings
- Nutrition Education
- Heart Disease
- Smoking Cessation
- Sexual Health
- Physical Exercise

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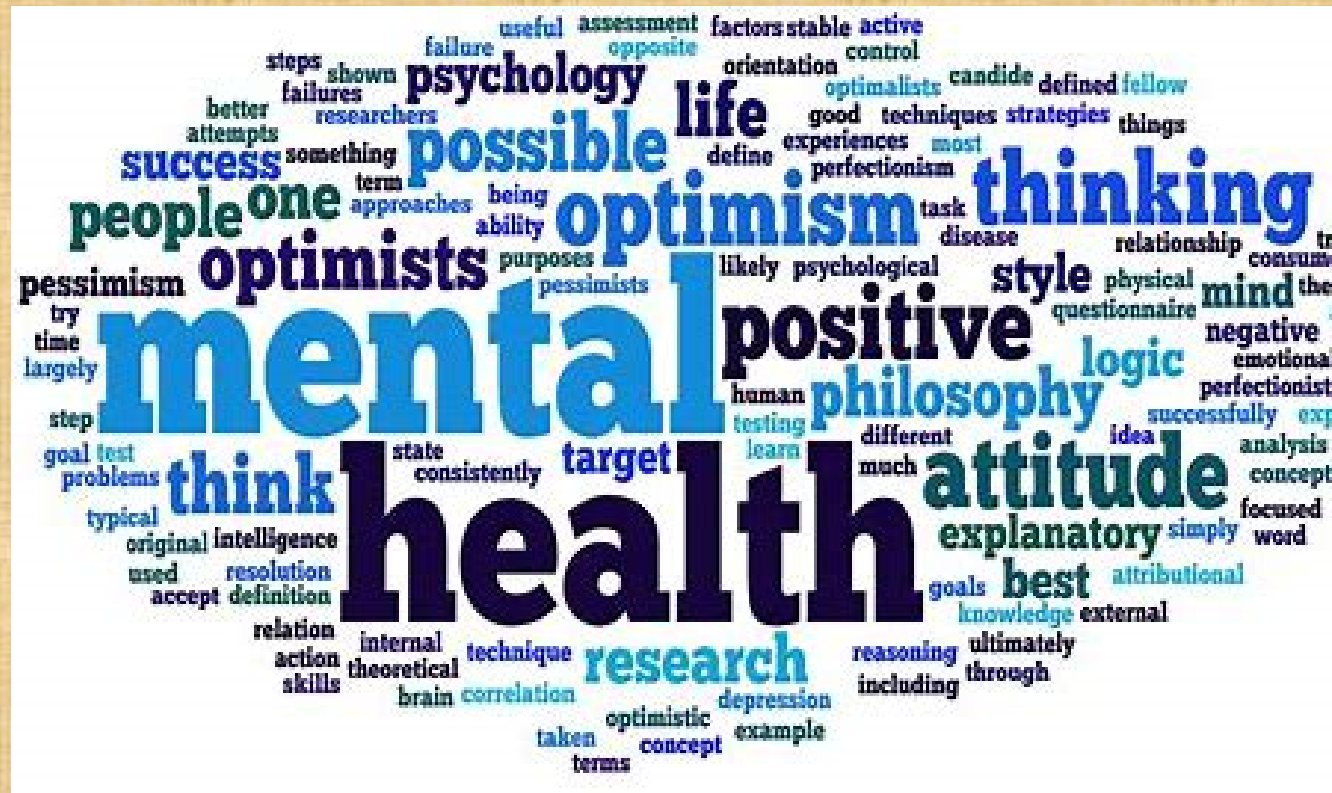
NLN

CENTER of
EXCELLENCE
in NURSING
EDUCATION

19130 Zip Code Project

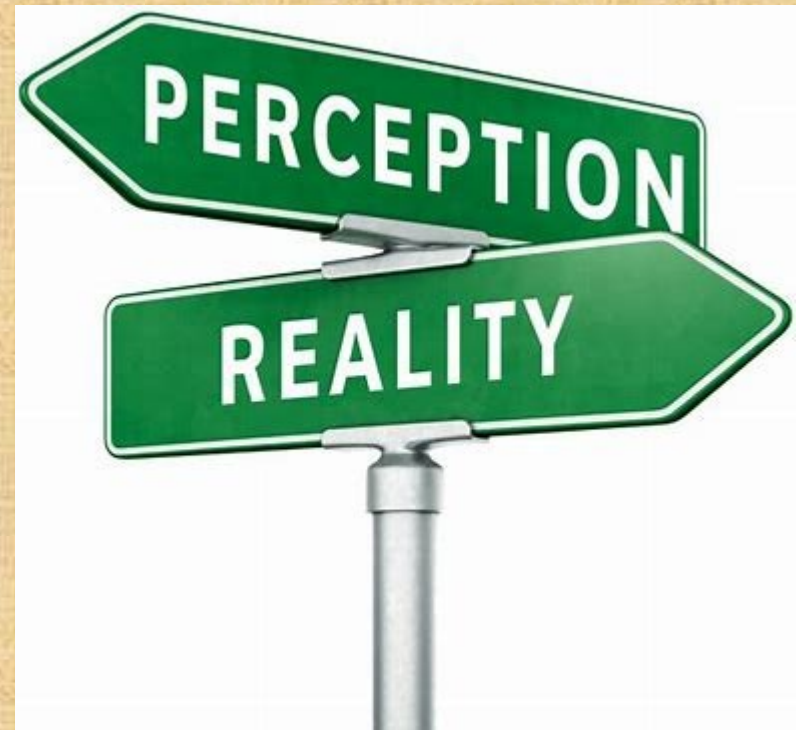


Shift to Mental Health - 2015

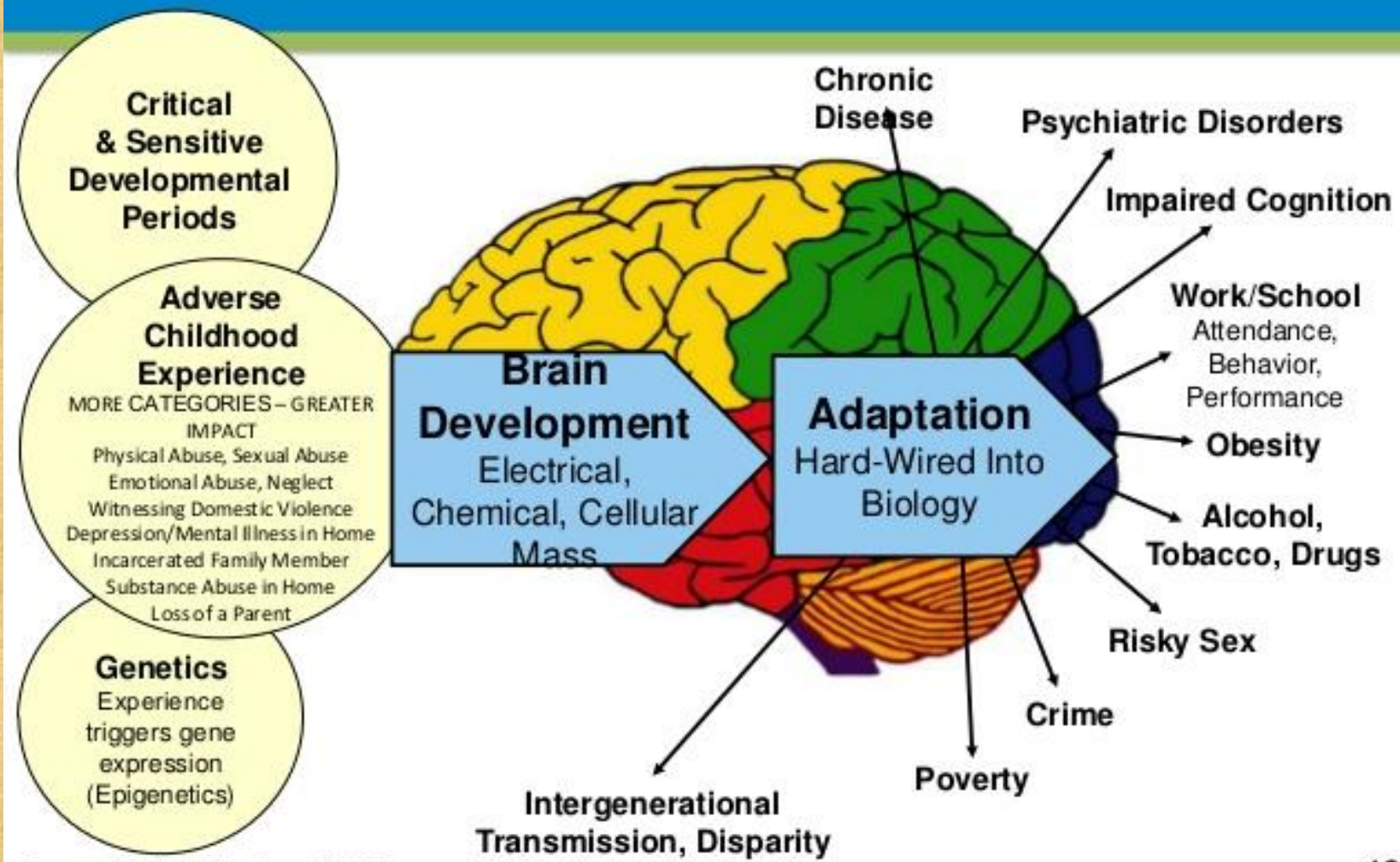


Adverse Childhood Experiences (ACEs)

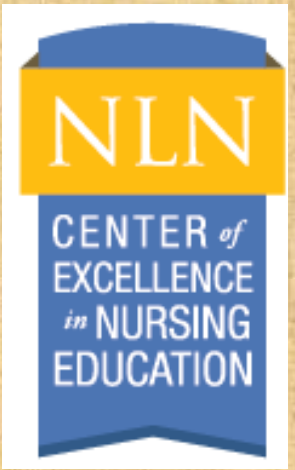
- Development with faculty
- Integration into the curriculum
- Didactic and clinical
- Re-focus understanding of perception



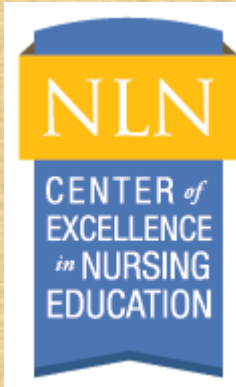
Lifespan Impacts of ACEs



Source: Family Policy Council, 2012



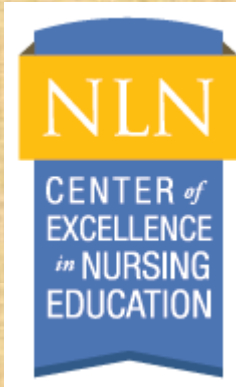
Adverse Childhood Experiences and Toxic Stress



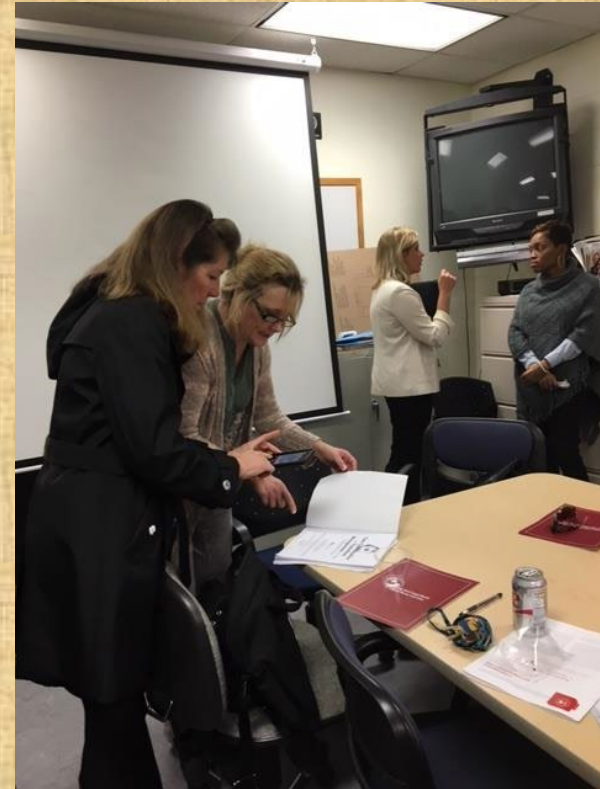
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<https://binged.it/2QUTHwl>

Mental Health Social Determinants of Health

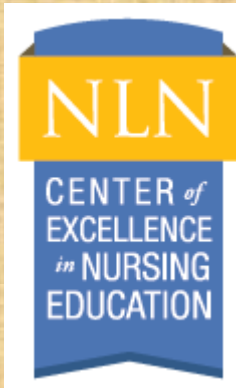


- Collaboration with NNCC
- Faculty development
- Student development
- Recognition of barriers to health care



NNCC Collaboration

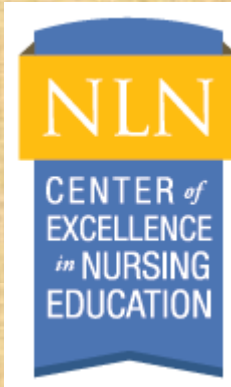
- Medical Legal Partnership
- History of FQHC in housing projects
- History of housing projects
- Disparities in health care
- Innovations with nurse managed interventions



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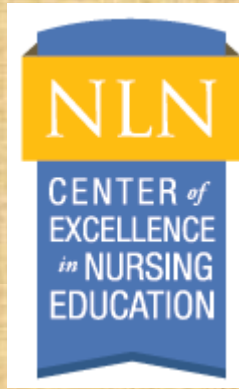


Mandatory Mental Health



- 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

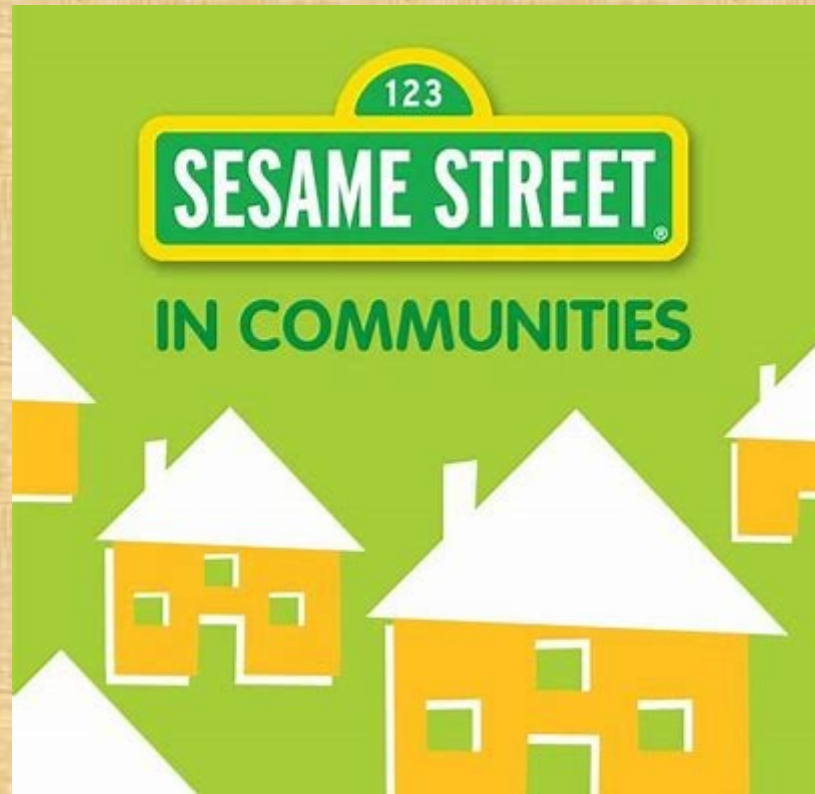
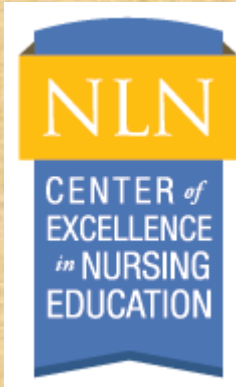


“Such health instruction shall incorporate standards that recognize the multiple dimensions of health by including mental health and the relationship of physical and mental health so as to enhance student understanding, attitudes, and behavior that promote health, well-being, and human dignity,” the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

Mental Health Across the Lifespan



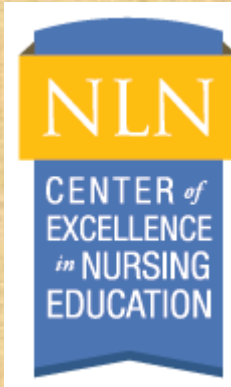
Sesame Street in Communities



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<https://sesamestreetincommunities.org/>

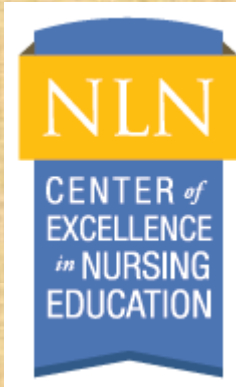
Exploring Big Feelings (ages 2-6)



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<https://sesamestreetincommunities.org/activities/exploring-big-feelings/>

Breathe.....



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<https://sesamestreetincommunities.org/topics/traumatic-experiences/?activity=breathe-bundle>

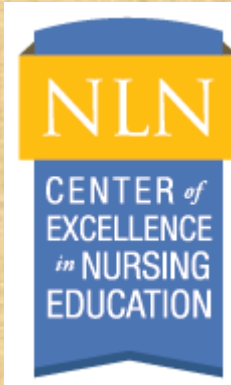
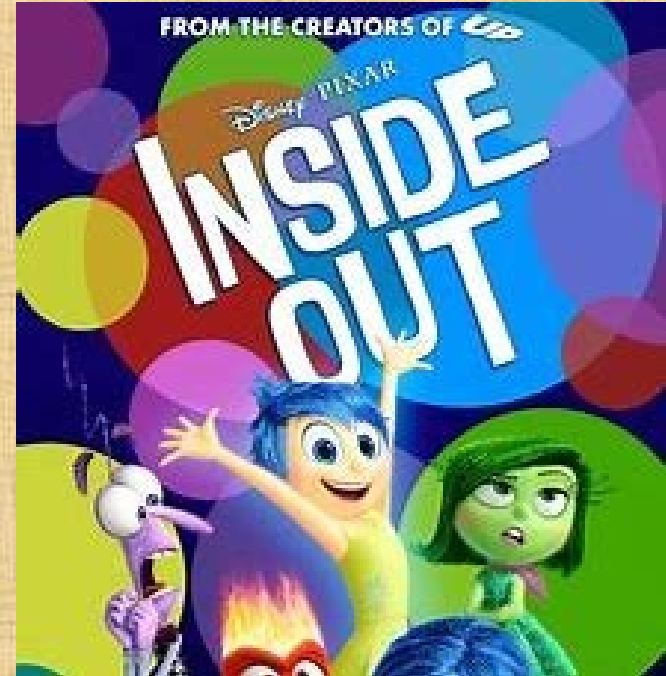
Elementary School Mental Health Education

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



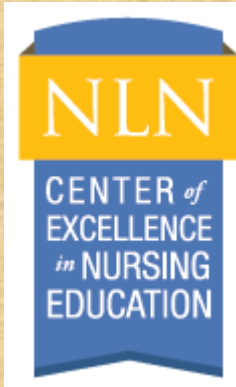
Movie: Inside Out

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



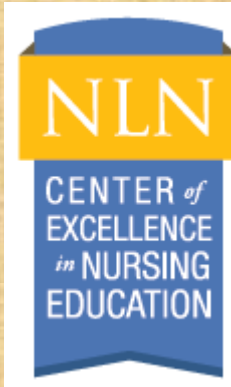
<https://www.teacherspayteachers.com/Product/Express-Yourself-Inside-Out-of-Emotional-Mental-Health-Three-Worksheets-2221584w>
[my emotions](#)

Inside Out



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<https://binged.it/2AfoHSm>



Middle School Mental Health Education

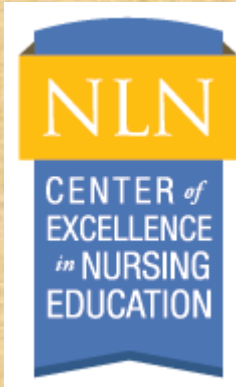
- Guiding good choices
- Life skills and social skills
- Building self-esteem, personal responsibility, communication, decision making, and resisting social influences
- Preventing the use of alcohol, tobacco, marijuana, and inhalants
- Promotion of emotional health
- Mindfulness and breathing
- Resilience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



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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

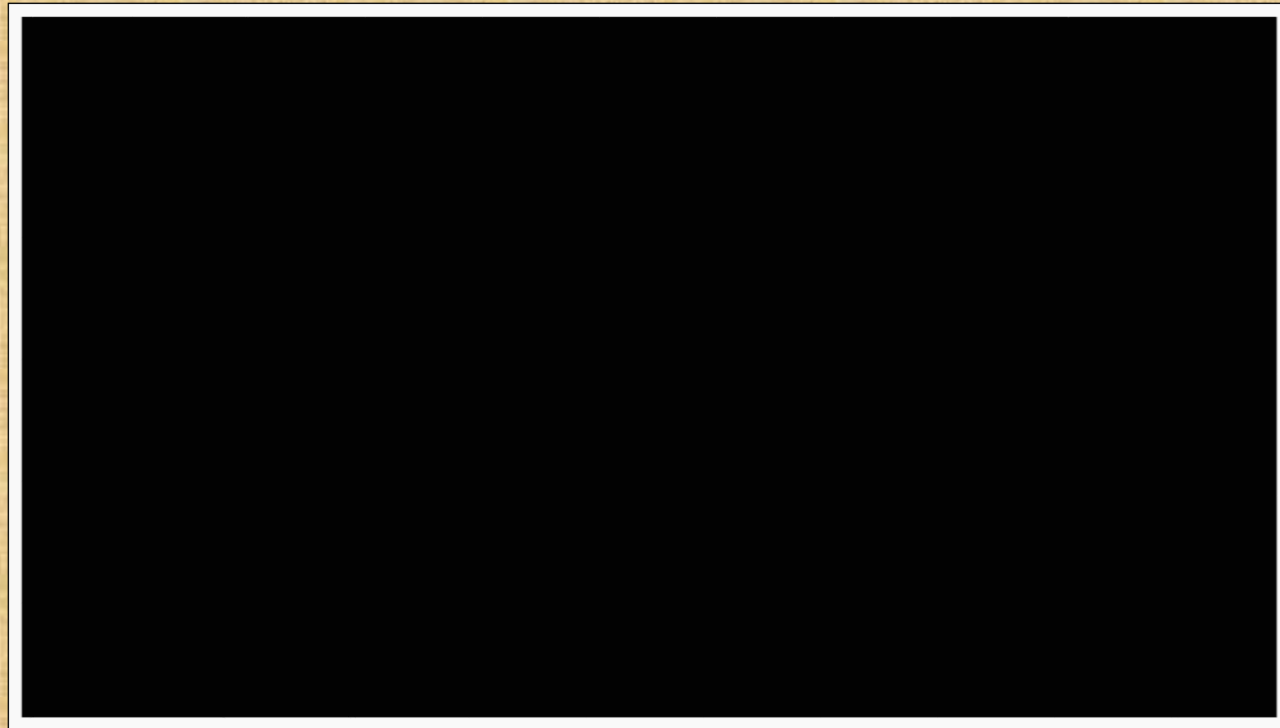
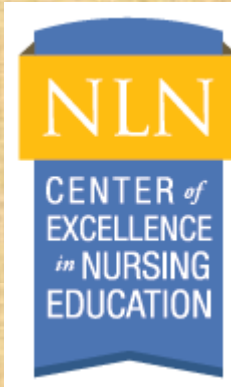
- Resiliency training
- Functioning
- Decreasing stigma
- Suicidal ideation
- Mindfulness
- Exercise
- Essential oils
- Journaling
- Asking for help



Social Media and Mental Health



Outcomes with Trauma Improved Approach



Attendance – Behavior – Academic Performance

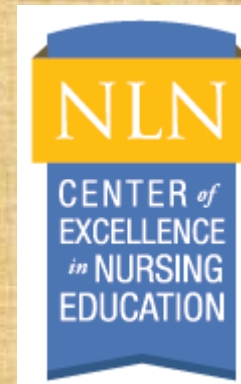
<https://binged.it/2AfKARz>

Depression Screening



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National Institute of Mental Health Resources




**Children and Mental Health
Is This Just a Stage?**

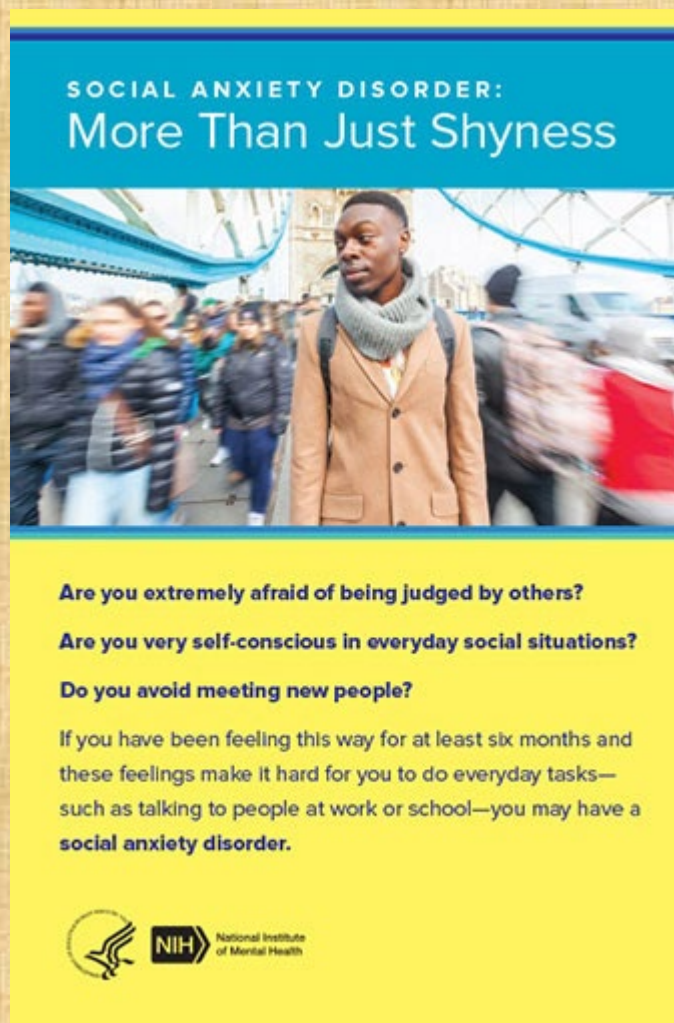
Points to Remember:

- 1. Children who are sad or angry for a long time or who have trouble in school, at home, or with friends may have a mental health problem.
- 2. Children who are sad or angry for a long time or who have trouble in school, at home, or with friends may have a mental health problem.
- 3. Children who are sad or angry for a long time or who have trouble in school, at home, or with friends may have a mental health problem.
- 4. Children who are sad or angry for a long time or who have trouble in school, at home, or with friends may have a mental health problem.


When to Seek Help:

When your child is sad or angry for a long time or has trouble in school, at home, or with friends, it's important to get help. You can talk to your doctor or a mental health professional. They can help you understand what your child is going through and how to get help.





**SOCIAL ANXIETY DISORDER:
More Than Just Shyness**




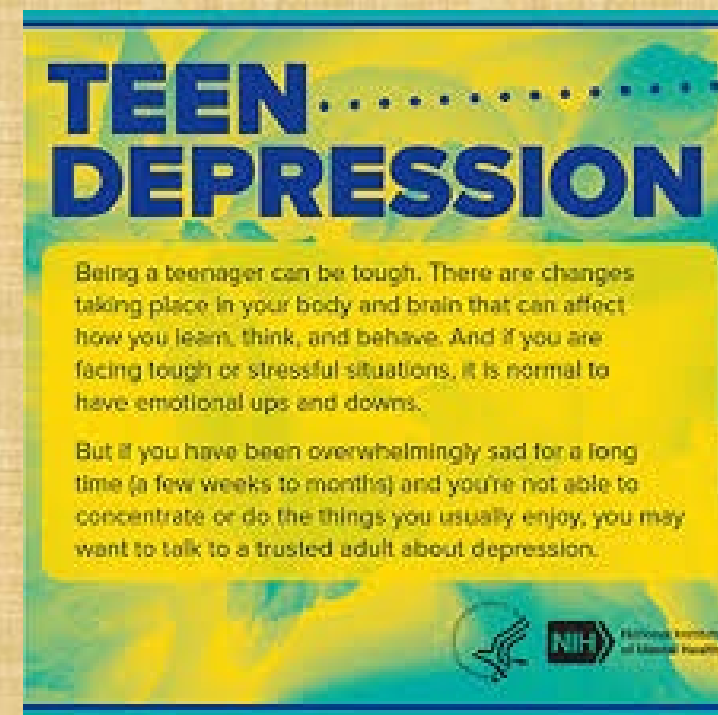
Are you extremely afraid of being judged by others?

Are you very self-conscious in everyday social situations?

Do you avoid meeting new people?

If you have been feeling this way for at least six months and these feelings make it hard for you to do everyday tasks—such as talking to people at work or school—you may have a **social anxiety disorder**.






**TEEN...
DEPRESSION**

Being a teenager can be tough. There are changes taking place in your body and brain that can affect how you learn, think, and behave. And if you are facing tough or stressful situations, it is normal to have emotional ups and downs.

But if you have been overwhelmingly sad for a long time (a few weeks to months) and you're not able to concentrate or do the things you usually enjoy, you may want to talk to a trusted adult about depression.



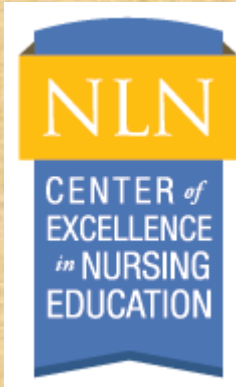


Walking for Wellness

- 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



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What do you think?

- <https://play.kahoot.it/#/k/3baa2b1a-7a62-4019-9858-3997bbbc003d>

Thank You

“Depression is a flaw
in chemistry
not character.”

-Unknown

www.paintedteacup.com

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