PTA Healthy Minds

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PTA Values

- **Collaboration**: We will work in partnership with a wide array of individuals and organizations to broaden and enhance our ability to serve and advocate for all children and families.

- **Commitment**: We are dedicated to children’s educational success, health, and well-being through strong family and community engagement, while remaining accountable to the principles upon which our association was founded.

- **Diversity**: We acknowledge the potential of everyone without regard, including but not limited to: age, culture, economic status, educational background, ethnicity, gender, geographic location, legal status, marital status, mental ability, national origin, organizational position, parental status, physical ability, political philosophy, race, religion, sexual orientation, and work experience.

- **Respect**: We value the individual contributions of members, employees, volunteers, and partners as we work collaboratively to achieve our association’s goals.

- **Accountability**: All members, employees, volunteers, and partners have a shared responsibility to align their efforts toward the achievement of our association’s strategic initiatives.

**Our Shared Mission:**
To make every child’s potential a reality by engaging and empowering families and communities to advocate for all children.

During Today’s Session

- Why Healthy Minds?
- What is the PTA Healthy Minds Program?
- How your PTA can run the program
- Tools and resources available for families
A growing percentage of youth in the U.S. live with major depression.
  • 1 in 5 children struggle with mental health challenges.
  • Over 60% of youth with major depression do not receive any mental health treatment.

But it’s not just youth needing more mental health support.
  • Over half of adults with a mental illness do not receive treatment, totaling over 27 million adults in the U.S. who are going untreated.

Mental Health in Adults, Children, and Adolescents
  • Kaiser Foundation reports, from September 29 to October 11, 2021, 32.5% of adults in Louisiana reported symptoms of anxiety and/or depressive disorder, compared to 31.6% of adults in the U.S.
  • In 2018-2019, 4.7% of adults in Louisiana had serious thoughts of suicide in the past year, which was similar to the U.S. share (4.6%).
  • 14.1% of adolescents and 7.8% of adults in Louisiana reported having a major depressive episode in 2019.
“Supporting the mental health of children and youth will require a whole-of-society effort.”

- U.S. Surgeon General
  Vivek Murthy

What is Healthy Minds?

PTA Healthy Minds
Seek to support PTAs and families on their journey to make mental health a priority by providing tools and resources to empower families to act.
Your PTA Can Play a Role In...

• Supporting school leadership in providing relevant school-based mental health supports and services to families and teaching positive social and emotional skills to kids.
• Ensuring Diversity, Equity and Inclusion considerations are kept top of mind in all mental health efforts, both in and outside of the school building.

Your PTA can play a role in...

• Helping families understand that for children to thrive, they must be healthy not just physically, but mentally and emotionally too.
• Connecting what is happening in families’ homes to what is happening within the school building.
LISTEN to and learn from your school community.

- Learn the mental health needs of your school community.
- Identify gaps in existing school mental health services and supports.

PARTNER with your school leadership.

- Review existing local and district school mental health survey data, resources and services.
- Share family feedback with local and district school administration.
- Discuss together ways your PTA can support school leadership in:
  - Providing relevant school-based mental health supports and services to families.
  - Teaching positive social and emotional skills to kids.
- Form a Healthy Minds Team.

SHARE useful resources and information with families.

- Empower families with the information and tools they need to make mental health a priority.
- Promote and distribute National PTA’s Healthy Minds family tools and resources.
- Use social medial/email/newsletter messaging to reach families.

BUILD learning and discussion opportunities via “PTA Healthy Minds” sessions.

- Create opportunities for families to learn together and discuss important Healthy Minds topics as a group by facilitating the “PTA Healthy Minds Sessions.”
- This helps to build community and show everyone that they’re not alone.
Host an **In-Person** or **At-Home** “PTA Healthy Minds Session” in **Real-Time**. This lets everyone participate and interact together.

Or give families a **Self-Paced** video option. Your role as a PTA leader would then be to promote the videos as an activity families can do together and then create a buzz and discussion about families’ experiences.

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**FACILITATE “PTA Healthy Minds” Sessions:**

**Program Format Options**

- In Person and At Home Real-Time Models
  - Slide deck
  - Facilitator Guide
  - Planning Guide
- At Home Self-Paced Model
  - Video to share with families
  - Promotional
- *(All Models)* Handouts
  - Family informational & activity resources

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**RESOURCES FOR FAMILIES**

- PTA Healthy Minds 101
- Building SEL Skills at Home
- Building Resilience
Healthy Minds Resources

1. Informational Resources
   • Healthy Minds Overview
   • Tips on Helping Kids Cope
   • What Your Family Can Do to Build Healthy Minds
   • How to Get Help to Build Healthy Minds

2. Family Activities
   • Family Action Plan
   • Family Discussion Guide

Topic-Specific Resources

• Building Healthy Minds
• Anxiety
• Depression
• Loneliness & Isolation
• Grief & Loss
• Building Resilience
• Social Emotional Learning
• Service Learning
• And more!

PTA Healthy Minds Grants

• Grant funding is available annually
• No prior grant-writing experience is needed

Learn more at www.pta.org/grants

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