




PTA Healthy Minds

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THERE IS NO WRONG WAY TO PTA




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

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.



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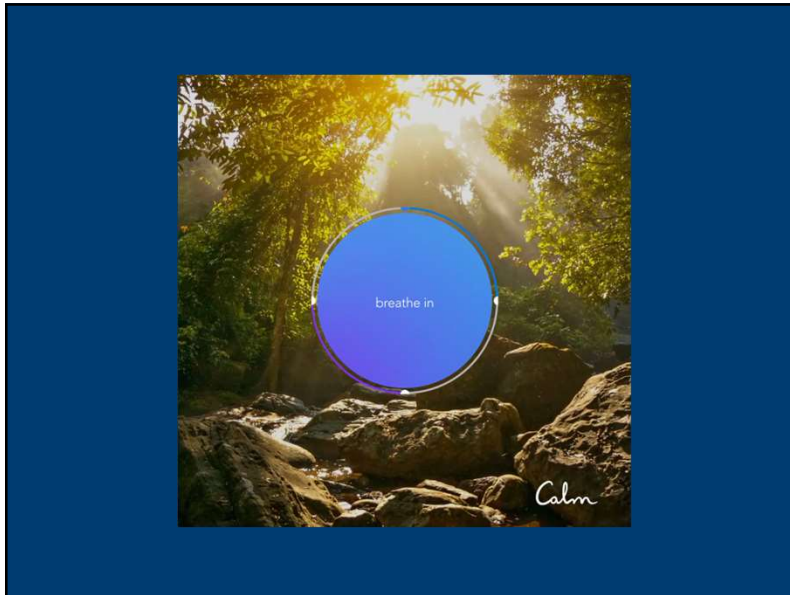
Healthy Minds



- Why Healthy Minds?
- What is the PTA Healthy Minds Program?
- How your PTA can run the program
- Tools and resources available for families



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PTA HEALTHY LIFESTYLES


State of Mental Health

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.




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PTA HEALTHY LIFESTYLES

State of Mental Health in Louisiana

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.



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Importance of Family Engagement

“Supporting the mental health of children and youth will require a whole-of-society effort.”

- U.S. Surgeon General
Vivek Murthy


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ABOUT PTA’S HEALTHY MINDS PROGRAM

What is Healthy Minds?


PTA
HEALTHY LIFESTYLES
Healthy Bodies • Healthy Minds • Healthy Earth



Healthy Bodies



Healthy Minds



Healthy Earth

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PTA Healthy Minds


Seeks to support PTAs and families on their journey to make mental health a priority by providing tools and resources to empower families to act.

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**PROGRAMMING FOR
PTA LEADERS**

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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.

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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.

Listen
Partner

Share
Build



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LISTEN to and learn from your school community

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LISTEN

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



PARTNER with your school leadership

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- 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

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SHARE

- 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 media/email/newsletter messaging to reach families.



BUILD learning and discussion opportunities via "PTA Healthy Minds" sessions

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BUILD

- 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.

FACILITATE "PTA Healthy Minds" Sessions:
Program Format Options

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:
Current Session Options

PTA
Healthy
Minds
101

Building SEL
Skills at
Home

Building
Resilience

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FACILITATE "PTA Healthy Minds" Sessions:
Available Resources for Your PTA

- **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



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



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Topic-Specific Resources

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



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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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