Children's Mental Health Matters!.org

A MARYLAND PUBLIC AWARENESS CAMPAIGN

2017 Campaign Wrap-Up

Celebrating Schools and Communities across Maryland that helped reduce stigma and raise awareness around the importance of children's mental health.

Campaign Highlights

Each May, the Mental Health Association of Maryland (MHAMD) and the Maryland Coalition of Families (MCF) coordinate the Children's Mental Health Matters! Campaign (CMHM!). The Campaign connects with Maryland families and partners with schools and communities across the state to raise public awareness of the importance of children's mental health. It is our goal to educate individuals on how to recognize mental health problems and then connect families to the help and support they need, so that all children have the opportunity to be successful in school, at home, in the community, and in their future adult lives. In 2017, Children's Mental Health Awareness Week was celebrated May 1-7.

183,850+

students reached through participating schools

2017 ***was the*** **9TH** ***year of the Campaign***

550+

Record-high Campaign participation from Schools & Communities across Maryland

140,000+

awareness items and materials distributed

30,000+

people reached in May through the Campaign's social media accounts

School Champions

Maryland schools were invited to participate in the Campaign by becoming a CMHM! School Champion. School Champion Coordinators were responsible for organizing an awareness raising or educational activity for Awareness Week. This year schools across the state hosted dynamic and engaging events for students, staff and communities to attend.

Allegany County

Fort Hill High School

Anne Arundel County

Annapolis Middle School
Archbishop Spalding High School
Arnold Elementary School
Berwyn Heights Elementary School
Broadneck High School
Central Elementary School
Four Seasons Elementary School
Glen Burnie High School
Hillsmere Elementary School
MacArthur Middle School
Oak Hill Elementary School
The Goddard School
The Pathways School
Windsor Farm Elementary School

Baltimore City

Abbottston Elementary School
Alexander Hamilton Elementary School
Arlington Elementary School
Arlington Middle School
Arundel Elementary School
Arundel Middle School
Augusta Fells Savage Institute
Baltimore City College
Baltimore Design School
Baltimore IT Academy
Baltimore School for the Arts
Bard High School Early College
Beechfield Elementary School
Beechfield Middle School
Belmont Elementary School
Ben Franklin High School
Brehms Lane Elementary School
Calverton Elementary School
Calverton Middle School
Carver Vocational Technical High School
Cecil Elementary School
Charles Carroll Barrister Elementary School
Cherry Hill Elementary School
Cherry Hill Middle School
City Neighbors Hamilton School
City Neighbors High School
City Springs Elementary School
City Springs Middle School
Coldstream Park Elementary School
Coldstream Park Middle School
Collington Square Elementary School
Collington Square Middle School
Commodore John Rodgers PK-8th
Dallas F. Nicholas Sr. Elementary School
Dickey Hill Elementary School
Dickey Hill Middle School
Digital Harbor High School
Dr. Bernard Harris Senior Elementary School
Dr. Carter G. Woodson Elementary School
Dr. Carter G. Woodson Middle School
Dr. Martin Luther King Jr. Elementary School
Dr. Martin Luther King Jr. Middle School
Excel Academy at Francis M. Wood
Fort Worthington Elementary School
Fort Worthington Middle School
Franklin Square Elementary School
Franklin Square Middle School
Furley Elementary School
Gardenville Elementary School
Garrett Heights Elementary School
Garrett Heights Middle School
Gilmor Elementary School
Govans Elementary School
Grace Brethren Christian School
Green Street Academy
Guilford Elementary School
Guilford Middle School
Hamilton Elementary School
Hamilton Middle School
Harford Heights Elementary School
Harlem Park Elementary School
Harlem Park Middle School
Hazelwood Elementary School
Hazelwood Middle School
John Eager Howard at Westside
Judy Center at Harford Heights
KIPP Harmony
KIPP Ujima
Lakeland Elementary School
Lakeland Middle School
Leith Walk Elementary School
Leith Walk Middle School
Margaret Brent Elementary School
Margaret Brent Middle School
Medfield Heights Elementary
Moravia Park Elementary School
Moravia Park Judy Center
Morrell Park Elementary School
Morrell Park Middle School
NACA Freedom Academy II
NACA Freedom and Democracy II
New Era Academy
New Song Academy
North Bend Elementary School
Patterson Park Public Charter School
Pimlico Elementary School
Pimlico Middle School
REACH! Partnership School
Reginald F. Lewis High School
Renaissance Academy
RICA-Baltimore/Catonsville Educational Center
Rognel Heights Elementary School
Rognel Heights Middle School
Roland Park Elementary School
Roland Park Middle School
Roots and Branches
Samuel F.B. Morse Elementary School
SEED School of Maryland
Sinclair Lane Elementary School
Stadium School
Stueart Hill Academic Academy
Success Academy #855
The Baltimore Academy
Thomas Jefferson Elementary School
Thomas Jefferson Middle School
Vanguard Collegiate Middle School
Violetville Elementary School
Violetville Middle School
Walter P. Carter Elementary School
Walter P. Carter Middle School
Waverly Elementary School
Waverly Middle School
Western High School
Windsor Hills Elementary School
Windsor Hills Middle School
Woodhome Elementary School
Woodhome Middle School
Yorkwood Elementary School

Baltimore County

Arbutus Elementary School
Arbutus Middle School
Arrowhead Elementary School
Baltimore Highlands Elementary School
Battle Grove Elementary School
Bear Creek Elementary School
Bedford Elementary School
Berkshire Elementary School
Campfield Early Learning Center
Carney Elementary School
Carver Center
Catonsville Elementary School
Catonsville High School
Cedarmere Elementary School
Chadwick Elementary School
Charlesmont Elementary School
Chatsworth School
Chesapeake Terrace Elementary School
Church Lane Elementary School
Cockeysville Middle School
Crossroads Center Alternative School
Deep Creek Elementary School
Deep Creek Middle School
Dogwood Elementary
Dulaney High School
Dumbarton Middle School

Dundalk Elementary School
Dundalk High School
Dundalk Middle School
Eastern Technical High School
Edgemere Elementary School
Edmondson Heights Elementary School
Essex Elementary School
Featherbed Lane Elementary School
Franklin High School
Franklin Middle School
Fullerton Elementary School
General John Stricker Middle School
Glyndon Elementary School
Golden Ring Middle School
Grange Elementary School
Gunpowder Elementary School
Halethorpe Elementary School
Hampton Elementary School
Hawthorne Elementary School
Hebbville Elementary School
Hereford High School
Hereford Middle School
Hernwood Elementary School
Hillcrest Elementary School
Holabird Middle School
Joppa View Elementary School
Kingsville Elementary School
Lansdowne Elementary School
Lansdowne Middle School
Loch Raven High School
Logan Elementary School
Lutherville Laboratory School
Lyons Mill Elementary School
Maiden Choice School
Middle River Middle School
Middlesex Elementary School
Millbrook Elementary School
New Town Elementary School
New Town High School
Norwood Elementary School
Oakleigh Elementary School
Oliver Beach Elementary School
Orems Elementary School
Owings Mills Elementary School
Owings Mills High School
Padonia International Elementary School
Parkville High School
Patapsco High School
Perry Hall Elementary School
Perry Hall Middle School
Pikesville Middle School
Pine Grove Elementary School
Pine Grove Middle School
Pot Spring Elementary School
Powhatan Elementary School
Prettyboy Elementary School
Relay Elementary School
Riderwood Elementary School
Rodgers Forge Elementary School
Rosedale Center
Sandy Plains Elementary School
Seventh District Elementary School
Shady Spring Elementary School
Southwest Academy
Sparks Elementary School
Sparrows Point High School
Sparrows Point Middle School
Stemmers Run Middle School
Stoneleigh Elementary School
Sudbrook Magnet Middle School
Summit Park Elementary School
Sussex Elementary School
Timber Grove Elementary School
Timonium Elementary School
Villa Cresta Elementary School
Vincent Farm Elementary School
Warren Elementary School
Wellwood International
West Towson Elementary School
Winand Elementary School
Windsor Mill Middle School
Winfield Elementary School
Woodbridge Elementary School
Woodlawn High School
Woodlawn Middle School
Woodmoor Elementary School

Calvert County

Northern Middle School
Patuxent Appeal Elementary Campus

Caroline County

Colonel Richardson High School
Colonel Richardson Middle School
Denton Elementary School
Federalsburg Elementary School
Greensboro Elementary School
Lockerman Middle School
North Caroline High School
Preston Elementary School
Ridgely Elementary School

Carroll County

East Middle School
Friendship Valley Elementary School
Liberty High School
Robert Moton Elementary School
Westminster High School
Winters Mill High School

Cecil County

Shorehaven School

Charles County

Barnhart Elementary School
Berry Elementary School
Brown Elementary School
Craik Elementary School
Davis Middle School
Diggs Elementary School
Gale-Bailey Elementary School
Hanson Middle School
Henson Middle School
Higdon Elementary School
Indian Head Elementary School
J.C. Parks Elementary School
Jenifer Elementary School
La Plata High School
Lackey High School
Malcom Elementary School
Martin Elementary School
Mattawoman Middle School
Matthew Henson Middle School
Matula Elementary School
Maurice J. McDonough High School
McDonough High School
Middleton Elementary School
Milton M. Somers Middle School
Mitchell Elementary School
Mt. Hope Elementary School
Mudd Elementary School
Neal Elementary School
North Point High School
Parks Elementary School
Piccowaxen Middle School
Robert D. Stethem Educational Center
Ryon Elementary School
Smallwood Middle School
Somers Middle School
St. Charles High School
Stoddert Middle School
T.C. Martin Elementary School
Thomas Stone High School
Turner Elementary School
Wade Elementary School
Westlake High School

Frederick County

Brunswick High School

Garrett County

Backbone Mountain Youth Center School
Savage Mountain Youth Center

Harford County

Hall's Cross Roads Elementary School
Hickory Elementary School
Red Pump Elementary School
Ring Factory Elementary
Riverside Elementary School

Howard County

Long Reach High School
Pointers Run Elementary School

Montgomery County

Alfred D. Noyes Children's Center
Cloverly Elementary School
Flora M. Singer Elementary School
Glen Haven Elementary School
JoAnn Leleck Elementary School
John F. Kennedy High School
Kensington Parkwood Elementary School
Lois P. Rockwell Elementary School
Maryvale Elementary School
Oakland Terrace Elementary School
Poolesville High School
Quince Orchard High School
Stone Mill Elementary School
Summitt Hall Elementary School
Foundation School of Montgomery County

Prince George's County

Accokeek Academy
Adelphi Elementary School
Allenwood Elementary School 388
Andrew Jackson Academy
Arrowhead Elementary School
Baden Elementary School
Barack Obama Elementary School
Benjamin Foulois Creative & Performing Arts
Benjamin Stoddert Middle School
Benjamin Tasker Middle School
Berwyn Heights Elementary
Bladensburg Elementary School
Bradbury Heights Elementary School
Carole Highlands Elementary School
Cesar Chavez Elementary School
Charles Carroll Middle School
Charles H. Flowers High School
Cherokee Lane Elementary School

Chesapeake Math & IT Academy South
Chillum Elementary Elementary School
Clinton Grove Elementary School
College Park Academy – High School Level
College Park Academy – Middle School Level
Cora L. Rice Elementary School
Crossland High School
Deerfield Run Elementary School
Dora Kennedy French Immersion
Doswell Brooks Elementary School
Dr. Henry A. Wise Jr. High School
Drew-Freeman Middle School
Edward M. Felegy Elementary School
Elizabeth Seton High School
Fort Foote Elementary School
Frederick Douglass High School
Friendly High School
G. James Gholson Middle School
Glenn Dale Elementary School
Glenridge Elementary School
Green Valley Academy at Edgar Allan Poe
Greenbelt Middle School
Gwynn Park Middle School
Heather Hills Elementary School
High Bridge Elementary School
Hollywood Elementary School
Hyattsville Elementary School
Hyattsville Middle School
Imagine Lincoln Public Charter School
Indian Queen Elementary School
International High School at Largo Academy
James Madison Middle School
James Ryder Randall Early Childhood Wing
James Ryder Randall Elementary School
John Hanson Montessori School
Judge Sylvania Woods Elementary School
Kenmoor Middle School
Largo High School
Laurel Elementary School
Lewisdale Elementary School
MacArthur Middle School
Margaret Brent Regional School
Martin Luther King Jr. Middle School
Mary Harris "Mother" Jones Elementary
Melwood Elementary School
Montpelier Elementary School
Mt. Rainier Elementary School
Oxon Hill Middle School
Pointer Ridge Elementary School
Port Towns Elementary School
Potomac High School
Potomac Landing Elementary School
Princeton Elementary School
Ridgecrest Elementary School
Riverdale Elementary School
Robert Frost Elementary School
Robert R. Gray Elementary School
Rogers Heights Elementary School
Rosa L. Parks Elementary School
Rosaryville Elementary School
Rose Valley Elementary School
Samuel Chase Elementary School
St. Pius X Regional School
Stephen Decatur Middle School
Suitland Elementary School
Surrattsville High School
Foundation School in Largo
Thomas G. Pullen Creative Arts Academy
Thomas Johnson Middle School
Thurgood Marshall Middle School
Tulip Grove Elementary School
Tzu Chi Academy
University Park Elementary School
Vansville Elementary School
Walker Middle School
Walker Mill Middle School
Whitehall Elementary School
William Beanes Elementary School
William Paca Elementary School
William W. Hall Academy
William Wirt Middle School
Woodmore Elementary School
Woodridge Elementary School

Queen Anne's County

Grasonville Elementary School
Kennard Elementary School

Saint Mary's County

Fairlead Academy
Forrest Career and Technology Center
Leonardtown Middle School

Somerset County

Princess Anne Elementary School
Somerset Intermediate School

Talbot County

Easton High School
St. Michaels High School
St. Michaels Middle School

Washington County

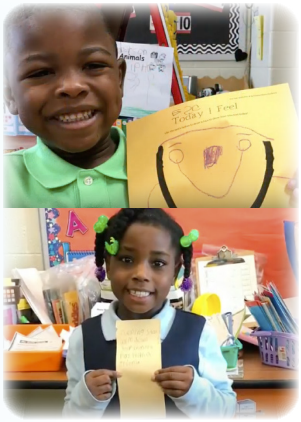
Head Start of Washington County – Elgin
Head Start of Washington County – MLK
Head Start of Washington County – Noland
Head Start of Washington County – Shriver

School Champions of the Year

For the first time, the Children's Mental Health Matters! Campaign invited schools to submit information on their events and activities held during Awareness Week to be considered for the School Champion of the Year Award. We received many submissions and chose three exemplary Champions to receive this honor. Three schools were selected for their outstanding work in helping raise awareness and reduce stigma around children's mental health within their school and community. Congratulations to the 2017 School Champions of the Year!

Elementary School Champion

Woodridge Elementary School in Prince George's County created a fun and thoughtful video that displayed all of the interactive activities planned by their School Champion Coordinator. The video captured photos and footage of students wearing green, creating cheers, coloring "Today I Feel" sheets, creating coping skills bookmarks, making educational posters on how to manage stress, participating in a Children's Mental Health Matters! school parade and having an overall school excitement for Awareness Week.



Middle School Champion

Students at St. Michaels Middle-High School in Talbot County heard mental health fact announcements during Awareness Week and were given pencils, bracelets and bookmarks. Students and staff were also invited to sign a pledge called "Stigma Free for Mental Health," which states: "I pledge to be considerate and sensitive to the needs of others. I pledge to use non-offensive language and behave in a respectful and empathetic manner both in and out of school." The Stigma Free Pledge hangs in the school to remind students of their commitment.

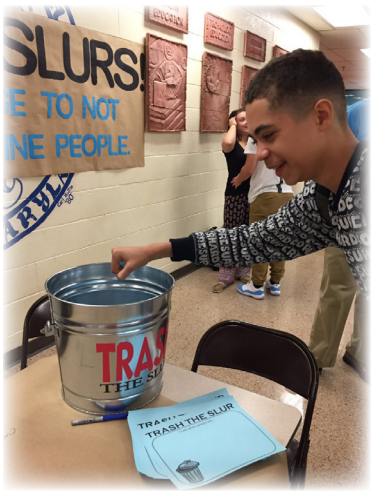
High School Champion

Hereford High School in Baltimore County addressed the problem of student drug use. In Spring 2017, Hereford held a presentation called "The Altered Mind," which addressed how the use of drugs and alcohol can alter mental health in negative ways. The theater department created short videos about drug use that were aired during morning announcements. In response to the videos, students wrote about how drugs have affected their lives and what their "anti-drug" was on post-it notes, which were then displayed in the school hallway.

Events

Washington County Free Library

Hosted a special display featuring books that speak to mental health problems that teens struggle with on a daily basis.



Trash That Slur

Students at La Plata High School had a "Trash That Slur" Campaign, pledging to not use negative language toward others.

Steps for Hope Walk-A-Thon

Glen Burnie High School hosted a health fair & walk-a-thon, distributing resources to students and staff. More than a dozen students presented their capstone projects on mental health topics.

Prince George's County

Proclaimed May 1-7 as Children's Mental Health Awareness Week.

Gratitude Grafitti

Students at Seventh District Elementary School created Gratitude Grafitti, displaying the things they are grateful for and what makes them happy.

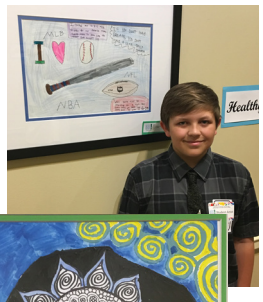
Baltimore County Public Schools Project Aware

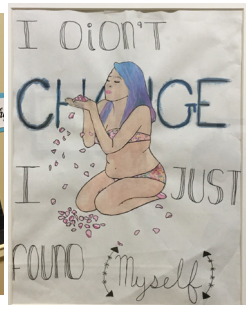
Staff wore green to help raise awareness of the importance of children's mental health.

Celebrating Through Art: The First Lady's Mental Health Awareness Youth Art Display

Recognizing the importance of mental health awareness and the expressive power of artistic pursuits, Maryland's First Lady, Yumi Hogan, & the Children's Mental Health Matters! Campaign partnered with the Maryland Department of Health - Behavioral Health Administration, Maryland Department of Disabilities, Maryland State Department of Education and the public to celebrate Children's Mental Health Awareness Week with a reception and week-long art exhibit at the Lowe House Office Building in Annapolis.

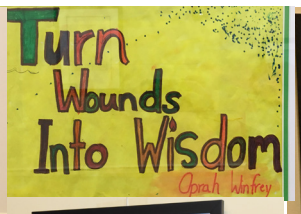
Celebrating Through Art: The First Lady's Mental Health Awareness Youth Art Display highlighted students artwork inspired by what makes them feel mentally happy, healthy and hopeful.





"Your artwork is an expression of your genuine self. Each brush stroke or click of a camera is an act of portraying your thoughts as you see fit. In other words, you alone have the control to create your special identity through your artwork."

- First Lady Yumi Hogan



Community Champions

In 2017, 136 Community Champions reached a diverse audience of families, caregivers, educators, providers and community members through many different channels.

Honorary Chair of the 2017 Children's Mental Health Matters! Campaign

First Lady of Maryland, Mrs. Yumi Hogan

Statewide Champions

BHIPP – Maryland Behavioral Health Integration in Pediatric Primary Care
Center for School Mental Health, University of Maryland Department of Psychiatry
Department of Health and Mental Hygiene – Behavioral Health Administration
Maryland Association for Nonpublic Special Education Facilities
Maryland Department of Disabilities
Maryland State Department of Education
University of Maryland
University of Maryland, Baltimore County

Community Champions

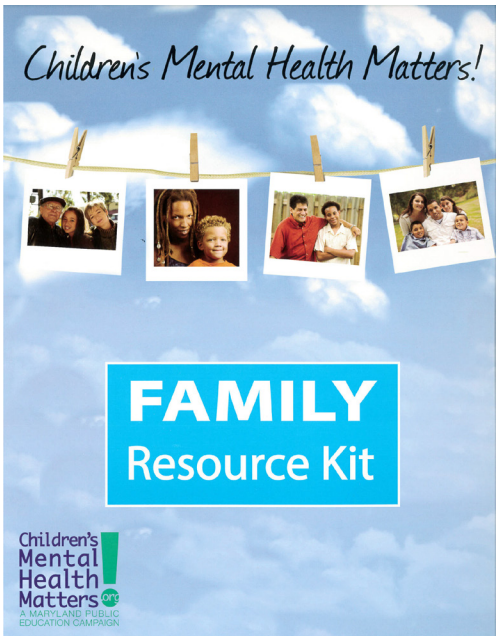
4 the Healing in You, Inc.
Academy of FUN!
Access Carroll, Inc.
Adventist Behavioral Health
Alison J. Bomba, Psy.D.
Annapolis Pediatrics
Anne Arundel County Mental Health Agency
Anne Middaugh, Ph.D.
Art Works Now
ASI Allied Healthcare
Associated Catholic Charities
Baltimore Child Abuse Center
Baltimore City Child Care Resource Center
Baltimore County Public Schools
Bay Times
The Bay Pediatric Center
Behavioral Health System Baltimore
Boulevard Christian Church
Box Hill Pediatrics
Brook Lane Health Services
Carroll County Government – Department of Citizen Services
Carroll County Health Department
Carroll County Health Department – Bureau of Prevention, Wellness and Recovery
Carroll County Local Management Board
Carroll County Youth Service Bureau
Cecil County Health Department
Center for Adoption Support and Education
Center for Children, Inc.
The Center for Child & Family Traumatic Stress at Kennedy Krieger Institute
Charles County Core Service Agency
Cheasapeake Life Center, Hospice of the Chesapeake
Cheasapeake Life Center, Hospice of the Chesapeake: Anne Arundel County
Cheasapeake Life Center, Hospice of the Chesapeake: Prince George's County
Chesapeake Health Care
Choptank Community Health
City of College Park Youth and Family Services
City of Hyattsville
Community Counseling and Mentoring Services, Inc.
Community Health Education and Research Corporation DBA
Congruent Counseling Services, LLC
Corinth Community Redevelopment Resource Center, Inc.
Crossroads Community, Inc.
District Heights Family & Youth Services Bureau
Eastern Shore Crisis Response
Echo Resource Development
Emily Cook Therapy LLC
EveryMind
Family Support Services
Finksburg Counseling Services
FLI Graduate
FLI Participant & Foster Parent in Harford County, MD
Frederick County Public Schools
Full Gospel Baptist Church
GLSEN
Grassroots Crisis Intervention
Greenbelt CARES
Harford County Health Department Teen Diversion Program
HC DrugFree
The Hearing and Speech Agency
Hope Health Systems, Inc.
Howard County Health Department
Howard County Mental Health Authority
Howard County Office of Children and Families
Human Services Programs – Family Center
Humanim
Innovative Therapeutic Services
In Reach
Jesse Klump Memorial Fund
Joe's Movement Emporium
Kennedy Krieger Institute-Therapeutic Foster Care Program
Kenneth M. Klebanow & Associates, P.A.
Kent County Public Schools
The Key Bridge Foundation's Community Conferencing Program
Key Point Health Services, Inc.
Lauryn's Law
Maryland Chapter, American Academy of Pediatrics
Maryland Family Network
Maryland Family Resource, Inc.
Maryland Psychological Association
MDRAPP (Release Aging People in Prison)
Mental Health Association of the Eastern Shore
Mid Shore Behavioral Health, Inc.
Mindfully Anchored, Inc.
Montgomery County Department of Health and Human Services
MPB Group, Inc.
NAMI Metropolitan Baltimore
NAMI Prince George's County
Nonprofit Prince George's County
PACE Consulting
The Partnership for a Healthier Carroll County, Inc.
Pathways HT-TAY Program
The Pathways Schools
Prince George's County Health Department Core Service Agency
Prince George's Child Resource Center
Prince George's County Department of Family Services, Children, Youth and Families Division
Prince George's County Department of Social Services
Prince George's County Public Schools
Prince George's County Public Schools, Office of Student Services
The Promise Resource Center
Queen Anne's County Department of Health
Queen Anne's County Public Schools
Reid Temple Restoration Center, Inc.
RICA-Baltimore
Salisbury University
Salisbury University Social Work Department
Sheppard Pratt Health System
Sheppard Pratt Mobile Crisis Team
St. Mary's County Public Schools
Town of Rock Hall
The Training Source, Inc.
Tri-County Youth Services Bureau, Inc.
Tuxedo Cat Design
University of Maryland Baltimore
University of Maryland School Psychology Graduate Program
Volunteer Mental Health Work-Group (Prince George's County)
Walden Sierra
Washington County Free Library
Washington County Mental Health Authority
Worcester County Health Department and Worcester County Local Management Board
Wraparound Maryland

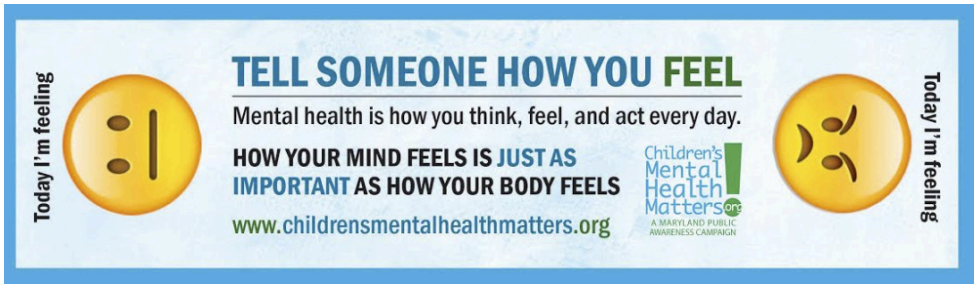
Resources & Awareness Materials

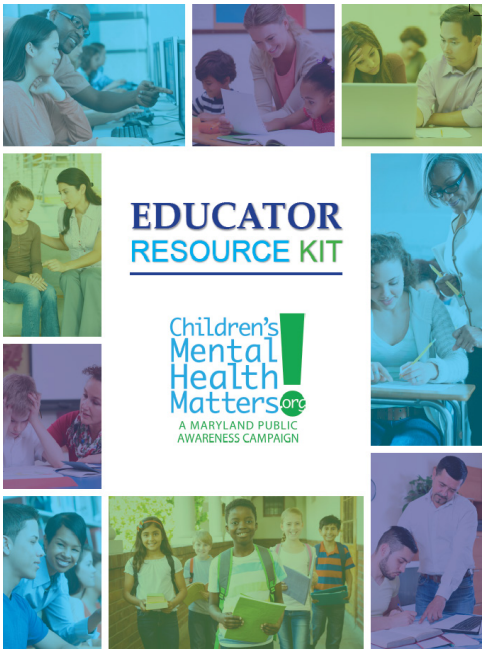
89,139

Awareness Items Distributed

- *Pencils*
- *Bracelets*
- *Posters*
- *Bookmarks*
- *And more!*







53,934

Campaign Resources Distributed

Including

- *Educator & Family Resource Kits*
- *Resiliency Calendars*
- *Brochures*

Post-Campaign Reflections

Following Children's Mental Health Awareness Week, Community Champions and School Champions were invited to complete an online survey to share their local efforts and reviews of different aspects of their experience with the Campaign. Champion feedback will enable us to make Awareness Week even more impactful in the following years.

"Through the Campaign, students & families were greatly impacted. Parents found our events self-empowering & students became more vocal about their personal struggles."

"Participating this year piqued the interest of students. Parents & staff are no longer mystified by the notion that mental health is important & that it matters."

"Our collaborations on our UMBC campus and beyond to promote mental health awareness have been very meaningful in creating a more welcoming and inclusive community where everyone can see the light and love that we all share together."

"It's rewarding to know that through our activities, many have become more aware of the importance of addressing mental health problems as early as possible!"

"The various activities organized for our students helped to teach them about the importance of and to minimize the stigma often associated with mental health."

Thank you to all of our Champions, supporters and friends for your hard work in reducing stigma and raising awareness around the importance of children's mental health!

Thank you to all of our partners!

mhamd
MENTAL HEALTH ASSOCIATION OF MARYLAND

1301 York Road, Suite 505
Lutherville, MD 21093
443.901.1550 | www.mhamd.org

MCF
maryland coalition of families

10632 Little Patuxent Parkway, Suite 234
Columbia, MD 21044
410.730.8267 | www.mdcoalition.org

Maryland State Department of Education
PREPARING WORLD CLASS STUDENTS

MARYLAND Department of Health

MARYLAND DEPARTMENT OF DISABILITIES

The Children's Mental Health Matters! Campaign is a collaboration of the Mental Health Association of Maryland and the Maryland Coalition of Families with support from the Maryland Department of Health - Behavioral Health Administration. The Campaign goal, with School & Community Champions across the state, is to raise public awareness around the importance of children's mental health.

WWW.CHILDRENSMENTALHEALTHMATTERS.ORG