

# Children's Mental Health Matters!

a Maryland public awareness campaign

## Facts For Educators

# Family Involvement in School-Based Mental Health

Educators who understand that families generally are the ones most knowledgeable about their own children will be more likely to find a returned respect and spirit of collaboration with families. Educators who consult with families regarding concerns they may have about a child's mental health will benefit from family input and mutual collaboration. Teachers and other school personnel who are more informed about both family involvement in schools and children's mental health will be more likely to have success in teaching children with mental health needs. It has been established that children have greater academic success when families are involved in schools. Children with mental health disabilities certainly have the same, if not a greater need for their families and educators to work together. Educators who can approach families in a non judgmental and cooperative spirit are more likely to have success in working with the child with mental health needs.

### Why is this important?

- Children have more school success when families are involved in their education
- Positive family and staff interaction help to achieve overall positive school climate
- Schools with strong family involvement see greater student achievement
- School staff and families who work collaboratively for a student will be more likely to have student cooperation

### What can educators do about it?

- Educate yourself about mental health diagnoses in children and adolescents
- Work in a spirit of mutual respect and cooperation with families to insure success for every child in school
- Adopt positive and effective communication strategies with all families
- Refer children to a mental health professional in your school if you have concerns
- Contact families with concerns about their child
- Refer families to support and advocacy groups if the family requests that you do so

### Resources/Links

#### **American Academy of Child and Adolescent Psychiatry**

Facts for Families provides concise and up-to-date information on issues that affect children, teenagers and their families.

[https://www.aacap.org/Mobile1/Families\\_and\\_Youth/Fact\\_for\\_Family\\_Mobile.aspx](https://www.aacap.org/Mobile1/Families_and_Youth/Fact_for_Family_Mobile.aspx)

#### **National Center for School Mental Health**

The National Center for School Mental Health (NCSMH) at the University of Maryland School of Medicine is a technical assistance and training center with a focus on advancing research, training, policy, and practice in school mental health.

<http://csmh.umaryland.edu/About-NCSMH/>

#### **CHADD**

**Children and Adults with ADHD Maryland Chapters** is the nation's leading non-profit organization serving individuals with AD/HD and their families. Local chapters are in Baltimore City and Anne Arundel, Baltimore, Harford, Howard, and Montgomery Counties.

Children's  
Mental  
Health  
Matters.org  
A MARYLAND PUBLIC  
AWARENESS CAMPAIGN

coordinated by

mhamd  
MENTAL HEALTH ASSOCIATION OF MARYLAND

MCF  
maryland coalition of families

<http://www.chadd-mc.org/>

**Learning Disabilities Association of Maryland**

Promotes awareness and provides support to maximize the quality of life for individuals and families affected by learning and other disabilities.

[www.ldamd.org](http://www.ldamd.org)

**Maryland Coalition of Families for Children's Mental Health** – a grassroots coalition of family and advocacy organizations dedicated to:

Improving services for children with mental health needs and their families and building a network of information and support for families across Maryland.

[www.mdcoalition.org](http://www.mdcoalition.org)

(410) 730-8267 - Toll Free (888) 607-3637

**Mental Health Association of Maryland**

Since 1915, the Mental Health Association of Maryland (MHAMD) has been a leader in progressive programs resulting in more effective treatment, improved outcomes for individuals, increased research and greater public understanding of the needs of children and adults living with mental illness.

<http://www.mhamd.org/>

(443) 901-1550 - Toll Free (800) 572-6426

**Mental Health First Aid Maryland**

Is an 8 hour course targeted to the general public. Mental Health First Aid is the initial help given to someone developing a mental health problem or in a mental health crisis before appropriate professional or other assistance, including peer and family support, can be engaged.

<https://mhfamaryland.org>

(443) 901-1550 - Toll Free (800) 572-6426

**NAMI Maryland**

An advocacy organization for family and friends of people with serious mental illness, and people who have a mental illness.

<http://md.nami.org/>

(410) 863-0470 - Toll Free (800) 467-0075

References

Partnering with families in expanded school mental health programs. Lowie, J. A., Lever, N. A., Ambrose, M. G., Tager, S. B., & Hill, S. (2003). In M. D. Weist, S. W.

Handbook of School Mental Health: Advancing Practice and Research. Evans, N. A. Lever (Eds.) pp. 135-147. Kluwer Academic/Plenum Publishers: New York, NY.

Adapted from Resources found on:

[www.schoolmentalhealth.org](http://www.schoolmentalhealth.org)

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MHAMD ~ 443-901-1550 ~ [www.mhamd.org](http://www.mhamd.org)

MCF ~ 410-730-8267 ~ [www.mdcoalition.org](http://www.mdcoalition.org)

The Children's Mental Health Matters! Campaign is a collaboration of the Mental Health Association of Maryland (MHAMD) and the Maryland Coalition of Families (MCF) with support from the Maryland Department of Health - Behavioral Health Administration. The Campaign goal, with schools and community champions across the state, is to raise public awareness of the importance of children's mental health. For more information, please visit [www.ChildrensMentalHealthMatters.org](http://www.ChildrensMentalHealthMatters.org)