

NEW YORK WILL BE THE FIRST STATE TO REQUIRE MENTAL HEALTH EDUCATION IN SCHOOLS

In the United States, an estimated [one in five children](#) — ages 3 to 17 — has a mental illness. That is more than the number of kids with diabetes, cancer, and AIDS [combined](#). This figure, which translates into 15 million kids nationwide, might be a surprising one — but it shouldn't be. The scientific community has been sounding the alarm on mental illness in youth [for decades](#), urging doctors, parents, and educators to dedicate time and resources to the issue.

Finally, New York legislators have listened. In July, the state [will make history](#) as the first to enact legislation requiring all elementary, middle, and high schools to incorporate mental health education into their curricula. Like physical education, mental health education will cover a wide range of areas, striving to reframe mental health as “integral” to overall health and giving students the tools to cope with a disorder in their own lives. If successful, the program could act as a road map for other states looking to follow suit and usher in a sea change that's long overdue.

According to the National Institute of Mental Health (NIMH), half of all lifelong mental illnesses appear [by the time a person turns 14](#) and [75 percent by the age of 24](#). Along with attention deficit hyperactivity disorder, [other common mental illnesses](#) found in kids include depression, eating disorders, anxiety disorders (e.g., obsessive-compulsive disorder), and bipolar disorder.

International Women's
Day is March 8th!



The main group behind the New York legislation is the [Mental Health Association in New York State](#) (MHANYS), a nonprofit working to end the stigma attached to psychiatric disorders. Two advocates from the organization penned a [19-page document](#) covering the landscape of mental illness in children, as well as outlining the bill's specifics and vision for implementation.

“Unrecognized, untreated, and late treated mental illness elevates the risk of mental health crises such as suicide and self-injury, diminishes prospects for recovery, and contributes to substance abuse and other damaging negative coping behaviors,” the report reads. “Many adults miss or dismiss early signs and symptoms,

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FUEL FOR LEARNING

NATIONAL SCHOOL BREAKFAST WEEK: MARCH 5TH - 9TH

Research supports what educators and school officials see every day in our nation's schools: a well-nourished child who starts the day with breakfast is more likely to be present at school, a better learner, and willing to participate in the classroom. For too many families, there are obstacles to providing a healthy morning meal each day. Tight budgets for low-income families and busy morning schedules can mean that many students arrive at school hungry and not ready to learn.

The Cortland Enlarged City School District is committed to high levels of learning for all students. In an effort to ensure that all students are afforded an optimal learning environment, the district began providing breakfast and lunch at no cost to all students in grades Kindergarten through sixth grade. Since September, the District has been participating in the Community Eligibility Provision of the Healthy and Hunger Free Kids Act

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APP OF THE MONTH:

The time tracker app, “Moment” tracks how much you use your phone or tablet automatically and keeps track of what apps you use the most. It trains you with the Coach to use your phone less, if that is your goal. Break down your day to see when you’re on your device and choose from 6 relaxing reminder sounds and 6 intense sounds for your daily limit reminders. Force yourself off your device when you’re over your limit and force your family members to do the same!

iPhone: <https://apple.co/2CpD5tJ>

Android: N/A



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and young people are even less likely to recognize or understand what is happening to them. ... The result is often as tragic as it is unnecessary.”

Indeed, if knowledge surrounding children’s mental health is lacking, treatment is even worse. A study from NIMH that just [36 percent of youths](#) with a lifelong mental illness will receive treatment - and those who do often face inadequate follow-up. A breakdown of the specific disorders paints a worse picture. According to the [Child Mind Institute](#), a nonprofit dedicated to helping children with mental health and learning disorders, [80 percent](#) of kids with anxiety disorders do not receive any treatment, nor do 60 percent of those with depression.

The results of these untreated conditions can be catastrophic. Children and young adults with mental illnesses have [lower high school graduation rates](#), a [higher risk of addiction](#), and are [four times less likely](#) to be employed. Of the 2 million children and young adults arrested each year, between [65 and 70 percent](#) have a mental health disorder.

Beyond the obstacles that young adults with mental disorders face in the outside world are the injuries - sometimes fatal - that they inflict on themselves. Each year, more than 150,000 kids between 10 and 24 are treated for self-inflicted injuries in the ER, and [one in 12 teens have attempted suicide](#). Of those who die from suicide, [90 percent](#) experienced mental illness.

“The reality of when most mental illnesses begin is obscured from our view because most of us don’t recognize the signs and symptoms when they appear, ignore them, or mistakenly confuse them with other characteristics of adolescence such as changes associated with puberty,” the authors of the legislation write. “This is a tragedy.”

The good news: There is proof that “mental health literacy” — educating students about mental health — can help stymie these issues. The concept of mental health literacy was [pioneered](#) by an Australian researcher named Anthony Jorm, who has been studying the idea for over a decade. In a 2012 [report](#) in the journal American Psychologist he found that those who were taught about mental health in an educational setting were more likely to seek help from professionals when faced with their own issues.

LINKED SOURCE: [Yahoo Lifestyle](#)



Mental Health Association
OF CORTLAND COUNTY

We are a volunteer Board of Directors that act to initiate and promote advocacy services, educational presentations, prevention programs, and information and resource referrals.

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To learn more about the
Cortland MHA visit:

<http://www.mhacortland.com>

or contact:

mhacortlandny@gmail.com



Fuel For Learning

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which is a federally-funded program. Psychologists at Tufts University, who published their findings in 2005 in "Physiology and Behavior," determined that breakfast has been extensively linked to better performance in the classroom. Eating breakfast helps control appetite, keeping kids focused on learning throughout the day. It's believed children's smaller stature causes them to be more susceptible to the effects of overnight fasting, including decreases in mental sharpness. Children may even be in greater need of breakfast than adults.

According to researchers at Cornell University, food insecure teens are at five times greater risk to attempt suicide than their peers who are well-fed. These same students are also four times more likely to experience symptoms of depression. Students in earlier grades who experience food insecurity are "twice as likely to have seen a psychologist, 1.4 times more likely to have



repeated a grade and to have significantly lower math scores."

Kim Vile, Business Director at the Cortland Enlarged City School District said, "We are excited to provide breakfast and lunch to every student K-6

at no cost to the student or their family. The research shows student engagement, academic performance, and attendance increases when students' nutritional needs are met. By providing open access to meals we are on the right path to provide the tools necessary for our students to be successful. We hope to be able to expand this program to 7th through 12th grade students in the future."

*By Carolyn Wagner, Community Health Intern,
SUNY Cortland*

Sources:

[Cortland City School District](#)
[Tufts University](#)
[Cornell University](#)



LIVING WITH ALZHEIMER'S FOR PEOPLE WITH YOUNGER ONSET

TUESDAY , MARCH 20TH

2:00-3:30PM

The diagnosis of Alzheimer's disease is life-changing and leads to many questions. What will this mean for me and my family? How do I plan for the future? Where can I get the help I need? This is an interactive program where you will have a chance to hear from others who have been where you are. We will discuss what you need to know, what you need to plan and what you can do to navigate this chapter of your life. These programs will cover information for people with a diagnosis of Alzheimer's disease. Please join us for this **free** event hosted by the Cortland County Area Agency on Aging's Caregiver Resource Center in **room 302 of the County Office Building**, 60 Central Ave. Cortland. Please call (607) 753-5060 to register.

BOOK SHARE PROGRAM

The Mental Health Association of Cortland County now offers a book share program, developed for Mental Health related readings only. (Fiction or non-fiction.) It's *free* - your client gets to *keep* the book, and therapists can send multiple requests for books for multiple clients!



HOW IT WORKS:

Therapists in Cortland County can send the MHA a request via email with the following information:

- Therapist's name
- Therapist's place of employment
- Name of the book, author, and any other identifying descriptions to help us in ordering

MHA will notify if the request has been approved and then follow up to contact you when the book(s) arrive.

Please note, there is a cap on funding so be mindful of your requests. Email us at: mhacortlandny@gmail.com



PARENTING WISELY

Teen Version—Ages 10 to 18

Parenting is hard, but Parenting Wisely can help. This highly interactive course is designed to equip parents like you and their youth with the tools necessary to engage in difficult family scenarios. You'll learn constructive skills proven to lessen drug and alcohol abuse in youth. You'll learn how to handle school and homework problems, avoid delinquency and other problem behaviors, deal with family conflict, and more. *Dinner Provided. Child Care for Younger Siblings Available.*

This is a FREE Program.

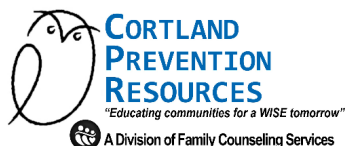
Family Session Starting Soon

Thursdays 5:30 – 7:30 PM

**March 8, 15 and 22, 2018 at the McEvoy BOCES Conference Building
(Behind Main Building) at
1710 NYS Route 13, Cortland, New York, 13045**

Topics Include:

- Helping children do homework
- Loud Music
- Monitoring school, homework and friends
- Incomplete chores
- Sharing the computer
- Finding Drugs
- Sibling conflict
- Curfew
- Getting up on time
- Criticizing



To register, please contact: Linda Barbin
(607) 756-8970 x 256
OR email lbarbin@fcscortland.org

Save the Date

**May is Mental Health Month Walk
Wednesday, May 16th, 2018**



Look for details in the
April newsletter
or

For more information email:
ahuntingtonofner@cortland-co.com

COMMUNITY EVENTS AND SUPPORT

Food For Thought:

Wednesday, March 14th, from Noon—1:00pm

Cortland Works Career Center, 99 Main St., Cortland

Are the best gamblers skilled, or just lucky? A presentation about the risks associated with gambling, and the impact of gambling on our communities. Free lunch provided.

Please Preregister at:

FoodforThoughtRSVP@gmail.com

607 Healing Hearts

Monday, March 26th; 6:00 - 8:00pm

28 N. Main St., Cortland

Grief support group for parents/guardians who have lost a child due to an overdose.

For more info: 607healinghearts@gmail.com

Cortland LGBT Men's Group (Monthly)

Cortland LGBT Resource Center, 73 Main St.

For more information: (607) 756-8970

Parents & Change Support Group

March 12 April 9 May 14

6:00 to 7:30 PM

Community Center, 90 Central Ave. Cortland

Contact: Becky Tripp (parentsandchange@yahoo.com)

Caregivers Support Group

Thursday, March 22nd, 3:00—4:00pm

Conf. Rm. B, Basement of CRMC, 134 Homer Ave., Cortland

For those who provide support for someone aged 60 or older.

For more info: Caregivers Resource Center (607) 753-5060.

If you have an upcoming community event or article you would like considered for inclusion in the MHA Newsletter, send your submission to susan@sevenvalleyshealth.org by the 14th of the month prior, Or subscribe to the newsletter via email.

Disclaimer: The information presented here does not constitute professional medical advice. Individuals respond to treatment for mental health conditions in different ways, and treatment plans often need adjustment over time. Patients should work closely with their doctor and other health professionals in order to achieve optimal control of symptoms.