

Student Mental Health Congress

Oct 26 - 28, 2022
Houston

Developing and Strengthening Mental Health
Promotion and Prevention

CONGRESS

Oct 26 - 27

WORKSHOP

Oct 28

Earn CEUs

12 WORKSHOPS

25 PRODUCT DEMOS

48 BREAKOUT SESSIONS

18 ROLE PLAYING SESSIONS

25 ROUNDTABLE DISCUSSIONS ISSUES

35 JOB-ALIKE ROUNDTABLE DISCUSSIONS

Who Should Attend?

Social Workers
School Counselors
School Nurses
School Psychologists
School Psychiatrists
Behavior Specialists
Professional Counselors
Public Health
Human Services

An Empowering 3 Day Student Mental Health Congress
including **Youth Mental Health First Aid training**

Teaching you how to identify, understand and respond to signs of mental health and substance use challenges among children and adolescents ages 12-18

ALL-ACCESS BADGE

3 CO-LOCATED CONFERENCES

**One Pass Gives You Access
To All Three Co-Located Conference**

Register for any conference and enjoy all-access to every keynote session, and all workshops, discussions, breakout sessions, role playing sessions, roundtable discussions, and all networking events.

Co-Located With

SRO | Houston
Oct 26 - 28, 2022
School Resource Officers Congress

National
**Student Safety and Security
Conference & Workshop**
HOUSTON OCT 26-28, 2022

**Event Highlights**

- Unparalleled Interaction with Mental health Experts
- World-Class Educational Sessions

Job-Alike Workshops

- Tabletop Exercises Workshops

Best Practices

- Prevention and Intervention

Funds

- Available Funds & Grants

**SMH Congress 2022
Protecting Youth Mental Health**

Background and Recommendations based on the reports from the US Surgeon General, CDC, the US Preventive Services Task Force, the American Academy of Pediatrics, the American Academy of Child and Adolescent Psychiatry and the Children's Hospital Association.

Background

According to the 2022 CDC (Centers for Disease Control and Prevention) data, more than a third (37%) of high school students reported they experienced poor mental health during the COVID-19 pandemic, and 44% reported they persistently felt sad or hopeless during the past year. Experts say, "These data echo a cry for help."

Findings also highlight that a sense of being cared for, supported, and belonging at school — called "school connectedness" — had an important effect on students during a time of severe disruption. Youth who felt connected to adults and peers at school were significantly less likely than those who did not to report persistent feelings of sadness or hopelessness (35% vs. 53%); that they seriously considered attempting suicide (14% vs. 26%); or attempted suicide (6% vs. 12%). However, fewer than half (47%) of youth reported feeling close to people at school during the pandemic.

The experiences children and young people have at school have a major impact on their mental health. At school, children can learn new knowledge and skills, develop close relationships with peers and supportive adults, and find a sense of purpose, fulfillment, and belonging. They can also find help to manage mental health challenges. On the other hand, children can also have highly negative experiences at school, such as being bullied, facing academic stress, or missing out on educational opportunities.

Mental health challenges can reveal themselves in a variety of ways at school, such as in a student having trouble concentrating in class, being withdrawn, acting out, or struggling to make friends. Students with ACEs (adverse childhood experiences) may need trauma informed care to help address these mental health concerns which may cause behavioral and learning issues.

The U.S Preventive Services Task Forces recommended screening for anxiety in children and adolescents between the age of 8 and 18.

The American Academy of Pediatrics, the American Academy of Child and Adolescent Psychiatry and the children's Hospital Association, declared a National State of Emergency in Children's Mental Health. The challenges facing children and adolescents and so widespread that they called on policymakers at all levels of government and supporters for children and adolescents to join together to advocate for children and adolescent mental health.

Throughout the pandemic, many people have recognized the unprecedented need to support youth mental health and wellbeing, and many have taken action to do so. However, educators and school staff supported their students while facing unprecedented challenges themselves.

Recommendations:

In light of the above factors, here are recommendations how schools, educators, and staff can support the mental health of all students.

- **Create positive, safe, and affirming school environments.**

This could include developing and enforcing anti-bullying policies, training students and staff on how to prevent harm such as implementing bystander interventions for staff and students, being proactive about talking to families about mental health, and using inclusive language and behaviors. Where feasible, school districts should also consider structural changes, such as a later start to the school day, that support students' wellbeing.

- **Expand social and emotional learning programs.**

Use evidence-based approaches that promote healthy development. Examples of social, emotional, and behavioral learning programs include Sources of Strength, The Good Behavior Game, Life Skills Training, Check-In/Check-Out, and PATHS. Examples of other approaches include positive behavioral interventions and supports and digital media literacy education.

POSTER SESSIONS

STUDENT MENTAL HEALTH

Posters will be open to all attendees and give you the opportunity to learn more about latest research in School Mental Health through informal conversation with the presenters. The Poster Sessions will be available on Wednesday, Oct 26 and Thursday, Oct 27.

- **Learn how to recognize signs of changes in mental and physical health among students. Include trauma and behavior changes.**

Take appropriate action when needed. Educators are often the first to notice if a student is struggling or behaving differently than usual, for example, withdrawing from normal activities or acting out. And educators are well-positioned to connect students to school counselors, nurses, psychologists, social workers, or administrators who can further support students, including by providing or connecting students with services.

- **Provide a continuum of supports to meet student mental health needs.**

Include evidence-based prevention practices and trauma-informed mental health care. Tiered supports should include coordination mechanisms to get students the right care at the right time. For example, the Project AWARE (Advancing Wellness and Resilience in Education) program provides funds for state, local, and tribal governments to build school-provider partnerships and coordinate resources to support prevention, screening, early intervention, and mental health treatment for youth in school-based settings. School districts could also improve the sharing of knowledge and best practices. For example, districts could dedicate staff at the district level to implementing evidence-based programs across multiple schools. Districts could also implement mental health literacy training for school personnel, such as, Mental Health Awareness Training, and QPR (Question, Persuade, and Refer) suicide preventing training).

- **Promote enrolling and retaining eligible children in Medicaid and CHIP (Children Health Insurance Program), so that children have health coverage that includes behavioral health services.**

The Connecting Kids to Coverage National Campaign has outreach resources for schools, providers, and community-based organizations to use to encourage parents and caregivers to enroll in Medicaid and CHIP to access important mental health benefits. Families can be directed to HealthCare.gov or InsureKidsNow.gov. Schools can use Medicaid funds to support enrollment activities and mental health services.

SYLLABUS

ELECTRONIC SYLLABUS

The Conference Syllabus will be provided online. Information will be emailed to you the week of the conference so that you may download or print a copy (some may not be available, and can be provided after the conference, also subject to speaker approval).

- **Protect and prioritize students with higher needs and those at higher risk of mental health challenges.**

These students include those with disabilities, personal or family mental health challenges, or other risk factors, such as, adverse childhood experiences, trauma, and poverty.

7:55	8:40	9:20	10:29	11:35	12:20	13:45	14: 45	15:37	16:15
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- **Expand the school-based mental health workforce.**

This includes using federal, state, and local resources to hire and train additional staff, such as school counselors, nurses, social workers, and school psychologists, including dedicated staff to support students. For example, a lack of school counselors makes it harder to support children experiencing mental health challenges. The American School Counselor Association (ASCA) recommends 1 counselor for every 250 students, compared to a national average of 1 counselor for every 424 students, with significant variation by state.

- **Support the mental health of all school personnel.**

Opportunities include establishing realistic workloads and student-to-staff ratios, providing competitive wages and benefits (including health insurance with affordable mental health coverage), regularly assessing staff wellbeing, and integrating wellness into professional development. In addition to directly benefiting school staff, these measures will also help school personnel maintain their own empathy, compassion, and ability to create positive environments for students.

There is much more to be done, and each of us has a role to play. Supporting the children and youth will require a whole society effort. This SyllabusX conference will offer strategies, based on research and reality, to protect youth mental health as well as the mental health of all school personnel.

- **Youth Mental Health First Aid training**

The National Council for Mental Wellbeing will be providing its Youth Mental Health First Aid training at the Mental Health Congress.

According to the 2022 CDC (Centers for Disease Control and Prevention) data, more than a third (37%) of high school students reported they experienced poor mental health during the COVID-19 pandemic, and 44% reported they persistently felt sad or hopeless during the past year. Experts say, "These data echo a cry for help."

"The Youth Mental Health First Aid teaches you how to identify, understand and respond to signs of mental health and substance use challenges among children and adolescents ages 12-18" said Brandon Williams, MHFA National Trainer. The course will provide attendees with certificate that will qualify as CEUs.

- **What Mental Health First Aid Covers?**

- Common signs and symptoms of mental health challenges in this age group, including anxiety, depression, eating disorders and attention deficit hyperactive disorder (ADHD).
- Common signs and symptoms of substance use challenges.
- How to interact with a child or adolescent in crisis.
- How to connect the youth with help.
- Expanded content on trauma, substance use, self-care and the impact of social media and bullying.



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- 👤 2 for every 6 paid registrations
- 👤 2 for every 6 paid registrations
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