

# Mental Health Education in Schools

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# Who, What, and Where of Mental Health Care

**Who?** School Counselors, Social Workers, and Trauma Counselors

**What?** Anxiety, Depression, Trauma, Eating Disorders, etc.

**Where?** Prevention and postvention at school, in the community, and at home





# Students face



Why?

Students have inadequate coping mechanisms & inadequate access to treatment.

- Increased suicidal ideations, attempts, and suicides
  - Increased reports of anxiety and panic attacks
  - Increased student psychiatric hospitalizations
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# Stressors Impacting Student Mental Health

1. Parental substance abuse
2. Physical, verbal, emotional abuse
3. Unaddressed parental mental health deficits
4. Domestic violence
5. Homelessness
6. Limited access to resources (i.e counseling)



*Additional Issues...*

# Issues with Community-based Referrals

- ❑ Transportation issues
- ❑ Medication oversight/management
- ❑ Inconsistency in treatment
- ❑ Costs associated with care

# How can we best serve our students?

## **Increasing student success by increasing available supports in school**

- Increase the state's student to school social worker ratio (currently 1:2475)
- Increase the state's student to school counselor ratio (currently 1:450)

## **Additional Opportunities**

- Offer a state incentive for people to become licensed therapist (State scholarships for individuals to become licensed social workers, LCSWs or licensed counselors LPCs)
- More licensed therapist would help increase the number of students that APEX programs can serve in local schools. This would eliminate barriers to counseling.



# When we address mental health, we create a system with less...



1. Incarceration/Recidivism
2. Substance Abuse
3. Disability claims for mental health issues
4. Dependence of government funds to meet basic needs
5. Cyclical patterns within families
  - a. Abuse/neglect
  - b. Truancy
  - c. Alcoholism & Drug use

# Contact Information

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