



ADVANCING WELLNESS and RESILIENCE in EDUCATION



## May is Mental Health Awareness Month

**There is no better time to increase awareness of mental health and make a difference in our communities.** In this spirit, we would like to share with you information from Project AWARE Warren County.

### Project AWARE (Advancing Wellness And Resilience in Education)

Warren County was one of three counties in the State of Ohio to receive the Project AWARE grant in October 2014. Project AWARE is the result of President Obama's "Now is the Time" initiative to reduce school violence. One of the goals of this initiative is to improve access to mental health services and treatment outcomes.

**Mission** – To help local community collaborations improve the overall mental, physical and behavioral health, well-being and educational needs of children and families in Warren County.

**Vision** – Warren County children and families will be productive citizens by being more socially and emotionally resilient.

Project AWARE Warren County is working on multiple initiatives and we are continuously striving to find new and innovative ways to engage, empower, and educate. If you would like any additional information on our current work, please contact: Vycki Haught, Project Coordinator [Vycki.Haught@warrencountyesc.com](mailto:Vycki.Haught@warrencountyesc.com).

### Youth Mental Health First Aid training to educators and communities

Project AWARE Warren County offers YMHA trainings in Warren County at no cost to participants. Youth Mental Health First Aid is the help offered to a young person developing a mental health problem or experiencing a mental health crisis. The first aid is given until appropriate treatment and support are received or until the crisis resolves. Youth Mental Health First Aid classes are being offered to adults who work with and/or live with adolescents age 12-18. Registration is available at: <http://www.warrencountyesc.com/workshops/list.aspx>, or contact Pat Clark, [Patricia.Clark@warrencountyesc.com](mailto:Patricia.Clark@warrencountyesc.com).

### PAX Good Behavior Game training and support for educators

This project is a collaboration with Mental Health and Recovery Services of Warren & Clinton Counties. The PAX Good Behavior Game (PAX GBG) is based on multiple "gold standard" studies of classrooms and teachers in the US, Canada, and Europe. PAX GBG may be the most effective strategy a teacher can currently use in his or her classroom to protect children from lifetime mental, emotional, and behavioral disorders while also increasing lifetime academic success. PAX teaches children to self-regulate, to work together for common goals, and to focus on a positive future they co-create with others. These are core cognitive, emotional, and behavioral skills required for peaceful, productive, healthy and happy lives. For further information on PAX, contact Frances Witt, [Frances.Witt@warrencountyesc.com](mailto:Frances.Witt@warrencountyesc.com).

### Parent Success - Active Parenting of Teens Curriculum

Parent Success offers support and education for parents of children and/or teens with behavior problems. Parent Success is a free program which consists of home-based services and utilizes the evidence based program, *Active Parenting Now*. For further information regarding Parent Success, contact Kim Sellers, Coordinated Care Director, [Kim.Sellers@warrencountyesc.com](mailto:Kim.Sellers@warrencountyesc.com).

### Community Trainings

In addition to Youth Mental Health First Aid, Project AWARE Warren County works with various Warren County community organizations and agencies to develop workshops and trainings that will help increase knowledge and skills around children and youth mental health issues. In January, Project AWARE facilitated a training on "Working with Transgender Youth", because transgender youth are at high risk for developing mental health issues. Over 90 educators and other community members attended the workshop and connected with local resources. Currently, Project AWARE is developing workshops and training on the following topics: 1) Mental health issues in students identified as gifted & 2) Working with children, birth-5, who have experienced trauma. If you are interested in either of these workshops or have ideas for future workshops, please contact Vycki Haught, [Vycki.Haught@warrencountyesc.com](mailto:Vycki.Haught@warrencountyesc.com).

During Mental Health AWAREness month, or at any time, if you or a loved one needs Mental Health resources, please see the United Way resource guide, **FIRST CALL FOR HELP**, at <http://www.warrencountyunitedway.org/sites/warrencountyunitedway.org/files/2014%20Community%20Resource%20Directory.pdf>.