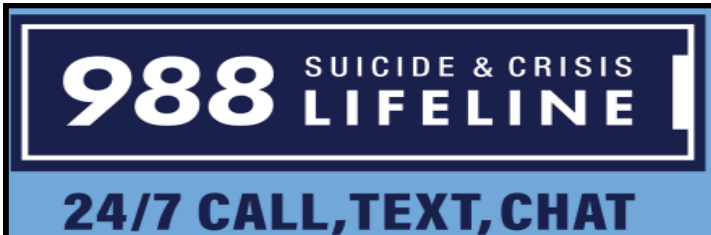


MHET in a Minute



Mental Health
Evaluation Team (MHET)
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Ways to Support Children's Mental Health

- Beginning a new school year usually comes with some anxiety, but this year students may need a lot more support before they're ready to learn
 - ◇ 70% of U.S. public schools have reported an increase in students seeking mental health services since the start of the COVID-19 pandemic
 - ◇ Isolation, changes in education and effects of the pandemic have resulted in an increase in domestic violence, drug abuse, child abuse and other issues
- **The following may be concerns children experience when returning to school:** Navigating school rules and routines, increased anxiety and fear, navigating face to face social interactions, knowing how to access help
- **The following are tips to help ease back to school anxiety for both students and parents:**
 - ◇ Give students time to adjust and provide a safe space to share their feelings
 - ◇ Communicate with child, child's teachers and school
 - ◇ Emphasize self-care (e.g., focus on sleep, proper nutrition, physical exercise)
 - ◇ Impose structure in family life (e.g., mealtime, homework, bedtime routine)
- Mental Health America's [Back to School Toolkit](#) offers additional information on how feeling unsafe can impact youth's mental health and school performance
- If you would like assistance in obtaining mental health resources, contact [ACCESS Hotline](#) or MHET
- MHET takes the initiative to follow-up on every child that is placed on a mental health commitment to link them and their families to mental health resources and prevent future hospitalizations

Sources: [Kids' Minds Matter](#), [Mental Health America](#), [UNICEF](#), [Child Mind Institute](#)

988 has been designated as the new three-digit dialing code that will route callers to the National Suicide Prevention Lifeline (now known as the 988 Suicide & Crisis Lifeline), and is now active across the United States.

988 is for anyone experiencing mental health-related distress, whether that is thoughts of suicide, mental health or substance use crisis, or any other kind of emotional distress. People can dial 988 if they are worried about a loved one who may need crisis support.

To learn more, [click here!](#)



In June, MHET Officer Kyles and School Resource Detective D. Rodriguez were invited to present at Wisconsin's national school resource officer conference. They taught law enforcement agencies "How to Build a Multidisciplinary Threat Assessment Team," a practical approach and response to school threats.

COMMUNITY RESOURCES

Family Service Agency of Burbank (FSA), (818) 845-7671, 2721 W. Burbank Blvd., Burbank: Provides crisis intervention, clinical counseling, and violence prevention services and education for youth, teens, adults, and families.

ROWI Teen & Parent Wellness Center, (805) 356-3477: Provides ages 12-18 Partial Hospitalization Program (PHP), Intensive Outpatient Program (IOP), and counseling/coaching classes for parents.

