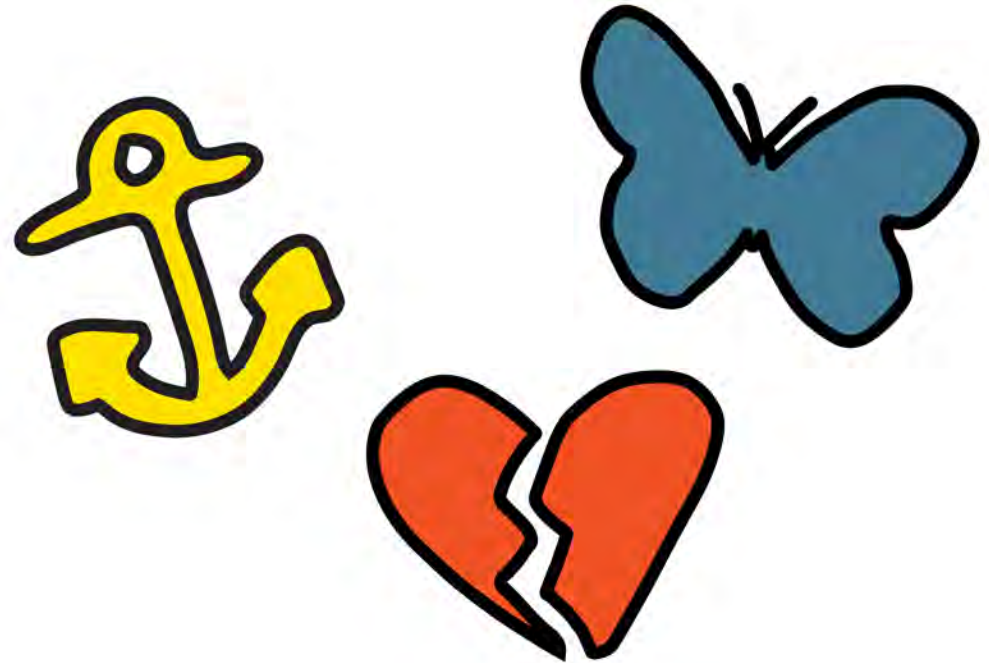


On Our Sleeves in the Continuum of Behavioral Healthcare



Parker L. Huston, PhD

Clinical Director – On Our Sleeves

Pediatric Psychologist

BH Population Health Clinical Lead

Goals for today

1. Brief overview of On Our Sleeves – The Origin Story
2. Frame the issue – stats time
3. Continuum of Children's behavioral healthcare
4. What does BH prevention look like?
5. Pillars to stand on
6. Game Plan – what can we do?
7. Measuring success

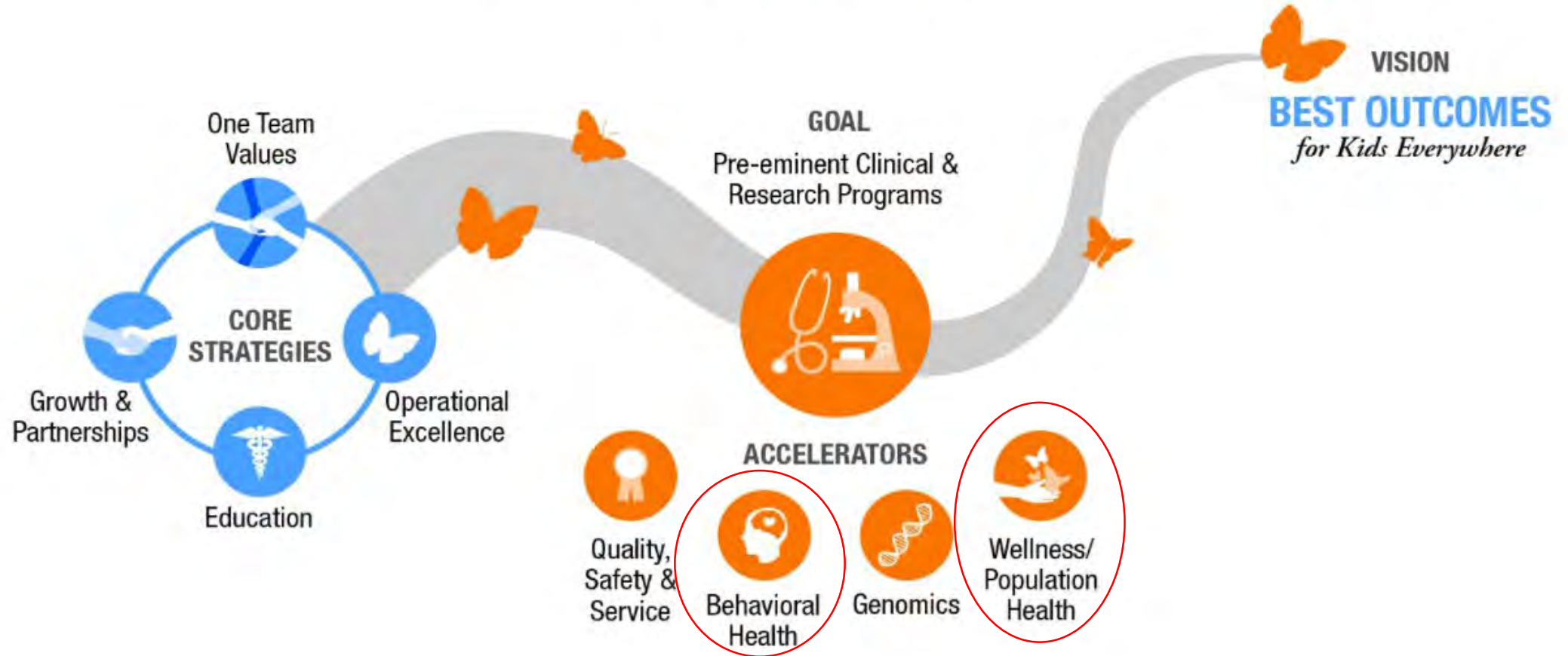
The Origin Story

- Hospital strategic plan

2017-2022

JOURNEY TO BEST OUTCOMES

Through best people & programs



ON OUR SLEEVES

The Movement to Transform Children's Mental Health



NATIONWIDE CHILDREN'S

The Origin Story

- Hospital strategic plan
- Need for a voice in the child mental health space to discuss stigma, help raise funds for research and service delivery

Because we don't wear our

thoughts on our sleeves



Creating a Platform for Change – Our Mission

On Our Sleeves is committed to providing every community in America with **free** informational resources necessary for breaking child mental health stigmas and educating families and advocates. We support access by connecting to trusted local resources.

ON OUR SLEEVES[®]

The Movement to Transform Children's Mental Health



NATIONWIDE CHILDREN'S[®]

The Origin Story

- Hospital strategic plan
- Need for a voice in the child mental health space to discuss stigma, help raise funds for research and service delivery
- Launched on World Mental Health Day in October, 2018
- Early success leads to greater need...

You've Seen The Stats

KIDS HAS A MENTAL ILLNESS • 1 IN 5

50% of all lifetime mental illnesses start by age 14*

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Suicide is the **SECOND** leading cause of death among persons aged 15 to 25 years*

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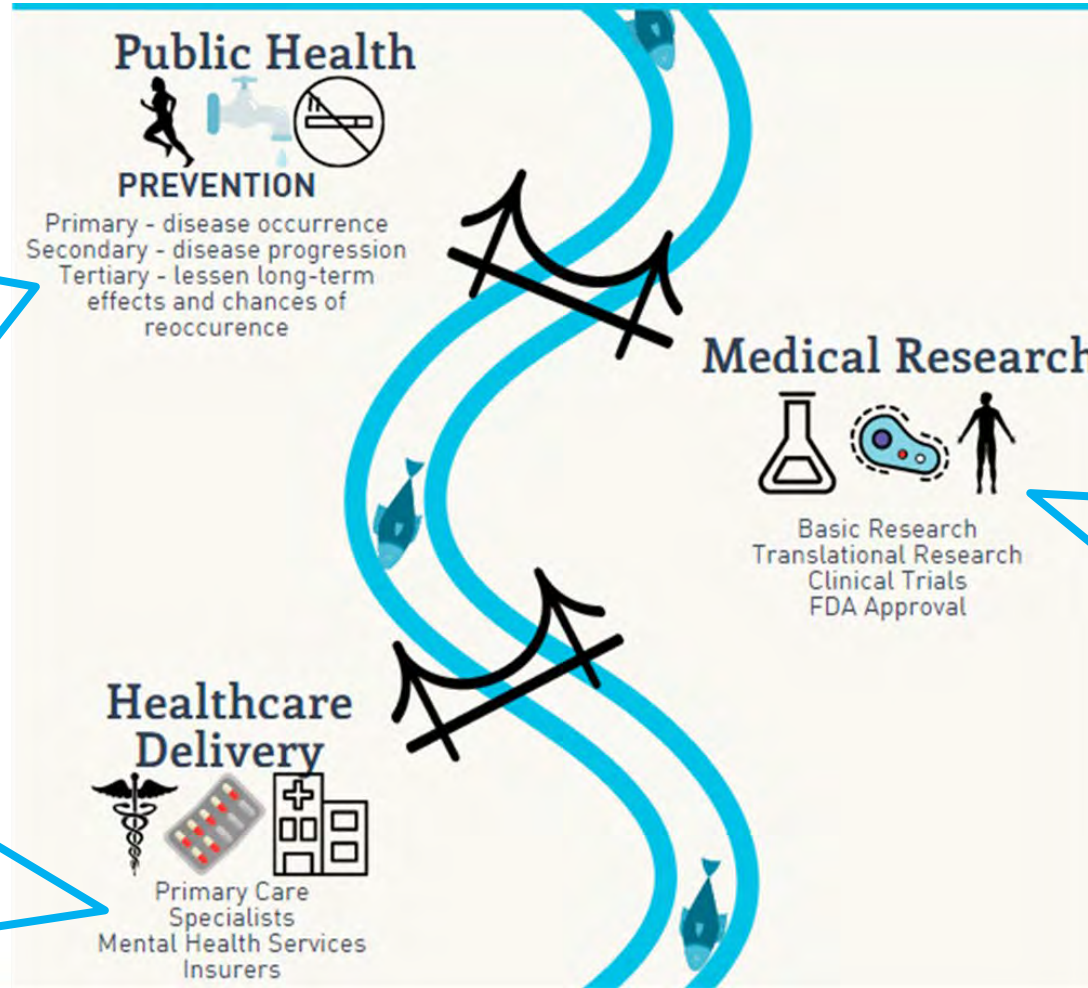
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 **NATIONWIDE CHILDREN'S**

Continuum of Behavioral Healthcare

- HNHF
- School-based
- Primary Care
- Preschool diversion
- CASD & CDC
- CSPR
- Project ECHO

- Outpatient, crisis, inpatient, partial
- Specialty programming
- Integrated with medicine



- Biobehavioral
- CSPR
- CDC/CASD
- Clinical outcomes
- Quality improvement

Promotion vs Prevention

Mental Health/Wellness Promotion

- Addresses determinants of mental health
- Aims to maintain or improve mental wellbeing

Mental Illness Prevention

- Addresses risk factors for mental illness
- Aims to help avoid or minimize illness in a population

Types of Prevention

Primary

- Population level
- Identify high risk groups

Secondary

- Early detection
- Early treatment

Tertiary

- Advanced recovery
- Relapse prevention

Pillars to Stand On

- Clinical Excellence in Practice and Research – backed by the experts...
- Cause awareness, consistent messaging, community engagement - amplification
- Sustainable funding model, corporate support



ON OUR SLEEVES® Alliance

The Movement for Children's Mental Health

Fundraising Partner

Groups/ organizations fundraising for *On Our Sleeves*.



Corporate Partner

For-profit companies supporting *On Our Sleeves* through fundraising and content sharing.

Curriculum Development Partner

Partnerships to create *On Our Sleeves* content to share content nationally.



GoNoodle



Education Partner

Groups/ organizations who distribute *On Our Sleeves* content.



Healthcare Partner

Health care orgs who license *On Our Sleeves* and share messages in their market.



Ambassador

Individuals (celebrities/ influencers/corporate leaders) who champion the cause of *On Our Sleeves*.



ON OUR SLEEVES®

The Movement to Transform Children's Mental Health



NATIONWIDE CHILDREN'S

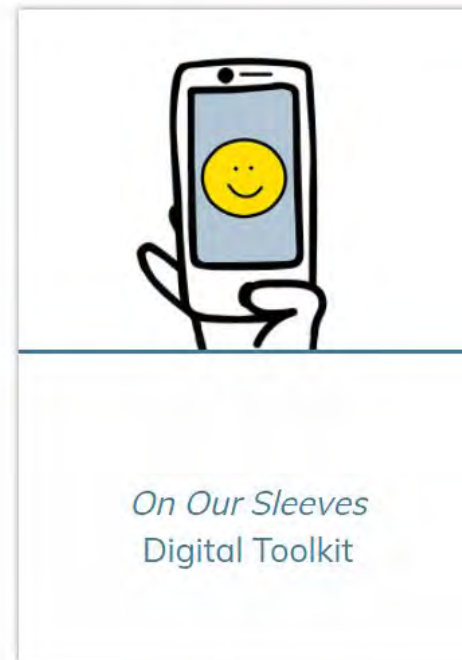
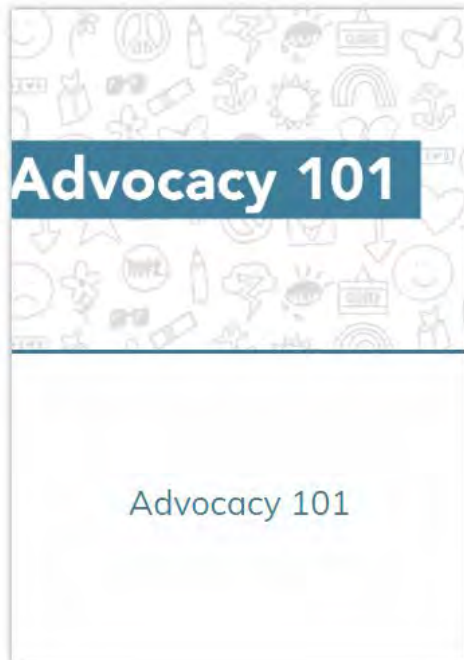
What Do We Do?

- Advocacy
- Education
- Wellness activities
- Connect to local resources











Advocacy

Taking action for children's mental health is easy. Our tools can help you to get involved.

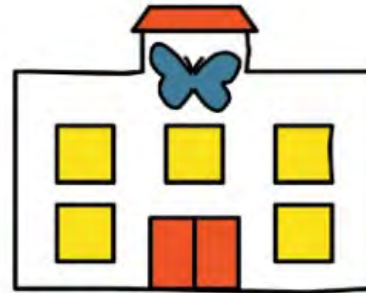


Education

- Clinical information
- Non-diagnostic when possible
- Digestible
- Meant to apply generally


 Coronavirus Mental Health Articles	 Understanding Depression in Kids	 Supporting Kids' Mental Well- being	 Helping Kids Build Relationships
 Helping Kids at School	 Sleep Problems in Children	 Helping Kids Manage Stress	 Kids and Suicide: What You Should Know

- Specific focus on expanding minority mental health area
- Translating into Spanish when able
- Redirecting to other reputable resources



ARTICLES AND SUPPORT

How to Find a Culturally Informed Therapist

 Ariana Hoet, PhD

If you are BIPOC or LGBTQIA+, it may be hard to find a therapist who identifies in the same way as you or your child. We have some tips to help you find a culturally informed therapist for your child.

ARTICLE

BIPOC and LGBTQ+ Books and Media



Our behavioral health team selected these books, videos and movies to help you spend quality time with your children and get the conversation started.

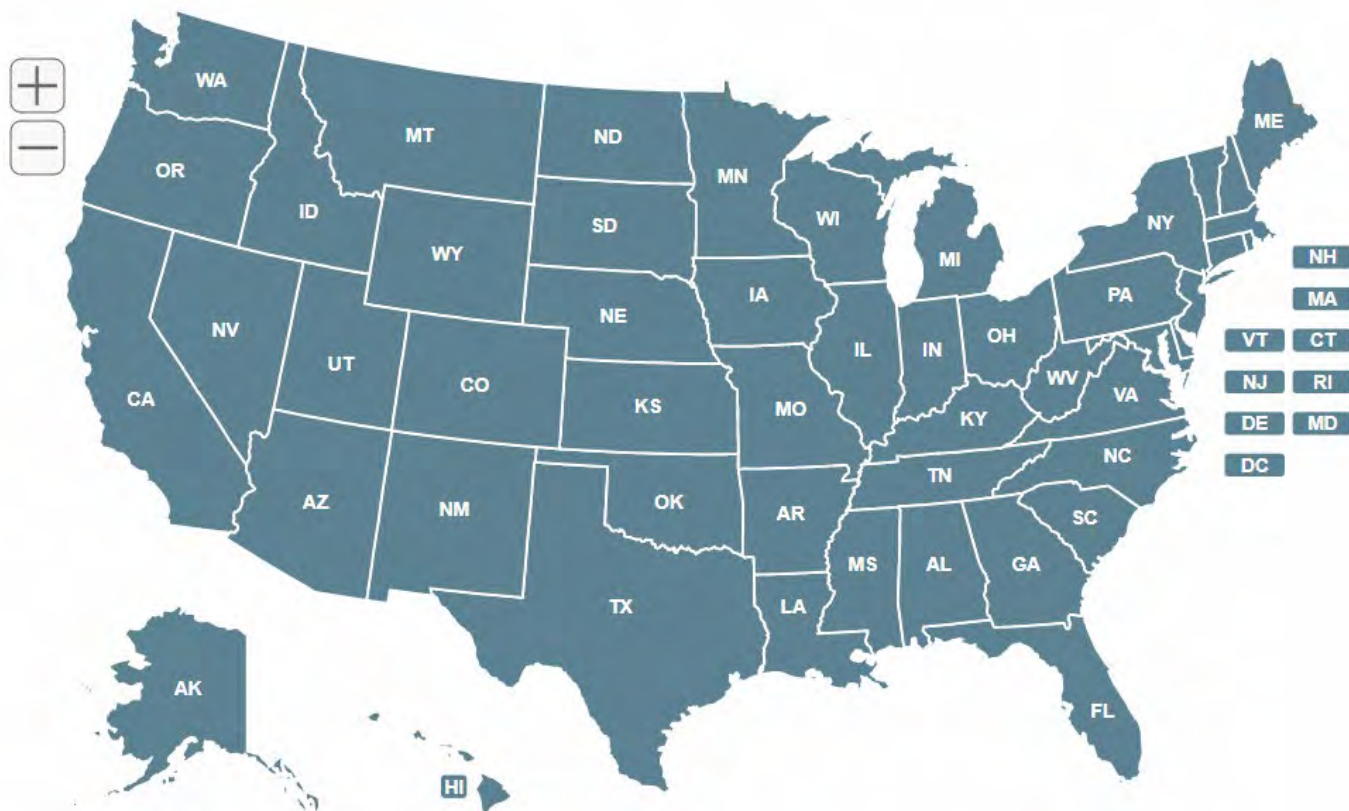
ARTICLE

BIPOC and LGBTQ+ Conversation Starters



How do you start conversations to check in with friends and family whose mental health may be suffering because of world events? The most important thing you can do is speak from the heart.

Find Children's Mental Health Resources in Your State



Mental Health Promotion and Prevention

- Translating treatment research into prevention materials
- How can we reach children early?
- Who has the most influence over child development?
- Broad reach and applicability

Back-to-School

Helpful Info to Share With Your Teacher

With help from our *On Our Sleeves* teacher friends and our experts, we've created these worksheets to help you be a voice for your child with their teacher this school year. Take the "A Little Bit About Me" worksheet to your teacher so they can get to know your child – and help the year go smoothly.

[Download for Elementary Schoolers](#)[Download for Middle Schoolers](#)

Masks as Part of the School Uniform

Your child most likely takes a backpack or lunchbox to school every day. Well this year, if they are going to school, they will also take a face mask. Check out tips for preparing your child for wearing a mask throughout their school day and getting used to seeing others, like teachers, in masks.

[Learn More](#)

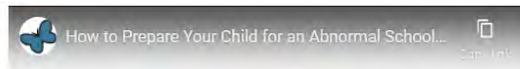
Managing an Uncertain School Year

It always takes children a few weeks to adjust to a new school year, but the transition may be even more difficult this year due to COVID-19. How can you get your child ready for an unconventional school year?

[Learn More](#)

How to Prepare Your Child for an Abnormal School Year

Our kids experienced a huge disruption to their routine at the end of last school year, and it's highly likely that many things will be different once they return. This can cause a great deal of anxiety for various reasons. Some children may be nervous about the unknown structure, while others might be worried about separating from their caregivers after being together all the time. It's impossible to prepare them for every detail going in to the new year, but there are steps you can take to ease some of the anxiety about going back.



How to Prepare Your Child for an Abnormal School Year



Helping Kids With Special Needs Adapt

Children with autism, learning disabilities or other special needs are especially impacted by the changes that have come about from COVID-19. Here are a few tips for helping your child with special needs adapt to a new routine, wearing a mask, and more.

[Learn More](#)

Content Promoting Mental Wellness

1. 2. 3. Healthy Habits Checklist

Although the schedule is different for everyone, we have created a few checklists to get you started. You can use these as a guide to create checklists for your family to help form new healthy habits for the upcoming school year, not matter what form that takes.

Days learning at home

- ☐ Consistent wake up time
- ☐ Eat breakfast
- ☐ Shower
- ☐ Get dressed
- ☐ Brush teeth/comb hair
- ☐ Sit down at special workspace for school
 - Put electronics away unless using for learning
- ☐ Log on to classroom website
- ☐ Complete school work in 1-2 subject areas
- ☐ Break for free time from 10am to 10:30am
- ☐ Complete school work in 1-2 subject areas
- ☐ Break for lunch
- ☐ Chores
 - List the chores for each day
- ☐ Finish school work and put away (Suggest finishing before typical school day would be over)
- ☐ Play time
- ☐ Consistent bed time

Other things to consider including:

- ☐ Practicing a sport or other skill
- ☐ Experiential learning - outside, at a park, science experiments
 - <https://www.sciencefun.org/kidszone/experiments/>
 - <https://www.weareteachers.com/easy-science-experiments/>
- ☐ Homework time (if applicable)
- ☐ Practice or learn musical instrument
- ☐ Art time
- ☐ Mindfulness exercises - OnOurSleeves.org/get-involved/gratitude

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Mental Fitness Challenge

Keeping our brain in shape is just as important as physical fitness. Try doing one of these tips every weekday!

1. Over dinner, talk about 3 things you are grateful for.
2. Take a walk.
3. Send an email/message to someone you love.
4. Allow yourself to be present in the moment.
5. Plan a family activity night, like game night or movie night.
6. This morning, talk about what you are most excited for today.
7. Donate to or volunteer at an organization.
8. Draw a picture of someone or something you are grateful for.
9. Make a list of 3 things you want to do this year.
10. Sing a song together.
11. Limit screen time today.
12. Read a book.
13. Make dinner together.
14. Smile and say hello to every person you see today.
15. Focus on the positive. Try not to complain about anything today.
16. Ask your kids to share one thing they like about themselves and why.
17. Write down one thing you want to get done this weekend - and do it.
18. Do one random act of kindness today.
19. Color a picture.
20. Go to sleep a half hour earlier.
21. Send a text message to someone you miss.
22. You decide: How will you be mentally fit today?

For more mental health tips and information, visit OnOurSleeves.org. Share how you're being mentally fit. Use #OnOurSleeves on social media.

Guide to Good Sleep

From infants and toddlers to school-aged kids and teens, it's important to make sure your kids are getting the sleep they need to grow, learn and play.

Of course, we all know that life and nature can interfere with getting plenty of rest and knock us off track - cue the after-school activities, homework, studying, Daylight Saving Time and the COVID-19 pandemic, to name a few.

This combination of all these events can certainly alter our sleep schedules. But it doesn't have to. Check out these tips, tricks and resources for getting the right amount of zzz's, no matter your child's age (and maybe a good refresher for you, too!).



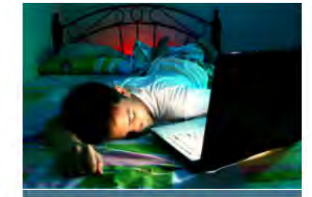
COVID-19 and Sleep: Is Your Child Getting Enough Rest?

Getting a good night's sleep is so important for our mental and physical health. Like so many things recently, COVID-19 has significantly disrupted the sleep of children and adolescents. So what can we do to get back to a healthy sleep routine?



FAQs About Sleep

Bedtime is always a battle. My child refuses to stay in bed. Help! Is sleep training safe for kids? Our experts answer these common questions - and more - around your child and sleep.



Insufficient Sleep Can Be Deadly

One of the main purposes of sleep is that it is restorative for both the brain and the body. Adolescents actually need more sleep than adults but often get less. Even with more than nine hours of sleep a night, many adolescents still feel tired the next day.

How to Foster a Child's Emotional Development

One of the most important parts of the human experience is feeling the range of emotions we go through in our lifetime. Even at a young age, the emotions children experience, from happiness to sadness, can lead to enriched life experiences and improved relationships on the journey to adulthood.

Emotional Empowerment allows us to experience these emotions, while also teaching us how to have better control over our emotions when necessary – especially strong negative emotions like anger, fear and anxiety.

Learn about emotional empowerment and the five steps you and your family can follow to take ownership of emotions you face every day.



How to Start a
Conversation
With Kids



How to Support
Mental Health
Needs for Kids

3R's

How to Develop
Healthy Habits in
Kids



How to Help Kids
Stay Positive

Latest Resources

HOW-TO GUIDES

What is Emotional Empowerment?

 *On Our Sleeves* Behavioral Health Experts

We learn ways to identify, express and manage our emotions – but these skills don't come naturally for everyone. It's important to teach children how to regulate their emotions through Emotional Empowerment.



How to Deal With
Loss



How to Prepare
Kids for Back-to-
School



How to Support
Mental Health
Needs for Others



For Teachers:
How to Prepare
for Back-to-
School

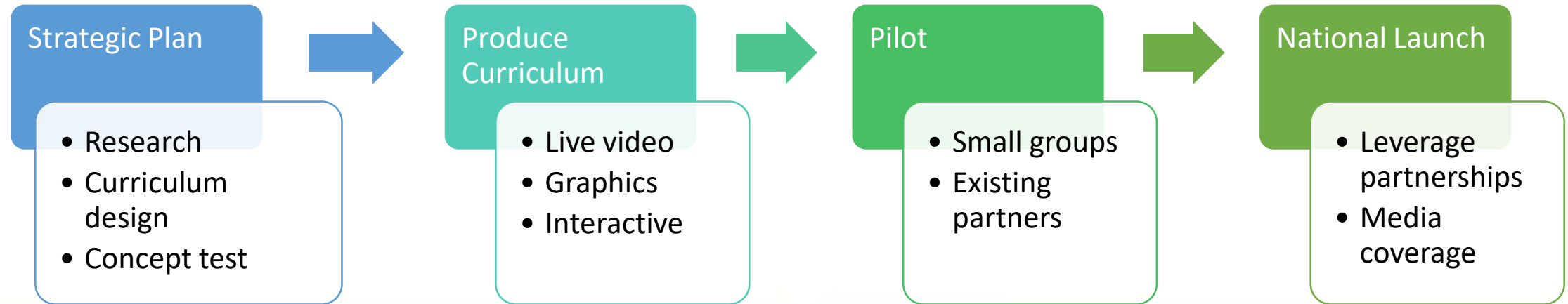


Workplace curriculum

Funded through an Innovation Grant from Nationwide Insurance

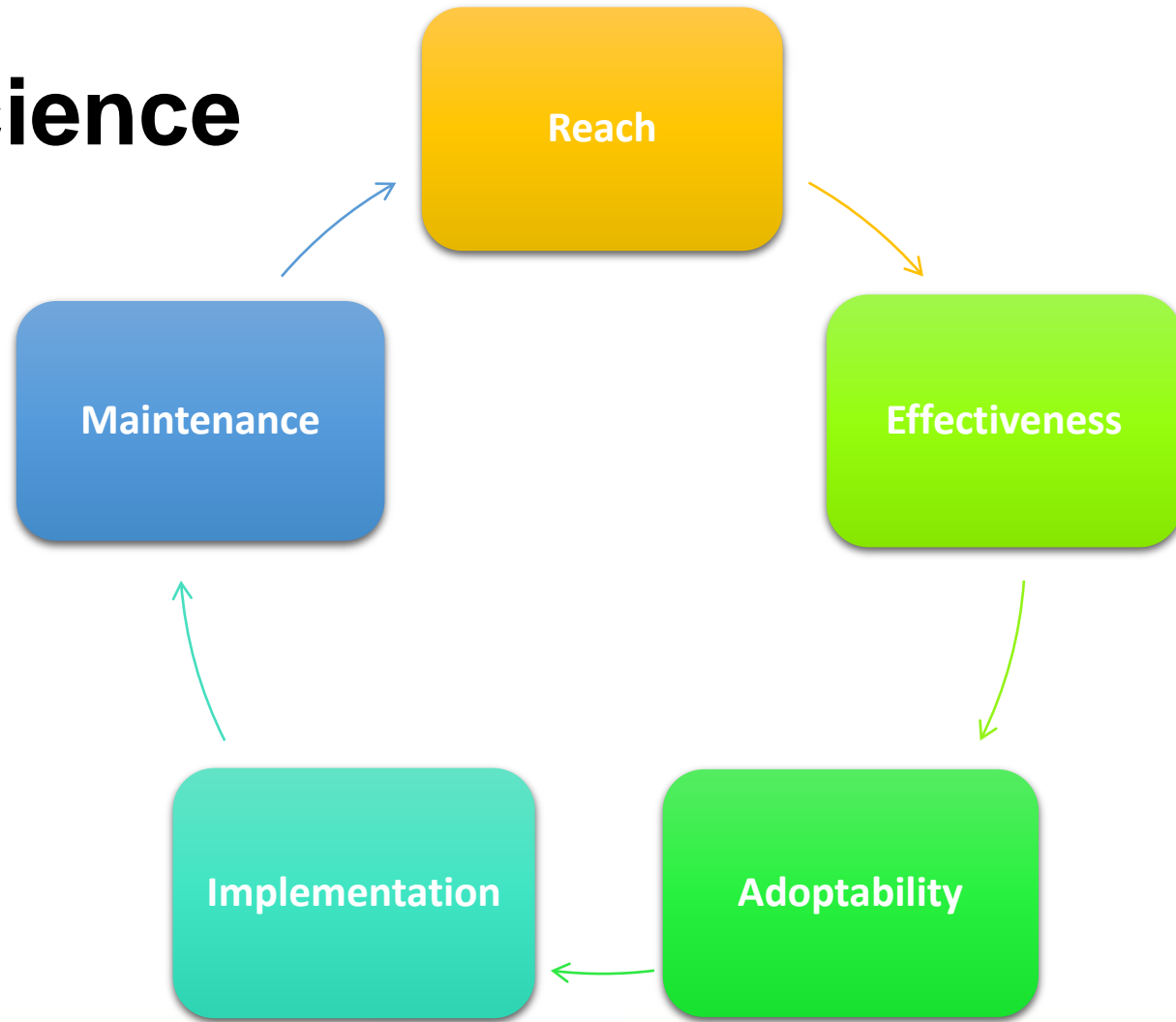
Project Aims:

1. Provide a free educational curriculum to working parents to improve knowledge and self-efficacy for managing children's mental health and wellness.
2. Make the business case for child and family mental health as a crucial part of health and wellness initiatives.



RE-AIM Model

Implementation Science



Wrap it up!

- On Our Sleeves is an organically developed movement which furthers the mission of NCH and BH Services
- Leveraging three pillars of clinical and research excellence, marketing and communications, and fundraising
- Ultimate mission is to make this information accessible and applicable to anyone who needs it across the world

THANK YOU!

Katie Thomas
(Top 40 under 40!)

Megan
Bennington

Donna Teach

Jen Reese

Foundation
and marketing
teams

Clinical
Experts!