

IDEAL STATE

IDEAL STATE – COMMON SENSE HEALTHCARE



- Affordable
 - Sliding scale
- Integrated services
- Beds available for all
- Transparent communication with providers

IDEAL STATE – NO STIGMA



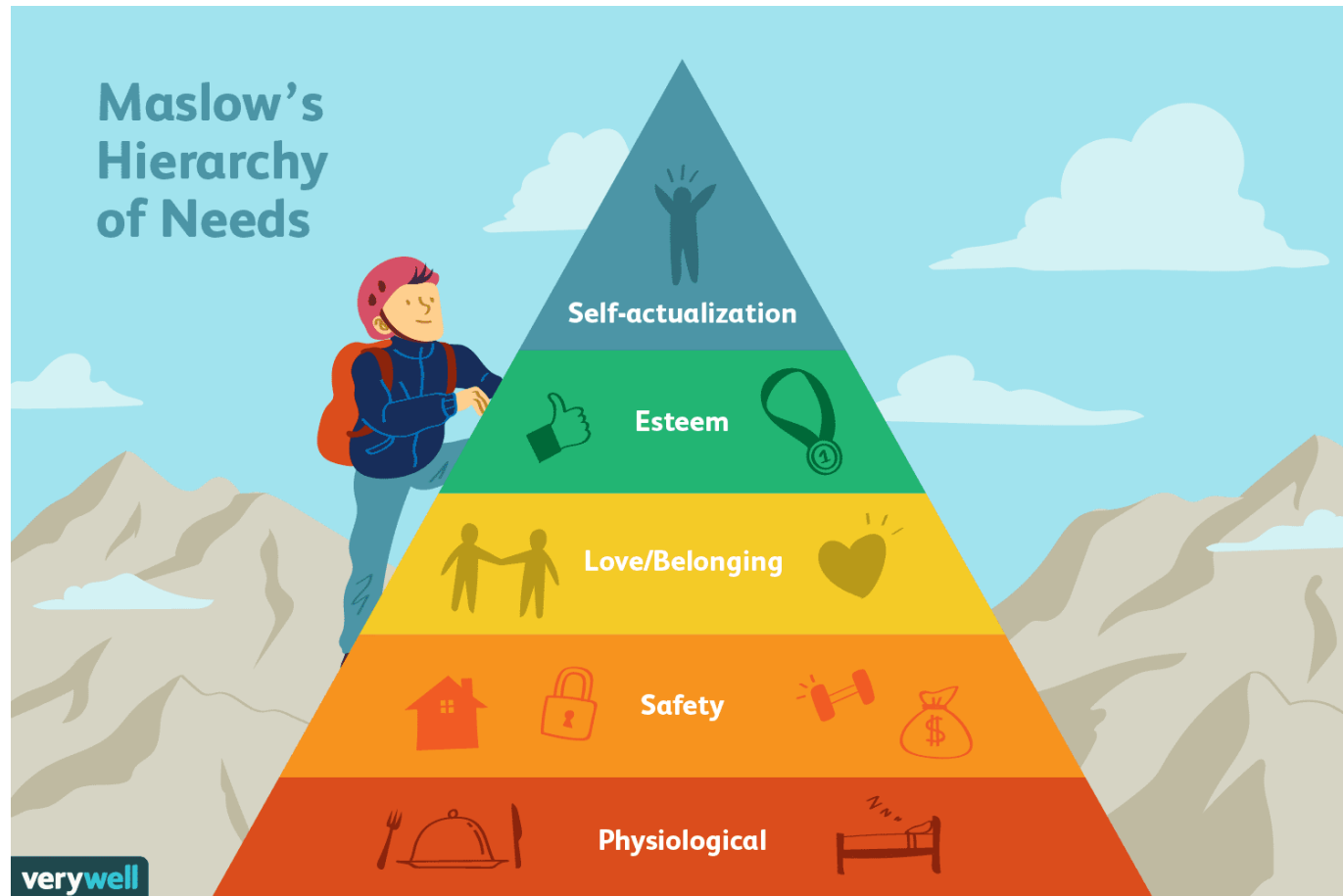
- What does mental wellness look like?
 - What is normal?
- No judgement
- No fear

IDEAL STATE – SOCIAL SUPPORT



- Social support
 - Informal
 - Formal
- Community
- Feeling of belonging

IDEAL STATE – BASIC NEEDS ARE MET



- Basic needs are met
- No toxic stress
- Everyone's needs are met = less crime

IDEAL STATE – STRESS OUTLETS



- Coping mechanisms
 - Exercise
 - Social support
- Kids know how to cope with stress too

BARRIERS

BARRIERS – MISHANDLING



- School discipline policies
 - Timeout
 - Suspensions
- Overmedicating
- Misdiagnosing
- Undiagnosed
- Not trauma based

BARRIERS – STIGMA



- Feelings of:
 - Shame
 - Judgement
 - Isolation

BARRIERS – INACCESSIBLE



- Insurance coverage is limited
- Expensive
- No transportation
- Long wait times
- Not enough facilities/beds

BARRIERS – SUPPORT



- Lack of school counselors
- Lack of school nurses
- Lack of social support

SOLUTIONS

SOLUTIONS – DESTIGMATIZE



- Mental health screenings for ALL during physicals
- Campaign – mental health ≠ personal failing

SOLUTIONS – CULTURE SHIFT



- Inclusive classroom management and learning styles
- Teach kids healthy coping skills
- Medication as last resort

SOLUTIONS – HEALTHCARE



- Affordable
 - Medicaid expansion
 - Sliding fee scale
- Improve transportation
- Integrate services
- Include mental health services in insurance
 - Employee assistance programs