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
• 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