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MENTAL NOTES

CAL-HOSA MENTAL HEALTH NEWSLETTER



In This Issue

Cal-HOSA Answers the Call

Starting the Conversation &
Seize the Awkward

Chapter Spotlight

Resources & Events

Did You Know?

- **1 in 6** U.S. youth aged 6-17 experience a mental health disorder each year
- **50%** of all lifetime mental illness begins by age 14, and 75% by age 24
- Suicide is the **2nd** leading cause of death among people aged 10-34 in the U.S.
- LGBTQ+ youth are **4x** more likely to attempt suicide than straight youth

"10 Surprising Mental Health Statistics from 2020." Mental Health First Aid

Cal-HOSA Answers the Call

Schools have already begun to kick-off the upcoming school year with mixed excitement, optimism, and concern among parents and communities as educators and students return to their classrooms. Whether educators are anxious or eager about resuming in-person teaching, they remain aware of the negative impact on student learning, academics, and the social-emotional development of the previous 18 months of virtual learning.

Educators recognize their role of helping students with their social-emotional recovery. Also important to note is that the new resurgence of the coronavirus brings new concerns. The lingering fear is a repeat of the 2020 stay-at-home mandate forcing many students back to remote learning while some remain on site enduring the burden of being exposed to the virus and having to quarantine.



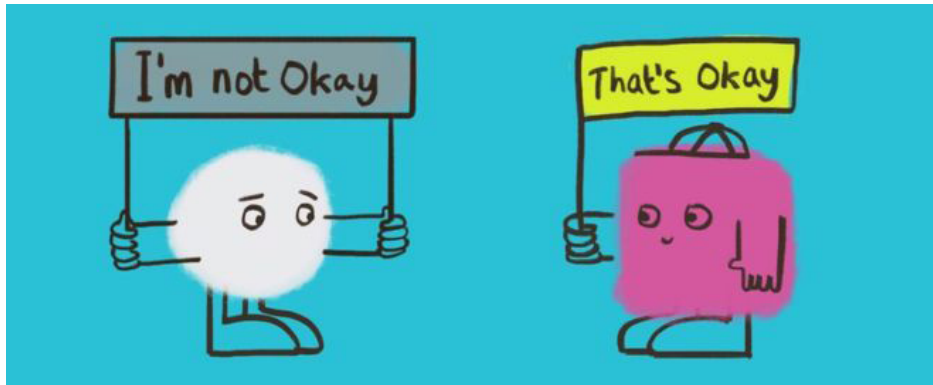
Cal-HOSA Answers the Call

In 2018, Cal-HOSA started its Mental Health Prevention, Early Identification and Early Intervention (PEII) project. This project is a mental healthcare framework to address the risk factors associated with mental health issues, and suicide ideation among youths and young adults. From a mental wellness perspective, Cal-HOSA has the attributes (protective components) that mitigate risk factors associated with psychological distress. When key components of the Cal-HOSA model are integrated into the school and the classroom environment, students have reported experiencing a sense of inclusion and having a place where they feel connected.

Cal-HOSA's PEII Quantitative Study Cal-HOSA's Qualitative Study

As the Cal-HOSA PEII project continues to grow, this newsletter, Mental Notes is intended to be a monthly publication that provides educators, students, parents, and the community different ways to help stay connected in meaningful and positive ways. Each month Cal-HOSA will be releasing a Mental Notes newsletter highlighting a different topic relating to Mental Health and Wellness. Each newsletter will include specific resources pertaining to the monthly theme.





Starting the Conversation

Starting the conversation is one of the most important strategies to help students recognize their early struggles with mental health, and potentially their peers as well. Learning how to start the conversation early can help students get the help and guidance they need to change their life's trajectory from poor mental health to healthy outcomes or well-being.

It is important for students to understand that it is okay to not be okay and to recognize that they need to talk about mental health as frequently as possible. Checking in with one another can build the trust one needs in order to reach out during a crisis.



"WHAT MENTAL HEALTH NEEDS IS MORE SUNLIGHT, MORE CANDOR, AND MORE UNASHAMED CONVERSATION!"

- GLENN CLOSE

**NO NEED TO BE AN EXPERT.
JUST BE A FRIEND.**

Seize the Awkward

Having a conversation about mental health might be uncomfortable, but it can make all the difference. Openly discussing mental health in an environment that feels safe helps break down stigma and shame. It also reminds us that we are not struggling alone. Seize the Awkward is a great resource for students and teachers as to how to recognize the signs, how to start the conversation, what to do during the conversation, and how to follow up afterwards.

There are a wealth of resources such as social media graphics, on campus toolkits, statistics, and much more. For more information visit seizetheawkward.org



**"IF YOU TAKE CARE OF
YOUR MIND, YOU TAKE
CARE OF THE WORLD"**

- ARIANNA HUFFINGTON

Chapter Spotlight

SOUTHWEST HIGH SCHOOL

"Four years ago, Southwest High School HOSA: Future Health Professionals was given the opportunity to participate in a mental health pilot program presented by California-HOSA. Our chapter created "Soaring Above Stigma" to increase mental health awareness and shed light on the stigma that surrounds mental health. The purpose of this project is to show not only our school, but our community that mental health should be taken seriously for all.

Outreach has included in-person and virtual activities such as "Tackle Your Wellness", "SOAR: Supporting Social Emotional Learning During Distance Learning" and establishing the Coalition for Student Wellness at Southwest High School. We collaborate with community organizations, educational leaders, and government officials to continue the conversation about mental health in our community."

Jackie Valadez - Southwest HS Advisor

[Soaring Above Stigma](#)





Save The Date!

EVENTS ON HOSA, MENTAL HEALTH, & MORE

NAMI California Multicultural Symposium

Wednesday, October 13, 2021

[Registration](#)

Cal-HOSA's Virtual Fall Leadership Conference

Saturday, October 23, 2021

[Registration](#)

[Call for Workshop Presenters](#)

Cal-HOSA State Officers post mental health facts every Monday on Cal-HOSA's social media platforms



Resources

[Seize the Awkward](#)

[5 Tips for Starting a Conversation.](#)

[Time To Talk: Tips for Talking About Your Mental Health](#)

[NAMI: Starting the Conversation](#)

[Let's Talk About It](#)

[Cal-HOSA Mental Health Resource List](#)