The Children’s Mental Health Matters Campaign is a collaboration of the Mental Health Association of Maryland (MHAMD) and the Maryland Coalition of Families (MCF) with support from the Maryland Department of Health – Behavioral Health Administration. The Campaign goal, with community and school champions across the state, is to raise awareness of the importance of children’s mental health. Each year, we celebrate Children’s Mental Health Matters! with over a week of events, workshops, media, outreach and other awareness raising activities.

May 3 – 9, 2020

www.childrensmentalhealthmatters.org
WHY IS THIS NEEDED?

• One in five children will struggle with a mental health problem before the age of 18.
• 70% of school-aged children with a diagnosable mental illness do not receive treatment.
• Many illnesses start in childhood.
2020 CHILDREN’S MENTAL HEALTH MATTERS! CAMPAIGN HIGHLIGHTS

www.childrensmentalhealthmatters.org
Hale, 17, from the Harbor School
2020 CHAMPIONS!

600 School Champions!

199 Community Champions!

www.childrensmentalhealthmatters.org
VALUE IN SCHOOL PARTICIPATION?

- Free and easy to take part
- Materials for all ages
- Electronic resources including activity ideas
- Hard copy materials including a poster, bookmarks for every student and resources for parents*
- Spanish language materials available

*had to be modified this year!
CAMPAIGN MATERIALS

TRAIN YOUR BRAIN

What keeps my brain healthy and strong?

- A Good Night’s Sleep
- Healthy Food & Drink
- Moving My Body
- Learning New Things
- Having Fun With People

ABOUT YOUR BRAIN

What is my brain made of?
75% Water!

How much does my teacher’s brain weigh?
2 pounds!

How much electricity does my brain produce?
12.36 watts, enough to power 2 light bulbs!

Who has the biggest brain?
A whale!

Neuroplasticity is the way your brain changes so that you can learn and do amazing things. Your brain controls everything you do and performs best when you keep it healthy.

Be Kind To Your Mind

How can I keep my brain healthy & strong?

- Get Enough Sleep
- Healthy Food & Drink
- Exercise
- Learn New Things
- Hang Out With Friends

ABOUT YOUR BRAIN

What is my brain made of?
75% Water!

What does my brain have that can live 100+ years?
Billions of them!

How much electricity does my brain produce?
12.36 watts, enough to power 2 light bulbs!

How much does my brain weigh?
2 pounds!

Which animal has a brain & braincase bigger than mine?
Whale!

Neuroplasticity is the way your brain changes so that you can learn and do amazing things. Your brain controls everything you do and performs best when you keep it healthy.

For more brain facts, visit: www.ChildrensMentalHealthMatters.org
CAMPAIGN MATERIALS

Children’s Mental Health Awareness Week is May 3-9, 2020
Tips for Fostering Resilience in your Child

<table>
<thead>
<tr>
<th>Date</th>
<th>Activity</th>
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<tbody>
<tr>
<td>3</td>
<td>Learn the facts about children’s mental health!</td>
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<tr>
<td>4</td>
<td>Find a mindfulness activity for your family to do together</td>
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<td>5</td>
<td>Have a device-free day!</td>
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<td>6</td>
<td>Stay hydrated and try to eat a balanced diet</td>
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<td>7</td>
<td>Wear GREEN for Children’s Mental Health Awareness</td>
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<td>8</td>
<td>Keep your body moving even if remaining indoors</td>
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<td>9</td>
<td>Speak kindly to yourself and others</td>
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<td>10</td>
<td>Work on a family project together!</td>
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<tr>
<td>11</td>
<td>Help your child name the things that make them feel safe</td>
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<td>12</td>
<td>Ask for help</td>
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<tr>
<td>13</td>
<td>Try to get a good night’s sleep</td>
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<tr>
<td>14</td>
<td>Feeling overwhelmed or frustrated? Take 10 deep breaths</td>
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<tr>
<td>15</td>
<td>Have a family game night</td>
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<tr>
<td>16</td>
<td>Start a journal. There are many ways of doing this!</td>
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<tr>
<td>17</td>
<td>Learn and practice new coping skills for stress and anxiety</td>
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<tr>
<td>18</td>
<td>Keep up at your routine and schedules</td>
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<td>19</td>
<td>Spend time talking about your family’s strengths</td>
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<td>20</td>
<td>Complete a random act of kindness</td>
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<td>21</td>
<td>Exercise your brain do a puzzle, craft, read, listen to music</td>
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<tr>
<td>22</td>
<td>Reach out to friends and family. Call, email, send a letter</td>
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<td>23</td>
<td>Start a new project together as a family</td>
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<td>24</td>
<td>Encourage each other to practice self-care</td>
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<td>25</td>
<td>Practise active listening skills</td>
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<td>26</td>
<td>Keep doing your best</td>
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<td>27</td>
<td>Feelings are important! Write or draw about them</td>
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<td>28</td>
<td>Remain positive about the future. Make a list of things you are thankful for</td>
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<td>29</td>
<td>Take 5 minutes to sit in the silence and just breathe</td>
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<td>30</td>
<td>Make uninterrupted time for each other</td>
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<tr>
<td>31</td>
<td>The Children’s Mental Health Matters! Campaign is a collaboration of the Mental Health Association of Maryland &amp; the Maryland Coalition of Families with support from the Maryland Department of Health - Behavioral Health Administration. The Campaign goal, with School &amp; Community Champions across the state, is to raise public awareness of the importance of children’s mental health. For more information, please visit <a href="http://www.ChildrensMentalHealthMatters.org">www.ChildrensMentalHealthMatters.org</a></td>
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Happy - Healthy - Hopeful

www.childrensmentalhealthmatters.org
CAMPAIGN MATERIALS

New Resource in 2019

www.childrensmentalhealthmatters.org
GROWING PRESENCE ON SOCIAL MEDIA

Facebook:  www.facebook.com/ChildrensMentalHealthMatters
Instagram:  @ChildrensMentalHealthMatters
Twitter:  @ChildrensMHM
& Thank you to the BHIPP team for putting this webinar together!