



May is Mental Health Awareness Month: Project AWARE Information Briefs

In honor of Mental Health Awareness Month, Project AWARE Ohio would like to share the following information briefs:

Trauma:

Individual trauma results from an event, series of events, or set of circumstances that is experienced by an individual as physically or emotionally harmful or life threatening and that has lasting adverse effects on the individual's functioning and mental, physical, social, emotional, or spiritual well-being (SAMHSA, 2014). In a CDC-Kaiser study (2014), more than 2/3 of the participants reported at least 1 adverse childhood experience (ACE) and more than 1 in 5 reported 3 or more ACEs. To learn more about the impact of trauma on youth and ways to help, please access our *Trauma-Informed Schools* information brief: http://resources.oberlinkconsulting.com/uploads/infobriefs/Project_AWARE_Ohio_Trauma_Brief.pdf

Suicidal Ideation:

Suicide is the 2nd leading cause of death for young people ages 10-24 (CDC, 2015). More than 1 in 6 U.S. high school students reported having seriously considered attempting suicide in the last 12 months (CDC, 2013). To learn more, please see our *Teen Suicide: Prevention, Intervention and Postvention* information brief: http://resources.oberlinkconsulting.com/uploads/infobriefs/Teen_Suicide_Prevention_Info_Brief.pdf

Substance Abuse:

Signs that a young person may be abusing alcohol and/or drugs include: missing class and/or school, drop in grades, change in relationships with family and/or friends, not showing interest in school and/or other activities, difficulty focusing, and/or excessive attempts at privacy. To learn more about how substance abuse impacts young people, please read our *Substance Abuse Awareness and Prevention* information brief: http://resources.oberlinkconsulting.com/uploads/infobriefs/Substance_Abuse_Info_Brief_FINAL.pdf

Teen Dating Violence:

1 in 3 U.S. teens has been a victim of dating violence and about 1 in 3 has committed relationship violence (Ybarra et al., 2013). To learn more about the impact of dating violence on youth and ways to help, please access our *Teen Dating Violence: What Schools, Parents, and Youth Need to Know* information brief: http://resources.oberlinkconsulting.com/uploads/infobriefs/Teen_Dating_Violence-What_Schools_Parents_and_Youth_Need_to_Know.pdf

Non-Suicidal Self-Injury:

Non-suicidal self-injury refers to when people intentionally harm themselves but do not have any intent to kill themselves (Klonsky et al., 2014). Injuries may include cutting, burning, biting, bruising, scratching, and scalding (Shapiro, 2008). To learn more about non-suicidal self-injury among youth, please access *Non-Suicidal Self-Injury: What is it, Why does it happen, and how can we help?* http://resources.oberlinkconsulting.com/uploads/infobriefs/Non_Suicidal_Self_Injury-What_is_it_Why_does_it_happen_How_do_we_help_FINAL.pdf

Eating Disorders:

Eating disorders are defined as negative emotions, attitudes, and behaviors that result from issues with weight and food. More than 50% of adolescent girls and a third of adolescent boys try to control their weight in unhealthy ways by skipping meals, vomiting, taking laxatives, or fasting (ANAD, 2016). To learn more about eating disorders in young people, please access our *Eating Disorders among Youth* information brief: http://resources.oberlinkconsulting.com/uploads/infobriefs/Eating_Disorders_Brief.pdf

All of our Project AWARE Ohio resources can be found at: <http://resources.oberlinkconsulting.com/>

The Project AWARE Ohio team includes partners in 3 county ESCs. If you are from those local areas and want more information about Project AWARE services, please contact:

Cuyahoga County ESC: Mary Wise; (216) 901-4201; mary.wise@esc-cc.org

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For information about Project AWARE in other regions of the state, please contact:

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