

Promoting Mental Health in Schools

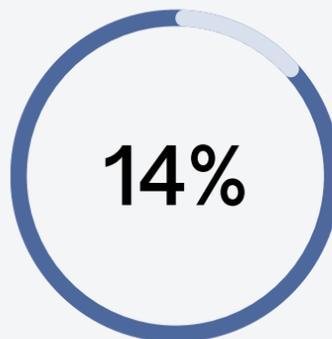
Anxiety and depression rates amongst children and adolescents are estimated to have doubled since the pandemic.

JAMA Pediatrics, 2021



Center for Disease Control, 2024

of teens experience persistent feelings of sadness or hopelessness.



World Health Organization, 2024

of 10-19 year olds experience a mental health condition.

An in-school mental health provider can provide **critical support** for students facing emotional and psychological challenges by promoting social and emotional learning skills

What is Social and Emotional Learning? (SEL)

SEL refers to the process through which individuals develop the skills to understand and manage emotions, set goals, show empathy, maintain positive relationships, and make responsible decisions.

SEL can assist students with:

- Self awareness
- Conflict resolution
- Stress management
- Decision making
- Identifying emotions

Benefits of SEL:

- Improved academic performances
- Promotes positive school climate
- Prepares students for success in life and career

Services an in-school clinician can offer students:



Individual support for students



In class support



Staff development presentations



Student observations



Connect students and families with community mental health resources



In-class SEL lessons



BZA Behavioral Health is a multidisciplinary and inclusive private practice that has served a diverse population in the northwest suburbs for the last 13 years. We understand the unique and evolving challenges facing today's youth in both their academic and personal lives. It is a part of our mission to evolve with these challenges and to continue to nourish a community that educates on mental healthcare.

For more information on school based services, please contact our support team.



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