

Kristi House Education Presents...

PROJECT Head STRONG

Staying Tough, Resilient and Optimistic when life's Not Great.

MENTAL WELL-BEING PROGRAMS

➤ FOR CHILDREN & TEENS

- Globally, one in seven 10 19 year-olds experience: a mental disorder, accounting for 13% of the global burden of disease in this age group.
- Depression, anxiety and behavioral disorders are among the leading causes of illness and disability among adolescents.
- Suicide is the fourth leading cause of death among 15 -19 year-olds.

WORLD HEALTH ORGANIZATION



The consequences of failing to address adolescent mental health conditions extend to adulthood, impairing both physical and mental health and limiting opportunities to lead fulfilling lives as adults.

To learn more about mental health programming for youth and to schedule lessons at your school, please contact:

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Director of Prevention Education

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Made possible by:



All youth programs have an accompanying curriculum specifically for adults and parents.

MBF Mental Health Matters ™ by Monique Burr Foundation for Children

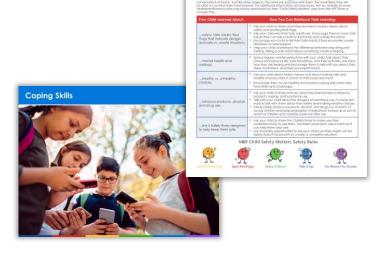


Kristi House continues to support our community's children to stay safe and HeadSTRONG by offering an age-appropriate Mental Well-Being Program for children and teens. MBF Mental Health Matters™ is part of the comprehensive, evidence-based and trauma-informed curriculum provided by the Monique Burr Foundation.

MBF Child Safety Matters, Mental Health Matters

GRADES K - 5, one 50-minute lesson

- · Mental Health and Wellness
- Healthy vs. Unhealthy Choices
- · Coping Skills
- Introduction to Substances and Alcohol
- Refusal Skills
- Help and Resources



MBF Teen Safety Matters, Mental Health Matters

GRADES 6 – 12, three 55-minute lessons

LESSON 1

- Mental Illness
- Reducing Stigma
- Mental Health and Wellness
- Coping Skills and Resilience

LESSON 2

- Substance Use/Abuse
- The Effects of Drugs
- · Refusal Skills
- Help and Resources

LESSON 3

- Self-Harm
- Suicide
- Help and Resources



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