

KRISTI



HOUSE

Kristi House Education Presents...

# PROJECT HeadSTRONG

*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:

**Deborah Billings**

Director of Prevention Education

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Made possible by:

**Florida  
Blue**   
Foundation

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

All courses are available in English, Spanish or Creole upon request.

**[KRISTIHOUSE.ORG/HeadSTRONG](https://KRISTIHOUSE.ORG/HeadSTRONG)**

# 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



**Child Safety Matters**

**Grades 3-5 | Mental Health & Substance Abuse Parent Information Sheet**

Dear Parent or Guardian,

Your child has previously participated in the MBF Child Safety Matters™ program and today completed a supplemental lesson. This program teaches children how to help adults learn from safe from abuse, bullying, cyberbullying, digital dangers and more. Today's supplemental lesson was about mental and emotional health and well-being and substance use and abuse. It is based on the latest research and has been reviewed and approved by medical experts.

We would like to share with you what your child learned and suggest how you can continue these conversations at home. Just like other subjects, the more you talk with them, the more likely they will be able to use what they have learned. For additional information and resources, visit our website at [www.moniqueburr.org](http://www.moniqueburr.org) or email us at [info@moniqueburr.org](mailto:info@moniqueburr.org) or call us at 800-368-3688.

Your Child Learned About...	How You Can Reinforce Their Learning
...safety. Safe adults, Red Flags that indicate danger, and safe vs. unsafe situations.	<ul style="list-style-type: none"> <li>1. Ask your child to draw what they learned in today's lesson about safety and explain Red Flags.</li> <li>2. Ask your child what their Safety Rules are. Encourage them to have Safe Adults they can talk to both at the home and outside the home.</li> <li>3. Encourage your child to tell their safe adult if they encounter unsafe situations or meet a suspect.</li> <li>4. Help your child understand the difference between reporting and telling. Telling a Safe Adult about something unsafe is helping.</li> </ul>
...mental health and wellness.	<ul style="list-style-type: none"> <li>1. Spending an unstructured time with your child. Talk about their school and personal life, their friendships, and their activities. Ask them how they are feeling and encourage them to talk with you about their stress, frustrations, and their accomplishments.</li> </ul>
...healthy vs. unhealthy choices.	<ul style="list-style-type: none"> <li>1. Ask your child about factors between and about making safe and healthy choices when it comes to their body and mind.</li> <li>2. Encourage them to use healthy and positive coping skills when they face stress and challenges.</li> </ul>
...tobacco products, alcohol, and drug use.	<ul style="list-style-type: none"> <li>1. Ask your child to share with you what they learned about tobacco products, vaping, and substance use.</li> <li>2. Talk with your child about the dangers of substance use. If it never too early to talk with them about their safety and making healthy choices.</li> <li>3. Avoid using tobacco products, alcohol, and drugs out of reach of young children and keep prescription medications locked up or out of reach of children and pets. Supervise their use.</li> </ul>
...the 5 Safety Rules designed to help keep them safe.	<ul style="list-style-type: none"> <li>1. Ask your child to show the 5 Safety Rules to make sure they understand how to use them. Ask them what each rule is and how it can help them stay safe.</li> <li>2. Use everyday opportunities to ask your child how they might use the Safety Rules to help with an unsafe or unhealthy situation.</li> </ul>

**MBF Child Safety Matters Safety Rules**

- Know What's Up
- Spot Red Flags
- Make a Move
- Tell It Up
- No Blame / No Shame

## 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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**Coping Skills Activity (Continued)**

**Positive physical coping skills**

1. Getting regular exercise
2. Keeping a good routine or schedule
3. Limiting caffeine or other stimulants
4. Practicing deep/slow breathing

**Establishing healthy boundaries**

1. Using assertive communication – be clear in what you say
2. Scheduling time for yourself and self-care
3. Walking away from unhealthy relationships or situations
4. Scheduling time away from digital devices and being online

**Spiritual coping skills**

1. Enjoying nature
2. Getting involved in a worthy cause and/or volunteering to help others

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