



COOK CENTER FOR  
HUMAN CONNECTION

## Grace Brown Impact Manager

To bring together the best organizations, programs, and products to prevent suicide, provide mental health support, and enhance the human connections essential for people to thrive.



# Beyond the Alarm: Youth & Family Mental Health Solutions



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# Sounding the Alarm



**Poor mental health in US teens exacerbated by negative experiences during Covid-19** 



**AMERICAN PSYCHOLOGICAL ASSOCIATION**

Kids' mental health is in crisis. Here's what psychologists are doing to help. -January, 2023

***'It's Life or Death': The Mental Health Crisis Among U.S. Teens*** **The New York Times**

**Teens' Mental-Health Distress Could Be Worse Than CDC Data Suggest** **THE WALL STREET JOURNAL.**



A portrait of US Surgeon General Vivek Murthy, a man with grey hair, wearing a dark suit, white shirt, and dark tie. He is smiling and looking slightly to the right. The background features the American flag on the left and a blue and yellow banner with a caduceus symbol on the right.

# The State of Youth Mental Health

US Surgeon General Vivek  
Murthy





11

Number of years it takes on average for a child to receive treatment after developing symptoms

57

Percent increase in the suicide rate among kids the decade prior to the pandemic

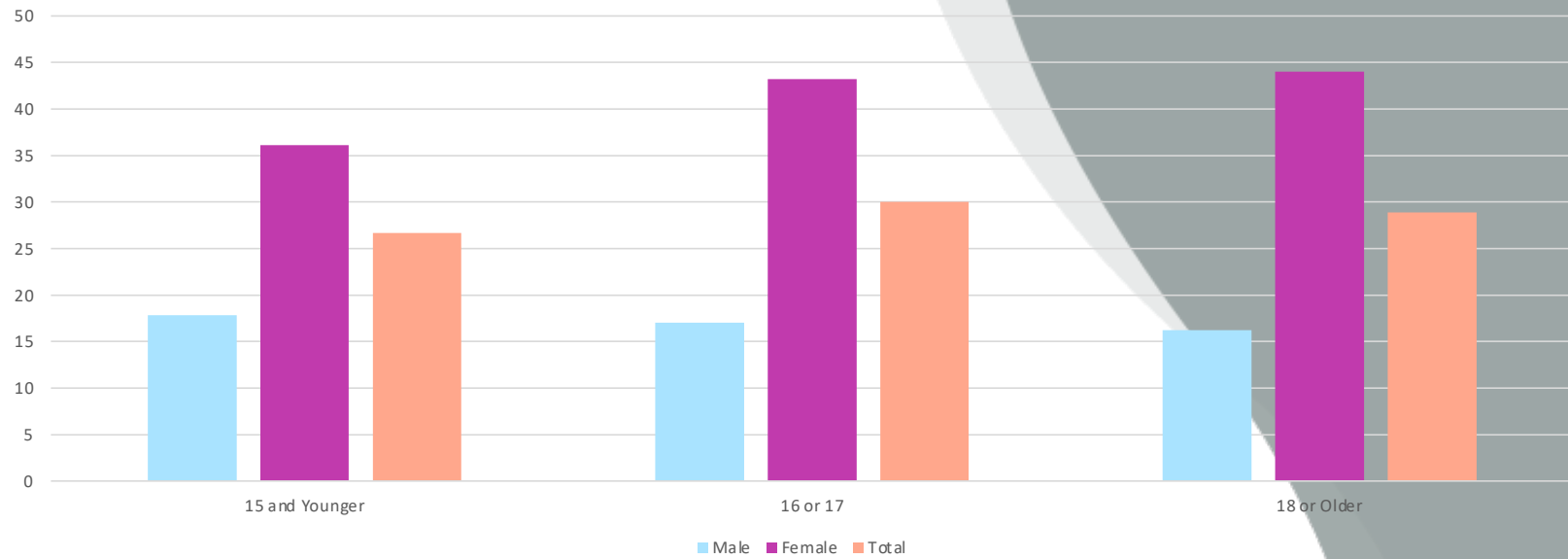
44

Percentage of HS students who say they feel persistently sad or hopeless



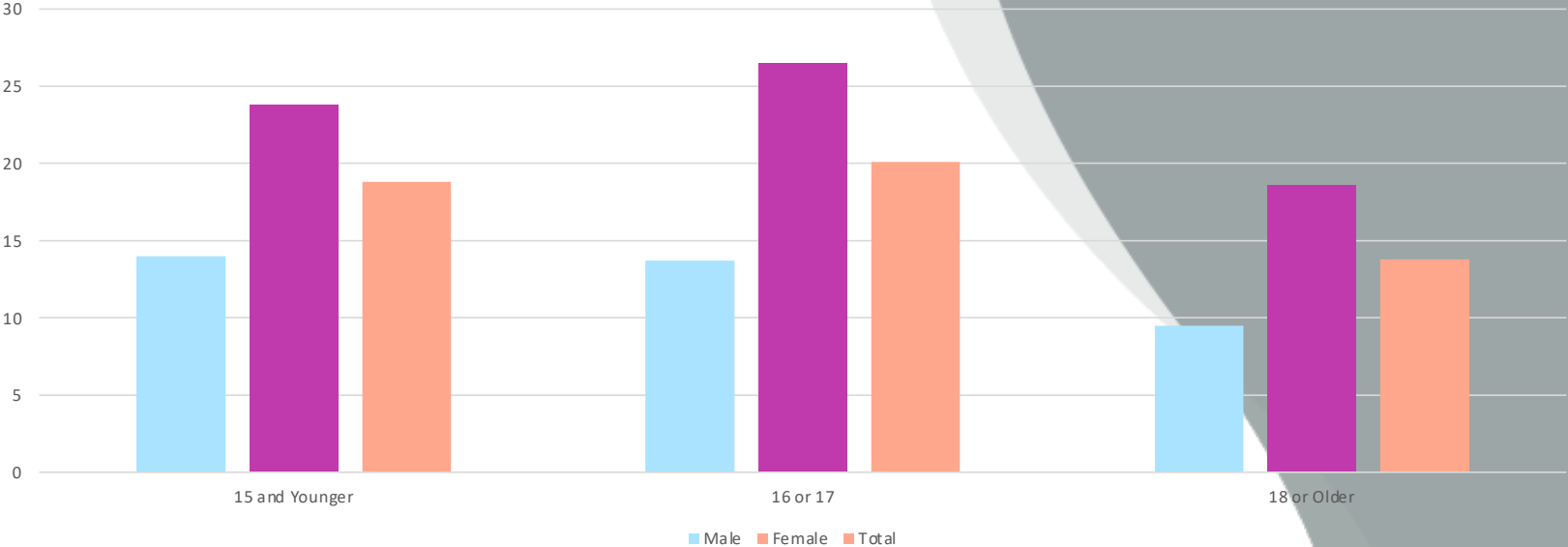


## Mental Health Not Good Most of the Time

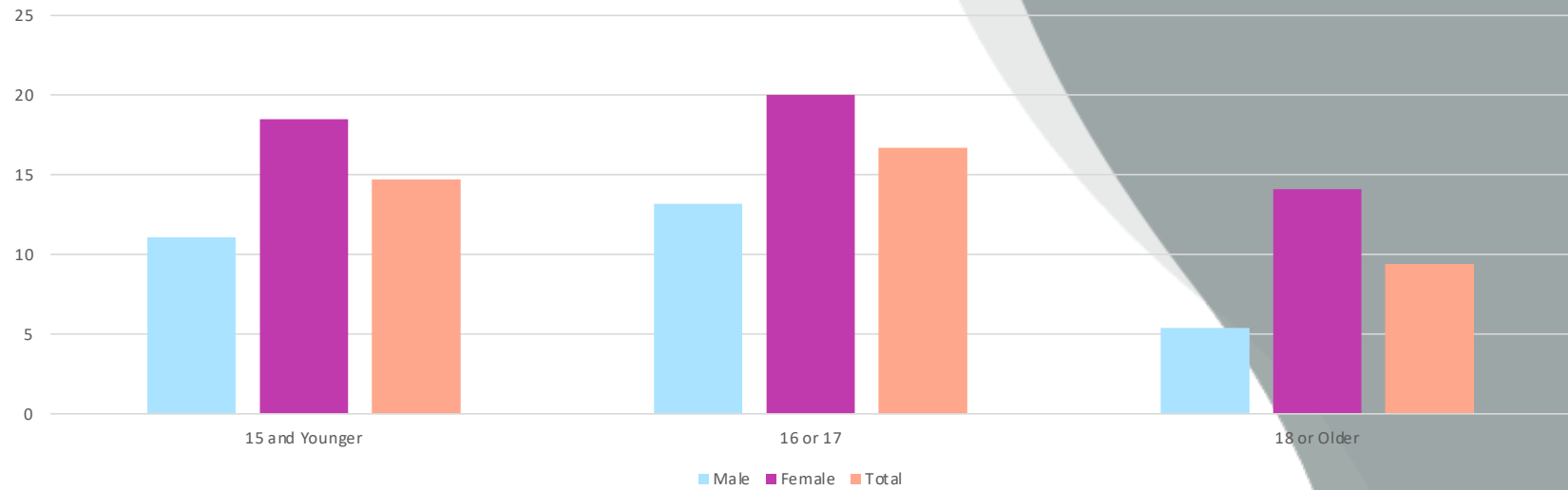




### Students Who Seriously Considered Suicide

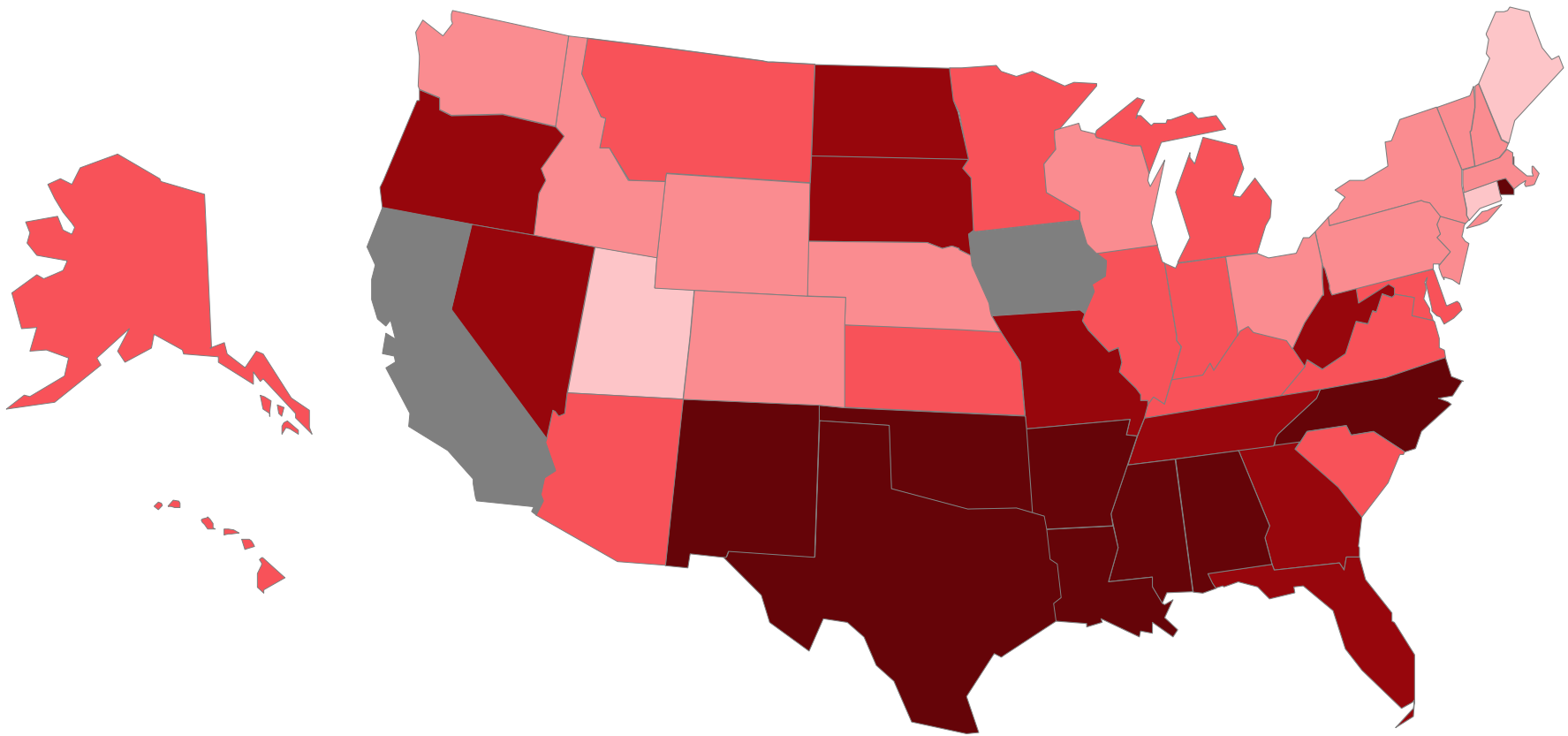


## Students Who Made a Plan





Source: National Association of School Psychologists ([nasponline.org/research-and-policy](https://nasponline.org/research-and-policy))





**How do we  
get kids 1:1  
support?**





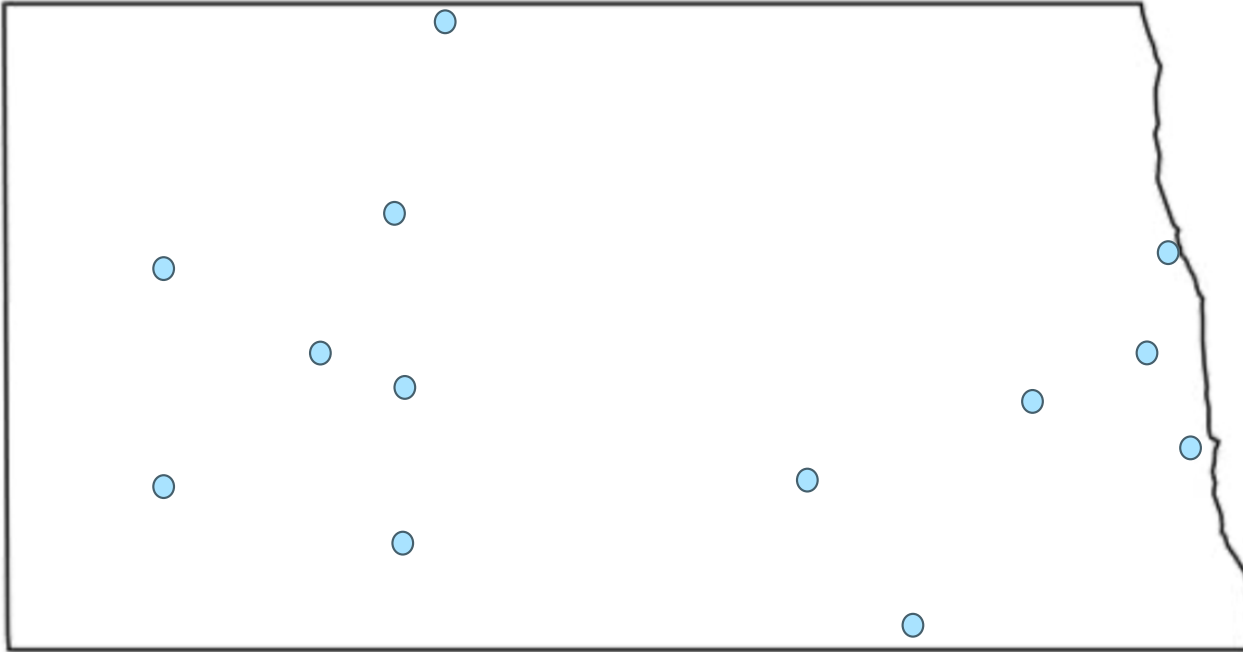
80%



- More Access
- More People
- Schools
- No Stigma



# Partners in North Dakota



- Dickinson
- Ellendale
- Grand Forks
- Griggs County Central
- Mandaree
- Montpelier
- Northern Cass
- Solen
- Underwood
- West Fargo
- Westhope
- Wilton
- Central Regional Education Association

There are **millions** of children  
**struggling** right now, and they **can't**  
**wait** any longer.



U.S. Surgeon General Vivek Murthy  
The State of Youth Mental Health  
8/17/2022



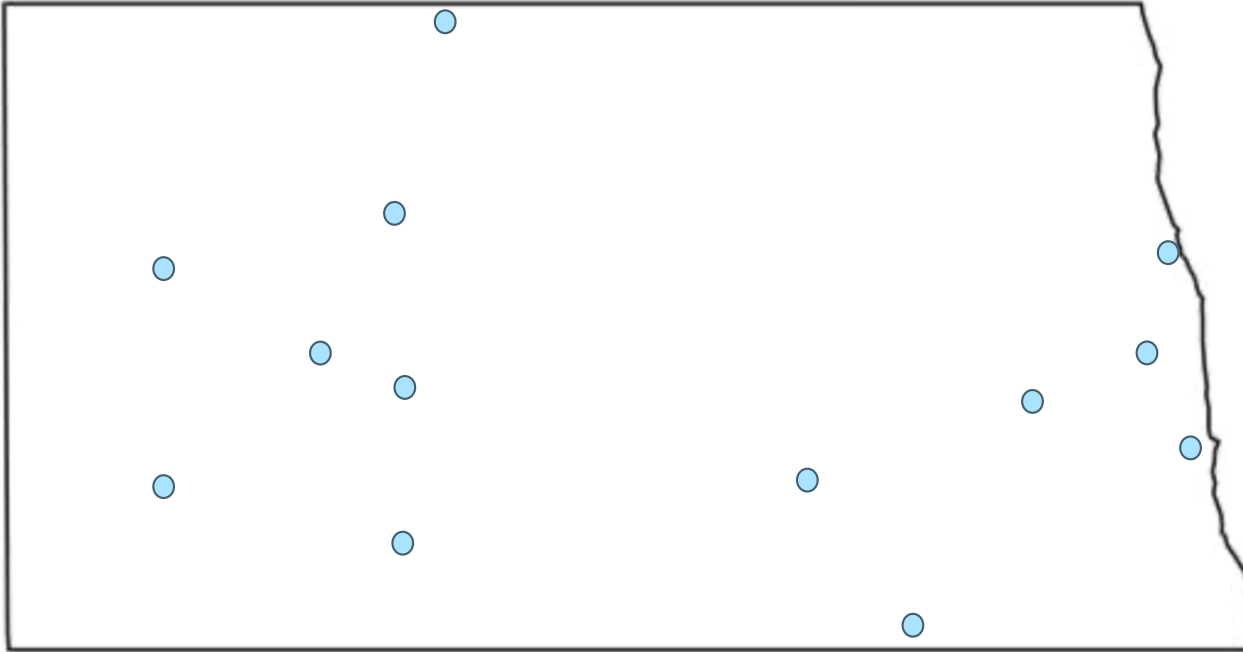


We **help** educators  
**help** parents  
**help** their children



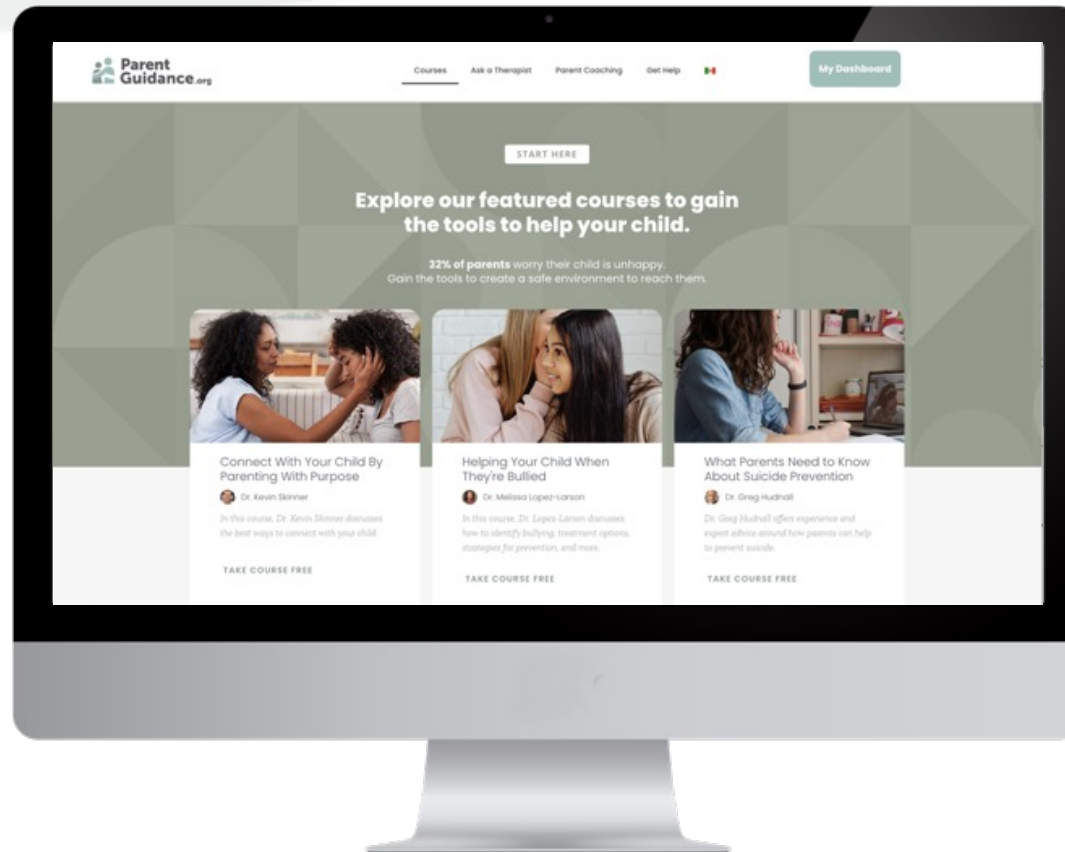
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# Courses and Ask a Therapist



# ParentGuidance.org

Expert-designed courses are available to ALL families asynchronously

On-Demand Courses

Topical seminars designed to address difficult parenting challenges

Mental Health Series

A few families in each district may benefit from individualized parent coaching

Parent Coaching



# Monthly Menu

*Topical webinars relevant to the parents and kids in your schools.*

Topics Include:

- How parents can help prevent suicide
- De-escalating conflict
- Understanding anxiety in kids
- Establishing healthy boundaries
- Building children's confidence
- Learning to understand and regulate emotions
- Helping children succeed
- Social Media: Protecting your children
- Substance Abuse/Vaping
- Bullying
- Depression
- Why our children self-harm

**Attention Dartmouth Parents...**

*join our Mental Health Series focusing on...*



**Your Child's Anxiety**

June 15, 2022

5:00-6:00 PM via Zoom



REGISTER HERE:

<https://CookCenter.info/DistrictDate>



# 1:1 Parent & Staff Coaching

- Private 1:1 coaching sessions with a trained mental health coach
- Messaging access with <24-hour response
- HIPAA protected for parents
- Available in English or Spanish
- Customized Roadmap based on family needs



## Great resource for parents who:

- Don't have insurance
- Are waitlisted for the therapist they need
- Need to drive long distances to see a therapist
- Are working multiple jobs and can't find time to meet normally

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Parent Coaching





Training for your team utilizing all the Cook Center resources to help your help your community

Virtual and on-site interactive workshop models

QPR training plus certificate



“Often times the school system is putting resources to several children from the same family at different grade levels when it would be more efficient to provide support to the parents as well.”

Tobin Novasio  
Superintendent  
Lockwood Schools, Montana



Capture the QR code & add  
the Medallion today!

[Jenna.Trowbridge@CookCenter.org](mailto:Jenna.Trowbridge@CookCenter.org)

**570-772-2286**

Thank you for all you do!

