



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, smiling, wearing a dark suit, white shirt, and dark tie. He is positioned in front of an American flag on the left and a blue and yellow patterned flag 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

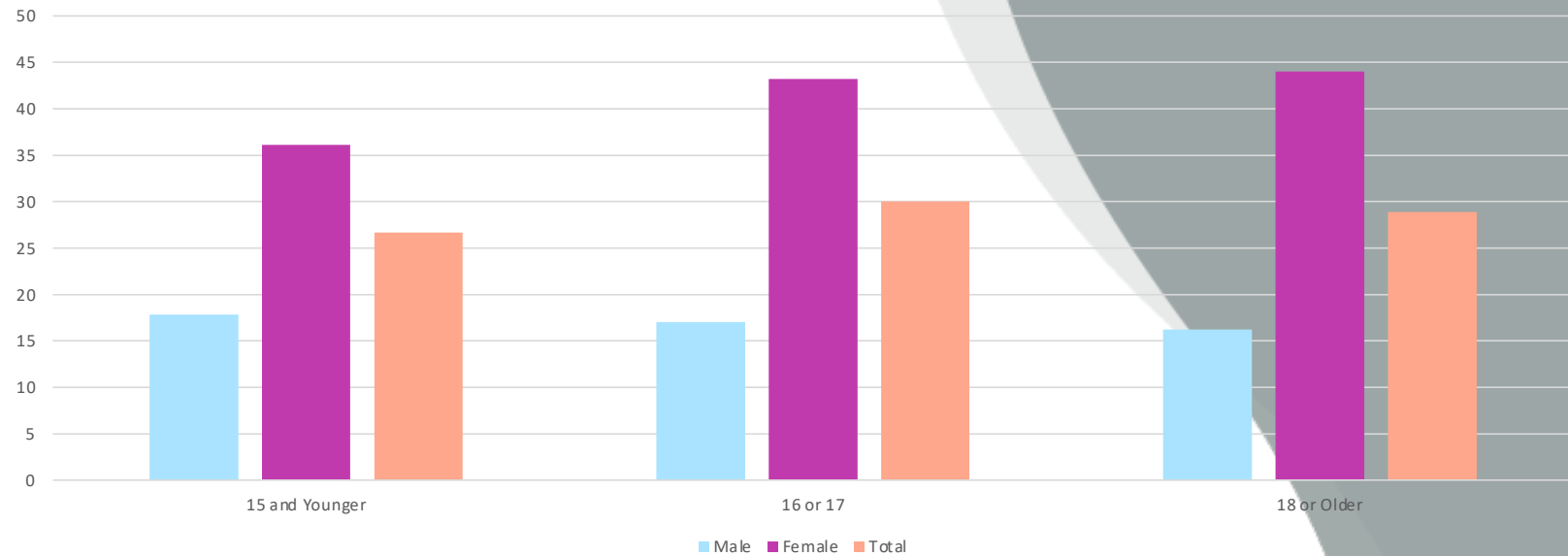
44

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

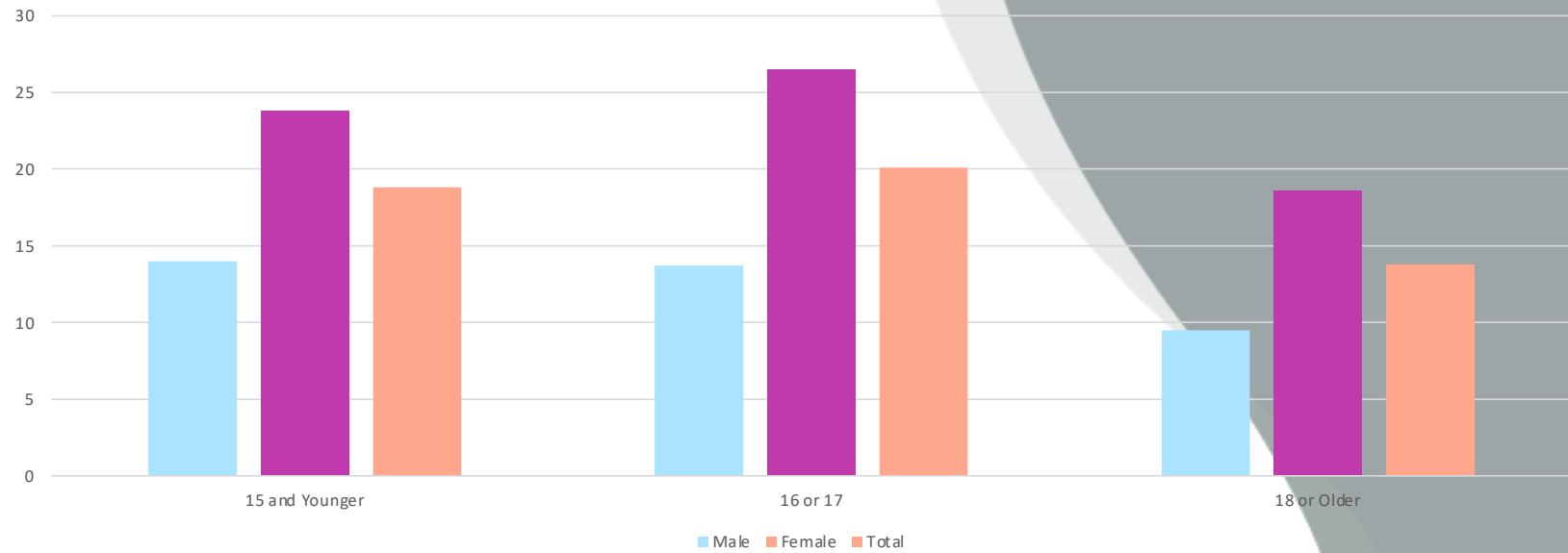




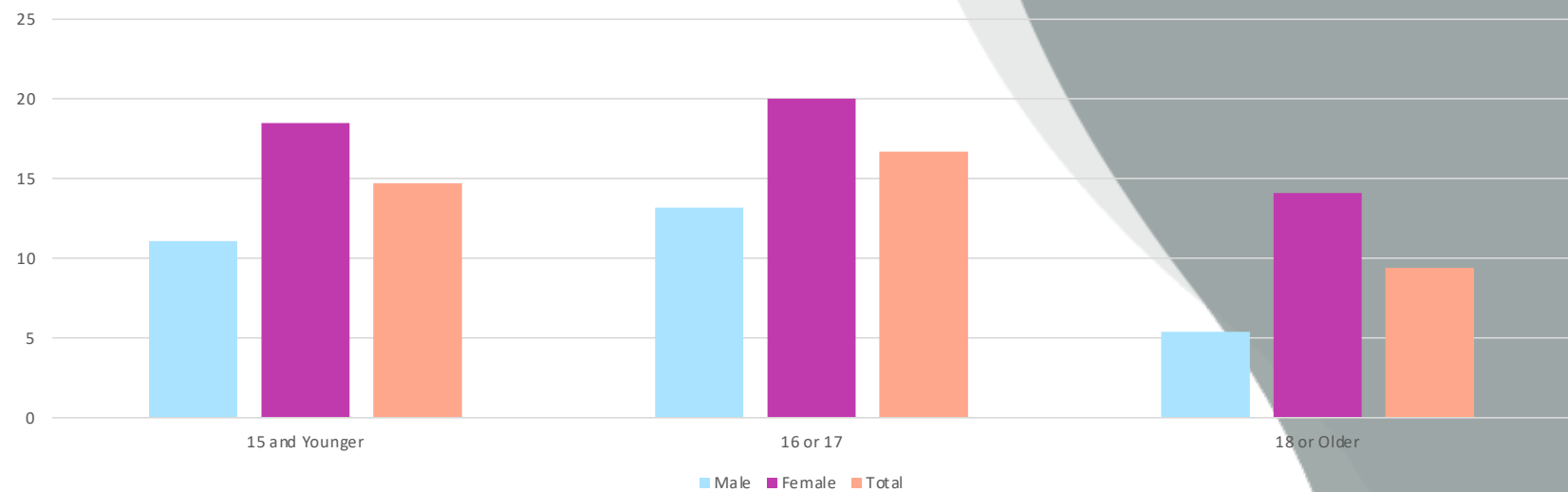
Mental Health Not Good Most of the Time

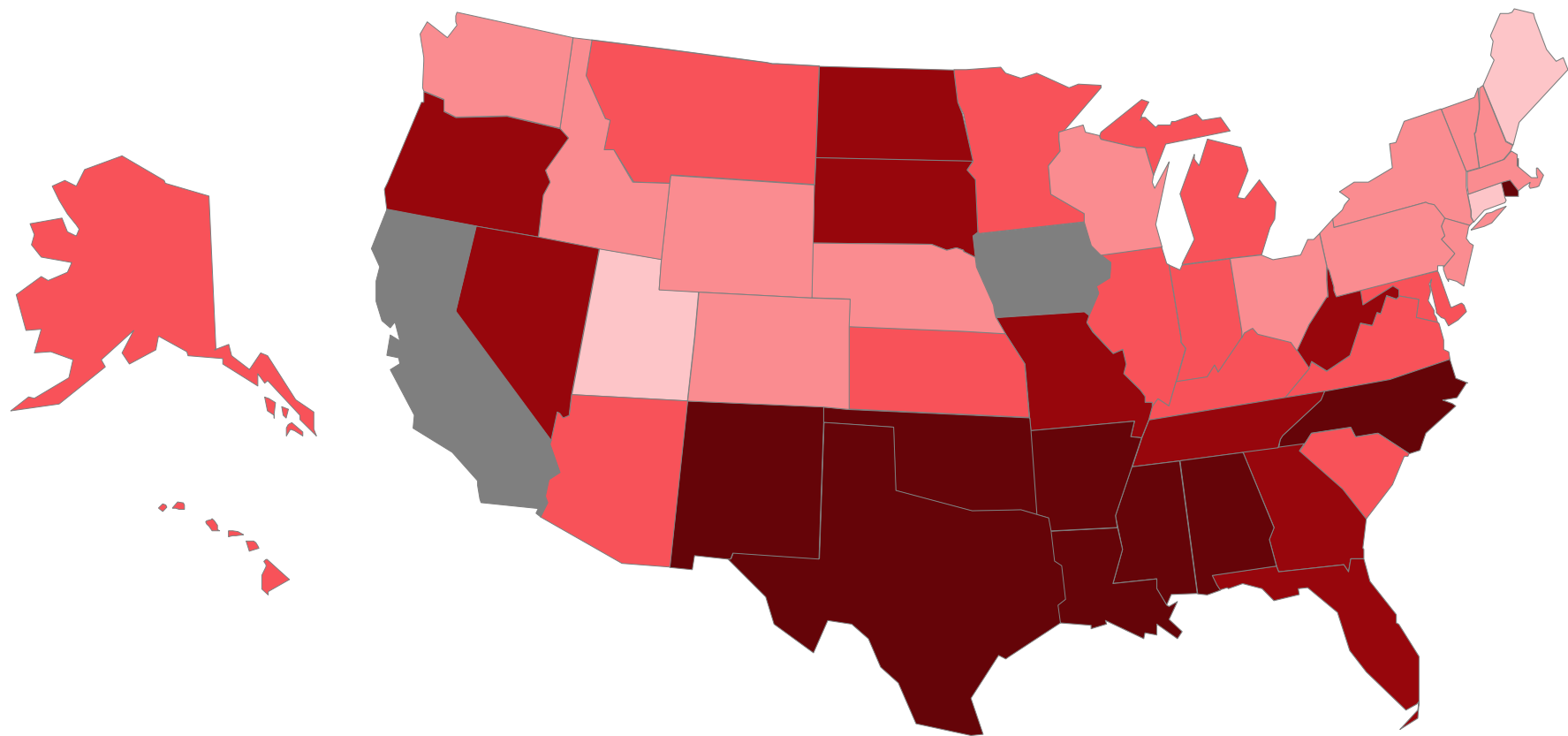


Students Who Seriously Considered Suicide



Students Who Made a Plan







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





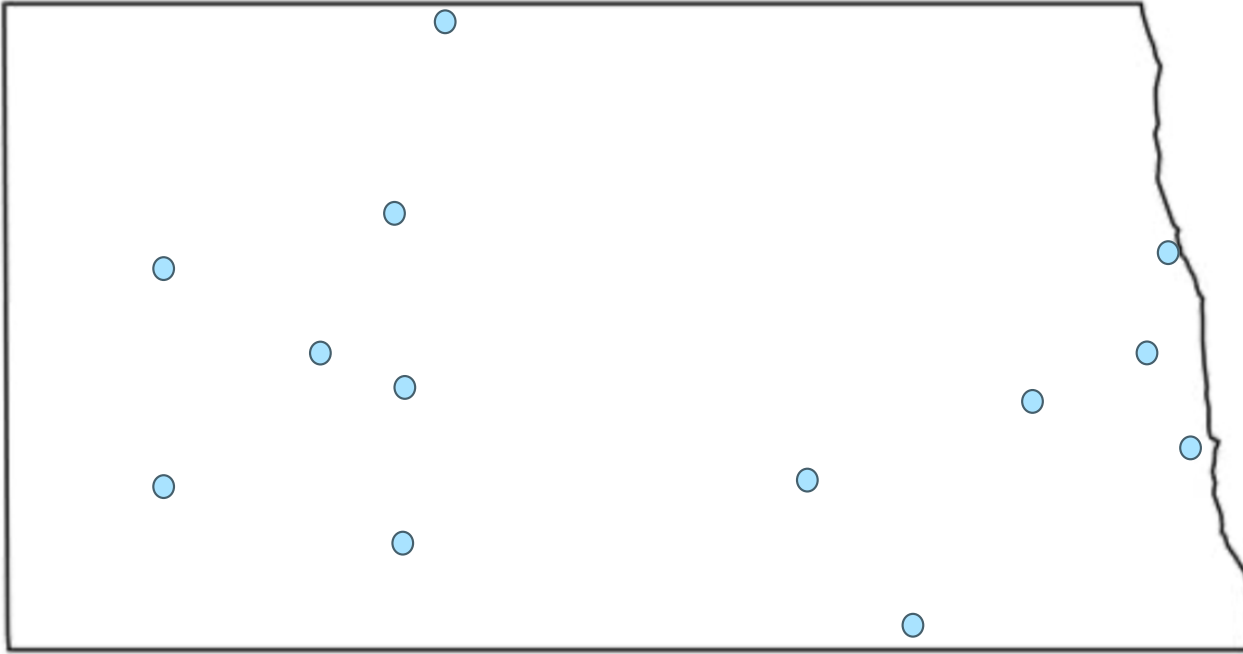
80%



- 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.



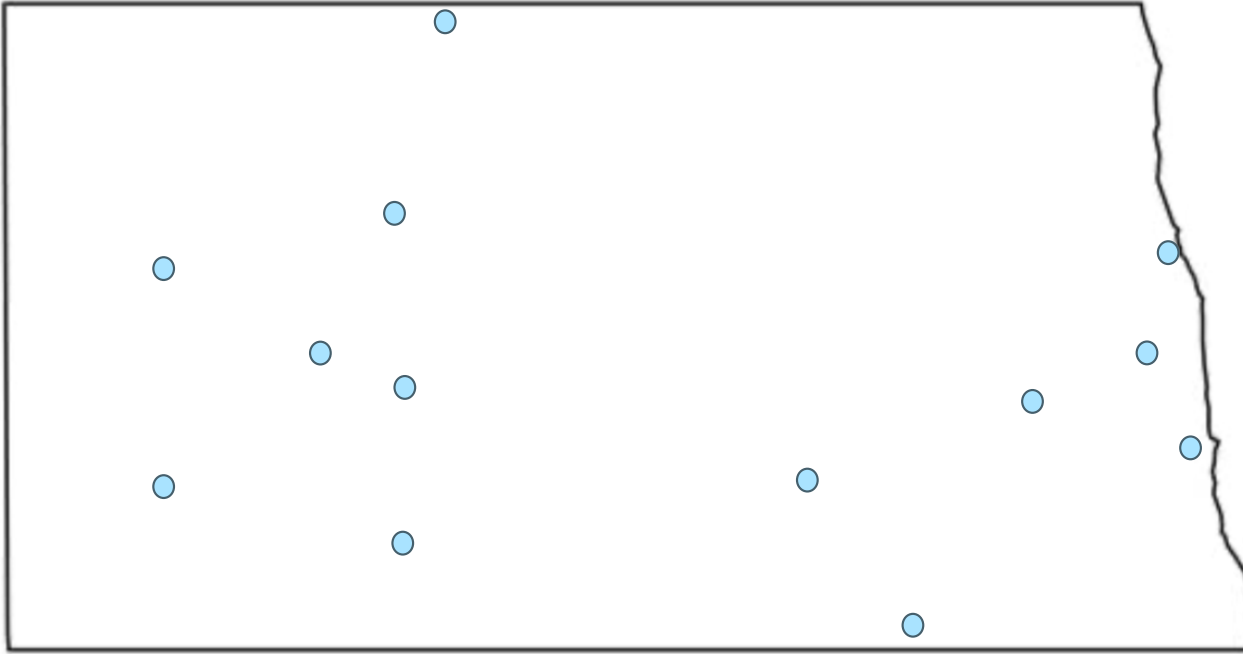
U.S. Surgeon General Vivek Murthy
The State of Youth Mental Health
8/17/2022

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



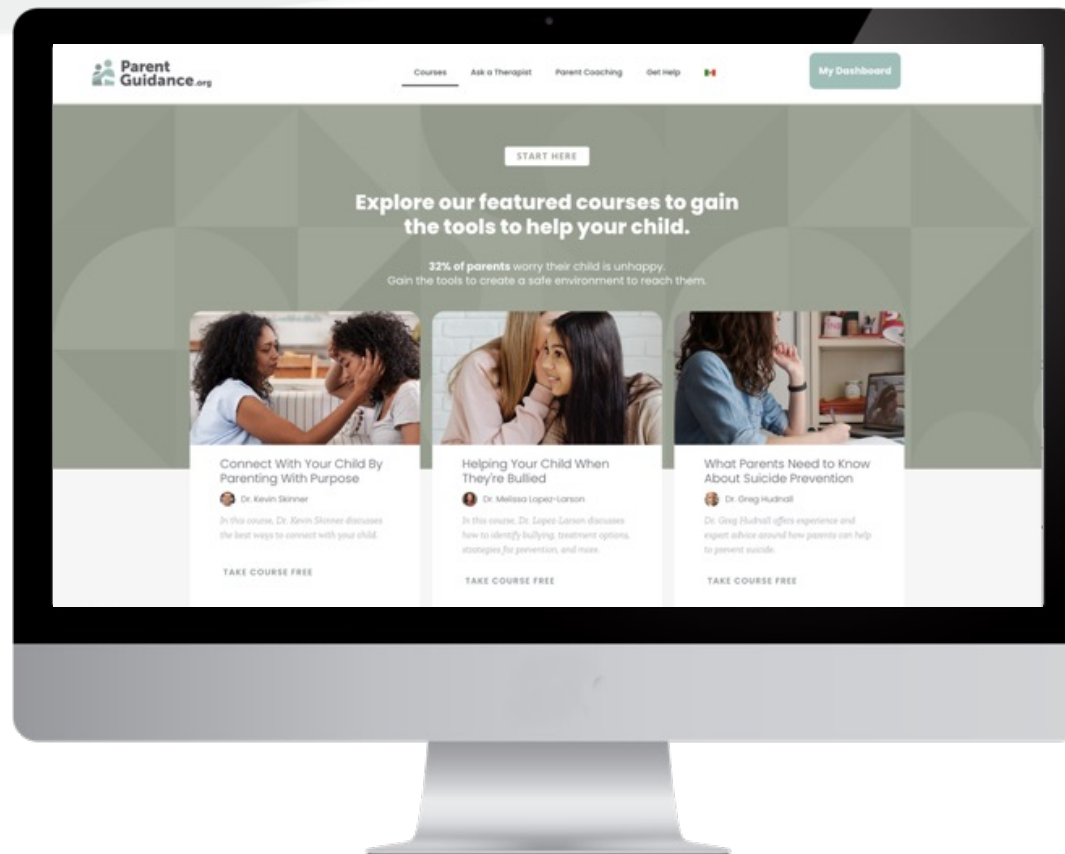
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Courses and Ask a Therapist



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

570-772-2286

Thank you for all you do!

