WELCOME STUDENTS
TODAY’S LESSON IS
Student Power

idea packet
sponsored by:

Student Power

PEACOCK FOUNDATION, INC.
STUDENT POWER

Presented by – Yhaqueline Escudero
Created by – Student Power Team
Student Power was created to find solutions to the problems in our communities. We chose to focus on the lack of Mental health resources.

Student Power collected data, research, created a program and have found solutions for the schools in Miami Dade and our community so they can have Mental health resources.
RESEARCH WE HAVE COLLECTED

- **19.1%** of U.S. adults experienced mental illness in 2018 (47.6 million people). This represents 1 in 5 adults.

- **4.6%** of U.S. adults experienced serious mental illness in 2018 (11.4 million people). This represents 1 in 25 adults.

- **16.5%** of U.S. youth aged 6-17 experienced a mental health disorder in 2016 (7.7 million people)

- **3.7%** of U.S. adults experienced a co-occurring substance use disorder and mental illness in 2018 (9.2 million people)
STUDENT DEPRESSION ON THE RISE

An analysis of a federal survey shows increasing rates of teen and young adult respondents reporting a major depressive episode in the last 12 months. Rates have stayed more consistent among older adults.

SOURCE: Journal of Abnormal Psychology
THE PERCENTAGE OF RACE AND AGE WHO RECEIVE SMHS

CHILDREN AND YOUTH WHO RECEIVE ONE+ SMHS
BREAKDOWN FROM 2013-2014

AGE GROUPS
- CHILDREN 0-5: 11%
- CHILDREN 6-11: 31%
- CHILDREN 12-17: 21%
- YOUTH 18-20: 37%

RACE AND ETHNICITY
- ASIAN/PACIFIC ISLANDER: 5%
- BLACK: 2%
- HISPANIC: 3%
- WHITE: 68%
- UNKNOWN: 21%
THE NUMBERS ARE INCREASING

Percent with long-term mental health, behavioral or emotional problems, by grade and year

Grade 8: 11.5% (2013), 16.3% (2016)
Grade 9: 12.5% (2013), 17.3% (2016)
Grade 11: 12.7% (2013), 20.0% (2016)

Location of information is at the end of the presentation
DATA COLLECTED FROM THE SURVEYS

If you don’t have support but wish you could have, what sort would you have liked?

- Private Therapy: 30 (53.6%)
- Doctor: 11 (19.6%)
- Online: 10 (17.9%)
- A group program: 16 (28.6%)
- School staff member: 6 (10.7%)
- School Therapist: 19 (33.9%)
- Coach: 5 (8.9%)
- Peer counseling: 14 (25%)

56 responses

Do you feel supported during times of stress or duress while attending school?

- Yes: 15.3%
- No: 28.8%
- Sometimes: 44.1%
- Rarely: 11.9%

59 responses
STUDENT POWERS PROGRAM
GOALS

• Decrease the incidence of Mental health concerns
• To provide an outlet to reduce Mental health issues
• Raise awareness for Mental health concerns in the community
• Raise the student voice in public discourse
• Propose public policy solutions that address community Mental health concerns
PILOT PROGRAM FOR MENTAL HEALTH GROUP THERAPY
From your experience do you believe we should carry this on to a higher level?
9 responses

100%

Would you participate in this program again?
9 responses

88.9%

11.1%
SOLUTIONS FOR THE LACK OF MENTAL HEALTH RESOURCES
THE SOLUTIONS TO THE PROBLEM

• Hire a full-time mental health professional in schools 5 days a week.
• Mental health Awareness Day once a month. Students would dress up in green and teachers would talk about tips and the importance of keeping your mental health a priority.
• The long-term solution is to provide free or low-cost counseling sessions to families of students and the surrounding community.
• Training for Teachers to become listeners through The Listeners/Oyentes Program.
• Peer led group sessions.
Starting with the solutions we would need to raise funds for schools to be able to provide a counselor five days a week

IDEAS FOR FUNDRAISING
- Donations (such as Mental Health America or create a donation page)
- Sponsors
- Fundraisers
- Events to raise money (Events like auctions and galas)
- Car washes
STUDENT POWER TEAM

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