



**Children's Mental Health Awareness Day**  
**Tuesday May 3rd, 2016**  
**Williamson County**

# National Children's Mental Health Awareness Day – May 5, 2016



# Children's Mental Health Awareness

## **The Problem**

1 in 5 youth currently have or will experience a debilitating mental health disorder in their childhood

Equates to 16,000 youth in Williamson County

Suicide is the 2<sup>nd</sup> leading cause of death among adolescents

## **Recent Progress**

Bluebonnet Trails and other agencies are expanding access to youth behavioral health services

Youth Subcommittee of the Mental Health Taskforce expanded to 60 partner agencies working together

Current initiative of strengthening continuum of care for youth transitioning

# Children's Mental Health Awareness Events

## Williamson County – May 2016

***Muddy Miler Family Adventure- visit our booth!***

**Saturday, May 7**

**8:30 a.m. at Old Settlers Park**

***Round Rock Express Game***

**Monday, May 23**

**7:05 p.m. at Dell Diamond**

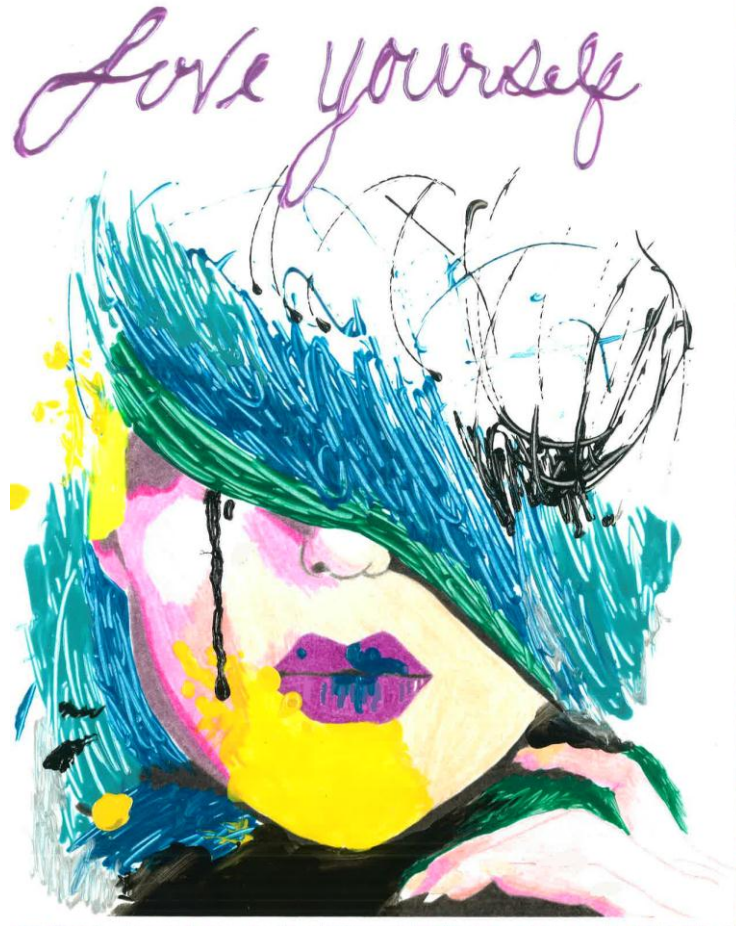
**Visit us at the kiosk at the Home Plate entrance**

**On field interview with local non-profit *Pick With Austin***

**Use Discount code: btcs**

# CREATIVITY CONTEST – 2<sup>nd</sup> Place

## Kelsey – Round Rock ISD



# CREATIVITY CONTEST – 2<sup>nd</sup> Place

## Michaelene – Georgetown ISD



# CREATIVITY CONTEST WINNER

## Tarry – Leander ISD

### Mental Health Matters

People can misunderstand the term “mental health” by what they already know. For example, people who hear “mental health” are more worried about the word “mental” and think of illnesses automatically. What people don’t realize is that the word “illness” was never said. People don’t realize because people like to think the worst. What you need to realize, people, is that “mental health” is a good thing, because “mental health” is what helps with your illness.

### Mental Health Matters!

People who can’t get outta bed because they are too broken down, people who can look at their arms and tell a story just by the sight of them, people who can’t bear any more words from others, and the people that have that face like a “go away” face. They are the people who need your help, guys. Those are the people crying out for help in a way that “normal people” will make fun of and pick on them and make it worse. I’ve been in the shoes of these people before and it’s not easy being one. You know what made me get through the days of sorrow? The almighty “mental health.” It has helped and will always help people. Everyone deserves a try to better themselves, for themselves.

If you notice someone with their head down, just doesn’t look interested in much...go talk to them, get to know them. They may turn out with cuts and obvious misery, get them help. Hospitals are very good places to help a cutter or someone homicidal or suicidal. Staff at hospitals help kids, they actually listen to them and give them insight of what their future can look like. You could have a spouse, with a beautiful child and share a never-ending love of family.

# RESOLUTION



## RESOLUTION

**WHEREAS**, the children and youth of Williamson County are a vital resource, and addressing the complex mental health needs of children, youth and families today is fundamental to the future; and

**WHEREAS**, the need for comprehensive, coordinated mental health services for children youth, and families places upon our community a critical responsibility; and

**WHEREAS**, it is appropriate that a day should be set apart each year for the direction of our thoughts toward our children's mental health and well-being; and

**WHEREAS**, the Children and Youth Behavioral Health Subcommittee of the Williamson County Mental Health Taskforce, through its collaborative approach to serving children and adolescents, is effectively caring for the mental health needs of children, youth, and families in our community;

**NOW THEREFORE BE IT RESOLVED**; that the Williamson County Commissioners Court urges our citizens, and all agencies and organizations interested in meeting the mental health needs of children and youth to unite and hereby resolves May 3rd, 2016 as:

**“Children’s Mental Health Awareness Day in Williamson County”**

**RESOLVED THIS 3rd DAY OF MAY 2016.**