



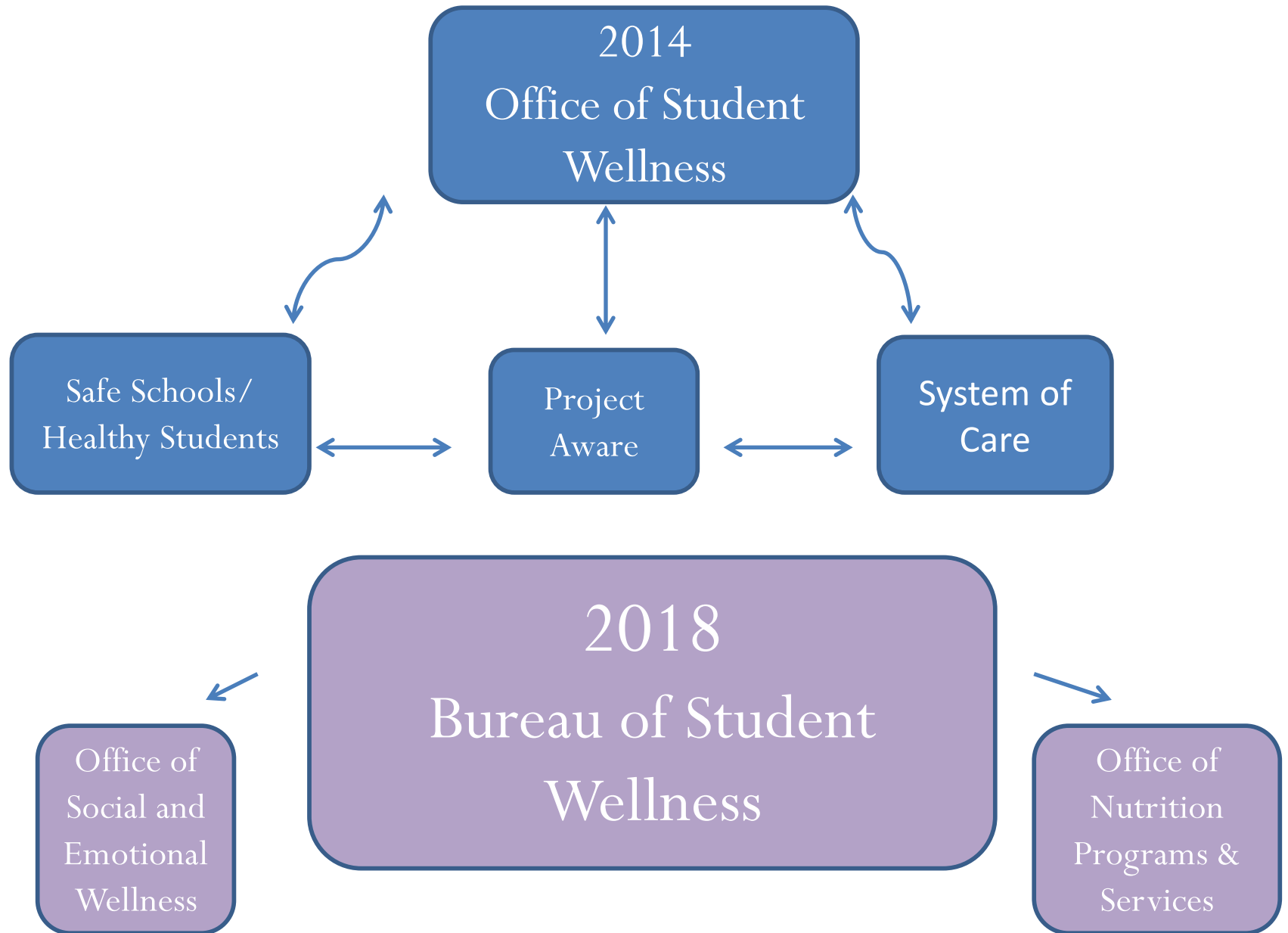
BUREAU OF STUDENT WELLNESS

NH Department of Education

We envision a system that creates optimal social, emotional, and educational outcomes for all children.

OUR STORY

Our Story



2017 Youth Risk Behavior Survey

(New Hampshire High School Survey)

- ❖ **How easy would it be to get a prescription drug without a prescription?**
 - Sort of Easy – 15.3%
 - Very Easy – 13.5%

- ❖ **During the past 12 months, has anyone offered, sold or given you an illegal drug on school property?**
 - Yes – 16.3%

- ❖ **During your life, how many times have you used heroin?**
 - 0 times – 98.2%
 - 1 or 2 times - 0.4%
 - 3 to 9 times – 0.2%
 - 10 to 19 times – 0.2%
 - 20 to 39 times – 0.1%
 - 40 or more times – 0.9%

SCHOOLS ARE ON THE FRONT LINES

2017 Youth Risk Behavior Survey

(New Hampshire High School Survey)

- ❖ During your life, how many times have you taken a prescription (such as Oxycontin, Percocet, Vicodin, codeine, Adderall, Ritalin or Xanax) without a doctor's prescription?

0 times – 88.5%

1 or 2 times – 4.9%

3 to 9 times – 2.8%

10 to 19 times – 1.3%

20 to 39 times – 0.6%

40 or more times – 1.9%

- ❖ If you attempted suicide during the past 12 months, did any attempt result in an injury, poisoning or overdoses that had to be treated by a doctor or nurse?

Yes – 2.0%

SCHOOLS ARE ON THE FRONT LINES

Schools are seeing increases in the number of children who are:

- ❖ Exhibiting more frequent & extreme problem behaviors resulting from trauma even at very young ages.

Parents who abuse substances can cause TOXIC STRESS in children which impairs brain development which impacts children into adulthood.

- ❖ Being raised by grandparents or adults other than their parents due to addiction, incarceration, incapacity and/or death of parents.

This challenges schools to ensure they are dealing with LEGAL GUARDIANS and has TRIPLED the number of requests from schools for children on IEPs who need an educational surrogate appointed when parents are deceased, incarcerated or unable to be located.

- ❖ Exposed to more adverse childhood experiences including family addiction, abuse, neglect who are at risk for physical, psychological and social problems.

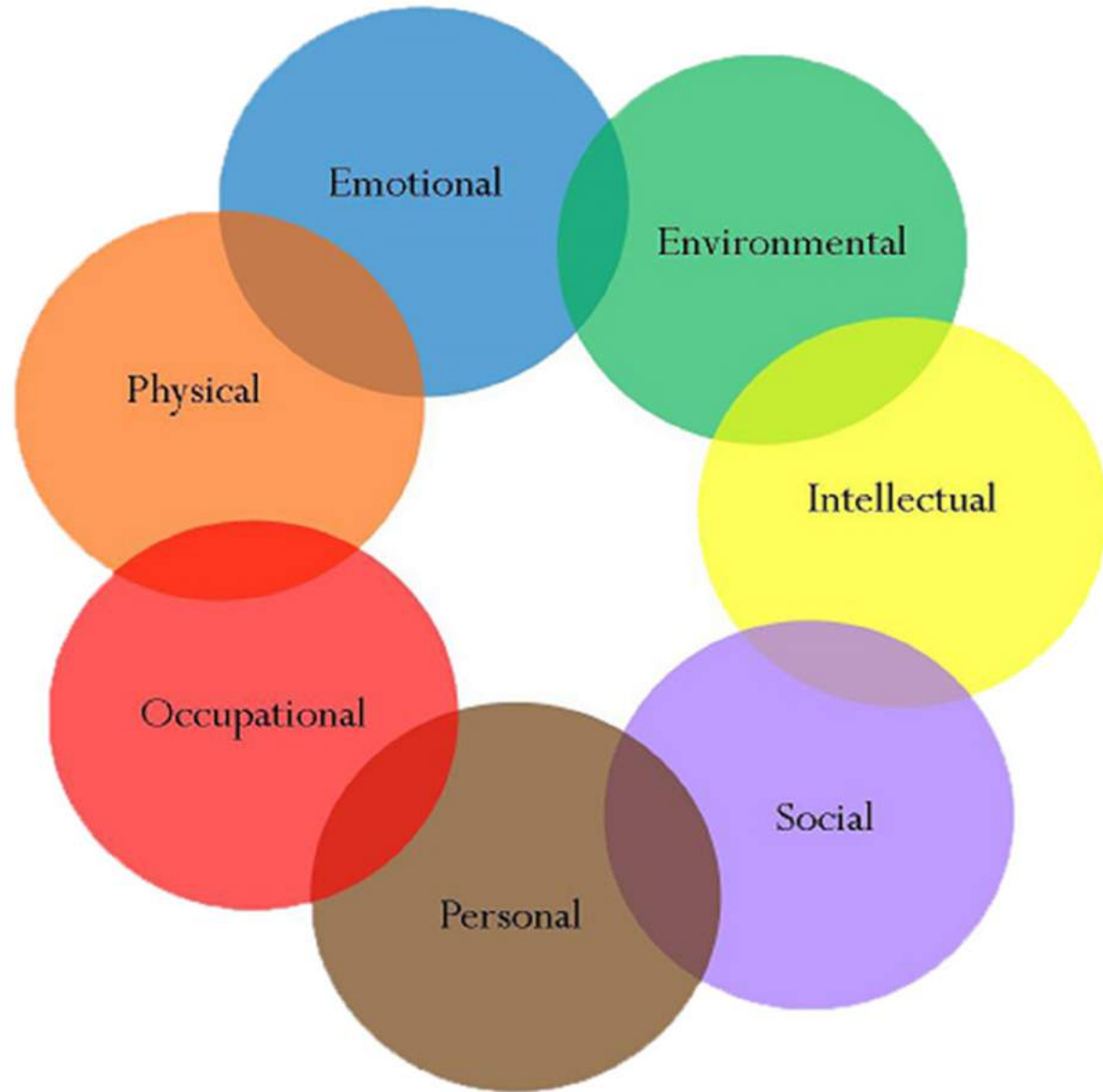
Children with 4 or more childhood traumas are 3 TIMES more likely to ABUSE PRESCRIPTION DRUGS & 5 TIMES more likely to INJECT DRUGS in adulthood.

- ❖ Not able or ready to engage in the learning process due to the impact of trauma and other mental health issues.

Children are more likely to enter school without having a positive relationship with at least ONE SIGNIFICANT ADULT.

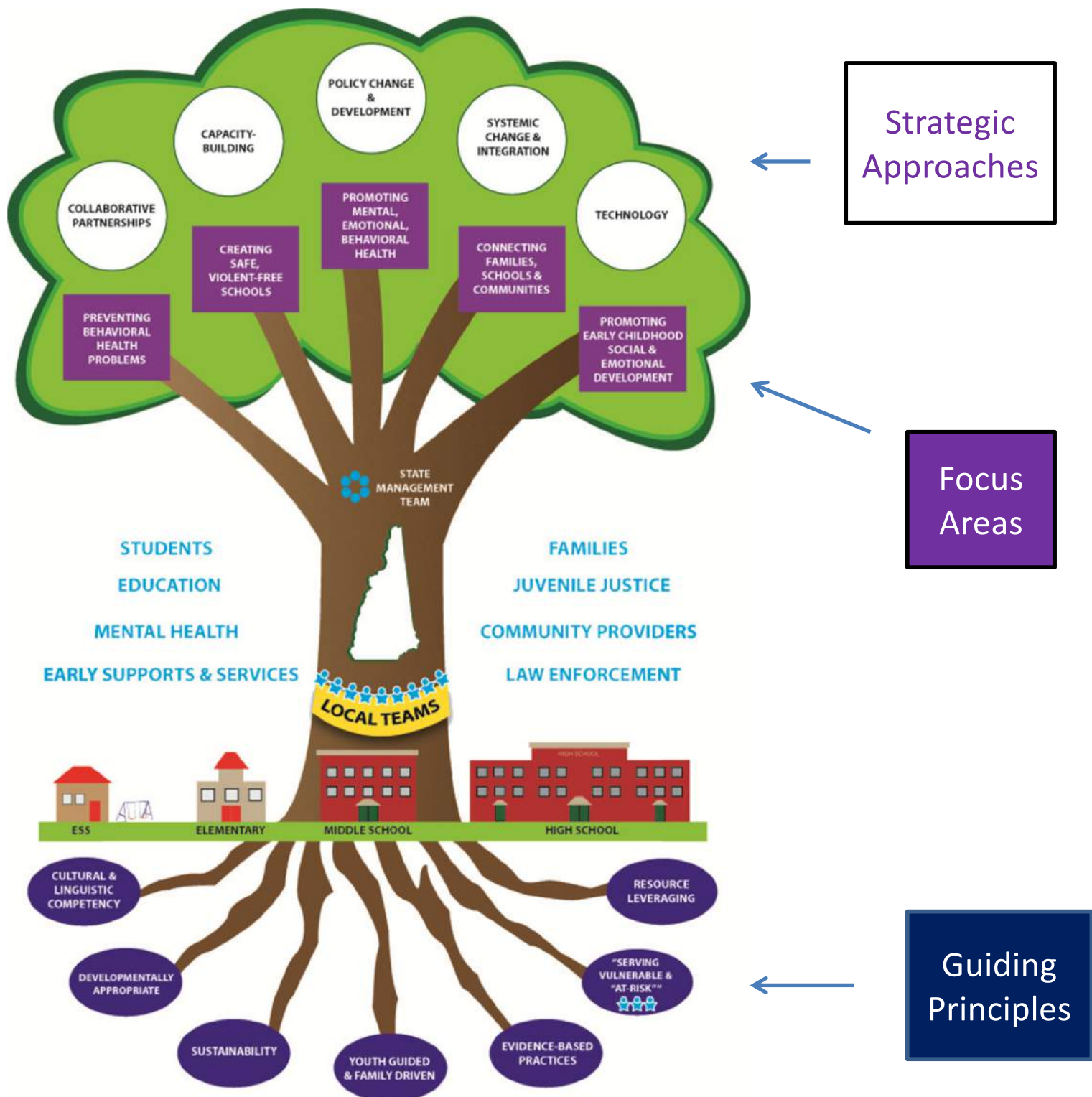
SCHOOLS ARE ON THE FRONT LINES

WHAT IS STUDENT WELLNESS

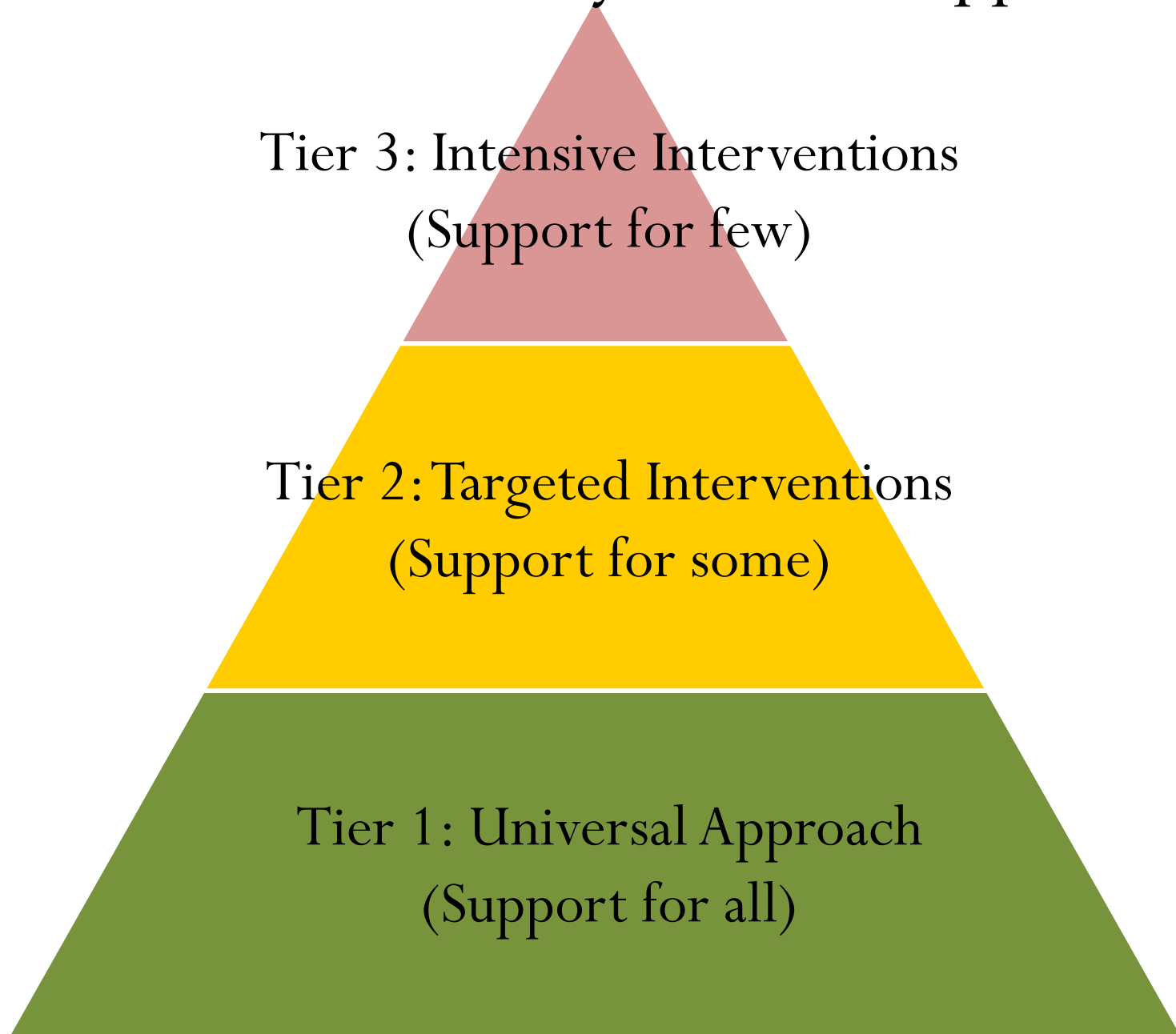


“Teachers, you don’t teach a subject, you teach a child” - Deepa Bhusan

OUR APPROACH



Multi-Tiered System of Support



❖ Safe Schools/Healthy Students

Coordinate collaborative groups of state agencies, community organizations and school districts to identify needs, implement evidence-based practices and use data to promote and inform policy change

❖ Project AWARE (Advancing Wellness & Resilience in Education)

Provide Youth Mental Health First Aid training to teachers and others work with youth; Create multi-tiered systems of support and improve youth and family engagement / involvement



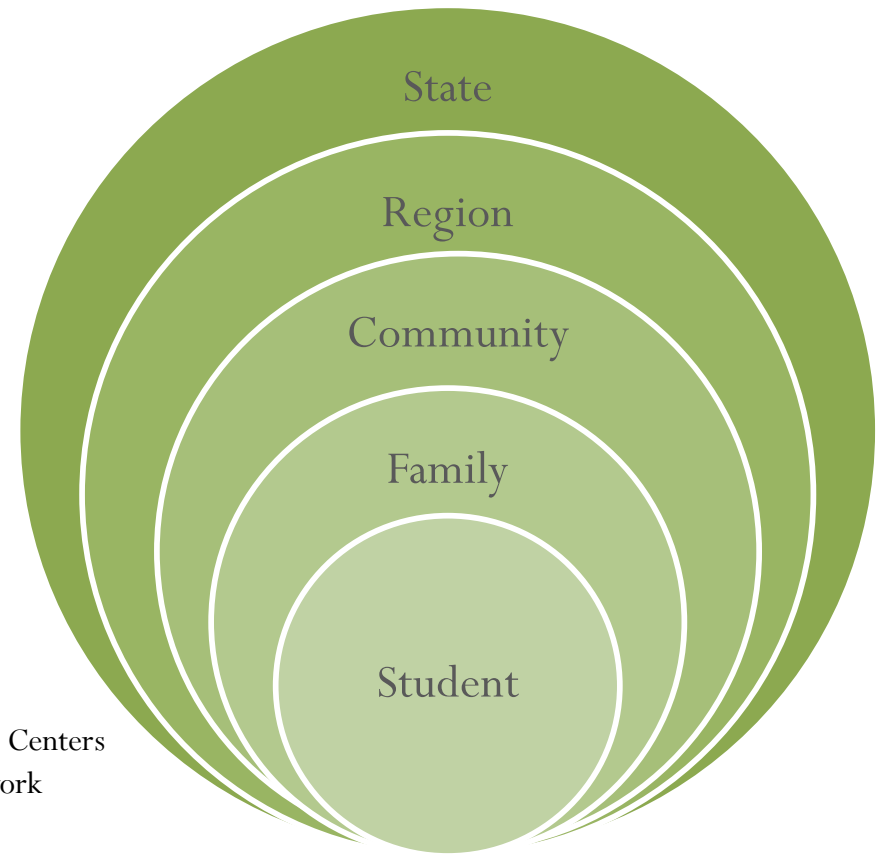
❖ FAST Forward 2020 (NH Families & Systems Together)

Create community systems of care which include intensive wraparound planning for children, youth and families in need

❖ Project GROW (Generating Resilience, Outcomes and Wellness)

Provide expert leadership in the development of trauma-informed schools and community systems

Working together in New Hampshire to support children's behavioral health and student wellness:



- NH School Districts
- Endowment for Health
- NAMI NH
- Campaign for Change-NH
- NH Children's Trust
- NH Charitable Foundation
- Granite State Children's Alliance
- Parent Information Center
- Project LAUNCH
- Strafford Learning Center
- UNH Cooperative Extension
- Youth MOVE NH
- NH Department of Health & Human Services
- NH National Guard Counterdrug Task Force
- Pyramid Model for Supporting Social Emotional Competence in Infants & Young Children
- Granite State Federations for Families for Children's Mental Health
- NH Center for Effective Behavioral Intervention & Supports
- NH Coalition Against Domestic & Sexual Violence
- Governor's Task Forces (Safety, Opioid, Alcohol, Drug Abuse, Prevention)
- Manchester Youth Collaborative – Makin' It Happen
- State Professional Educational Associations (Superintendents, Special Ed Directors, Principals, Nurses, School Counselors, School Psychologists)
- Parents & Students
- NH Behavioral Health Centers
- NH Afterschool Network
- Judge Broderick
- NH Teen Institute
- NH Children's Behavioral Health Collaborative
- NH State Board of Education
- NH OT Association
- Spark NH
- UNH Institute on Disability
- Plymouth State University
- NH Head Start
- NH Department of Safety
- NH Association for Infant Mental Health

New Hampshire Student Wellness Toolkit

Youth Mental Health First Aid

Conversations on Culture and Diversity

Connect Suicide Prevention Training

Asset Building: The 40 Developmental Assets

School, District or Community-identified
need

<https://www.nhstudentwellness.org/>



HOME OUR STORY THE DIMENSIONS THE FRAMEWORK



BUREAU OF STUDENT WELLNESS

Creating optimal outcomes for all children.

[CURIOUS ABOUT NH'S SYSTEM OF CARE? CLICK HERE TO LEARN MORE!](#)



Want to start a Student Wellness program in your district?
Have an existing program that needs to be revamped?
[Explore the NH Student Wellness Toolkit!](#)

CONNECT WITH US



www.NHStudentWellness.org

