

Advancing Wellness and Resilience in Education

Cheryl Benefield, Ed.S.

Family and Community Engagement Specialist,
Project AWARE

Georgia Department of Education



NITT
NOW IS THE TIME

Project
AWARE



Richard Woods,
Georgia's School Superintendent
"Educating Georgia's Future"
gaDOE.org



**PROJECT
AWARE
GEORGIA**



Griffin-Spalding
County School System
Learning



Georgia Department of Education

By the Numbers



Richard Woods,
Georgia's School Superintendent
"Educating Georgia's Future"
ga DOE.org

20%

75%

50%

70%



10

2nd

90%

www.nami.org

Impact



Unhappy

Distractibility

Poor Concentration

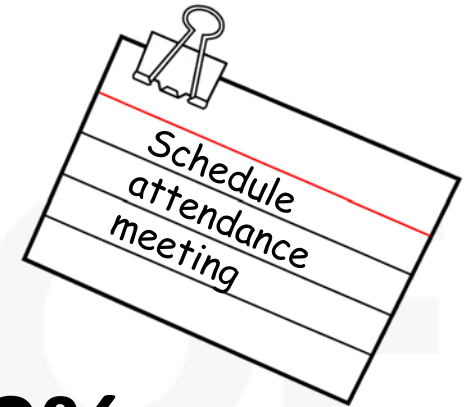
Inability to retain information

18-22 days

3 x

High Risk Behaviors

14%



44%



10%



www.nccp.org

www.youth.gov

What can we do?

- Climate
- PBIS
- YMHFA
- NAMI
- Family Support

Georgia Department of Education

What are YOUR Sources of Strength?



Richard Woods,
Georgia's School Superintendent
"Educating Georgia's Future"
ga.doe.org



Peer Leaders

Trusted Adults

@sourcesofstrength

#whathelpsm

#iamstrong

Today I am thankful for...

Social Networks

Mental Health First Aid?

The help provided to a person developing a mental health problem or experiencing a crisis until professional treatment is received or the crisis resolves.



Richard Woods,
Georgia's School Superintendent
"Educating Georgia's Future"
ga DOE.org



YMHFA Objectives



Richard Woods,
Georgia's School Superintendent
"Educating Georgia's Future"
ga.gov
gaDOE.org

Stigma

Warning Signs

Action Plan

Resources

Risk Factors and Protective Factors

“If more people were prepared when I went into a crisis it would never have been called a crisis. It would have been a meaningful conversation about what my needs were in that moment and how the people who were closest to me could support me through it.”

- Brianne Masselli

YMHFA Training



Richard Woods,
Georgia's School Superintendent
"Educating Georgia's Future"
ga DOE.org



Georgia Department of Education



Richard Woods,
Georgia's School Superintendent
"Educating Georgia's Future"
ga.gov
gaedoe.org

Cheryl Benefield –
cbenefield@doe.k12.ga.us
(404)657-1531

Georgia Department of Education