

2018

CAMPAIGN WRAP-UP

Children's
Mental
Health
Matters.org

A MARYLAND PUBLIC
AWARENESS CAMPAIGN

Celebrating Schools and Communities
across Maryland that helped reduce
stigma and raise awareness around the
importance of children's mental health.



> CAMPAIGN HIGHLIGHTS

2018 was the 10th year of the Campaign and our reach expanded greatly across the state through our Champions, events and social media efforts during Awareness Week, May 6-12.

This year the Campaign had record high participation from 485 schools.

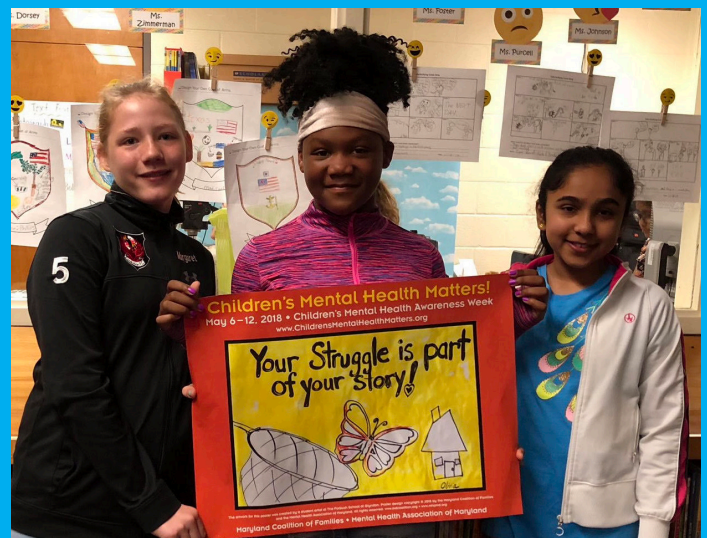
The Campaign had participation of 221,236+ students in schools from all over the state.



190 Community Organizations from jurisdictions across the state raised awareness of children's mental health in 2018. These organizations brought the Campaign's message to a diverse audience of families, caregivers, educators, providers and community members.

In May, the Campaign reached 61,113+ through Facebook and Twitter.

The Campaign distributed 230,991 Awareness Items (including pencils, bracelets, posters, bookmarks) and 63,243 Campaign Resources (including Educator & Family Resource Kits, Brochures).



> SCHOOL CHAMPIONS

Maryland schools were invited to participate in the Campaign by becoming a School Champion. School Champion Coordinators were responsible for organizing an awareness raising or educational activity for Awareness Week.

ALLEGANY COUNTY

Fort Hill High School
Uplift Grand Primary

ANNE ARUNDEL COUNTY

Annapolis High School
Archbishop Spalding High School
Central Elementary School
Central Middle School
Chesapeake Bay Middle School
High Road School of Anne Arundel County
MacArthur Middle School
Oak Hill Elementary School
South River High School
The Goddard School
The Pathways School - Anne Arundel

BALTIMORE COUNTY

Arbutus Elementary School
Arbutus Middle School
Back River Head Start Center
Battle Grove Elementary School
Bear Creek Elementary School
Bedford Elementary School
Berkshire Elementary School
Campfield Early Learning Center
Carney Elementary School
Catonsville Elementary School
Chapel Hill Elementary School
Chadwick Elementary School
Charlesmont Elementary School
Chatsworth School
Chesapeake High School
Church Lane Elementary School
Cockeysville Middle School Coldstream Park Elementary School
Coldstream Park Middle School
Crossroads Center
Deep Creek Elementary School
Dogwood Elementary School
Dulaney High School
Dumbarton Middle School
Dundalk Elementary School
Dundalk High School
Eastern Technical High School
Edgemere Elementary School
Emily Harris Head Start Center
Essex Elementary School
Featherbed Lane Elementary School
Fleming Head Start Center
Fort Garrison Elementary School George Washington Carver Center for Arts and Technology
Glenmar Elementary School
Glyndon Elementary School
Golden Ring Middle School
Gunpowder Elementary School
Halethorpe Elementary School

Harlem Park Elementary School
Harlem Park Middle School
Hawthorne Elementary School
Hebbsville Elementary School
Hereford High School
Hereford Middle School
Hernwood Elementary School
High Road School of Baltimore County
Highland Village Head Start/Early Head Start Center
Hillcrest Elementary School
Joppa View Elementary School
Kenwood Head Start/Early Head Start Center
Kingsville Elementary School
Lansdowne Elementary School
Lansdowne Middle School
Loch Raven High School
Loch Raven Technical Academy
Logan Elementary School
Lutherville Lab Elementary School
Mars Estates Elementary School
Martin Boulevard Elementary School
Mays Chapel Elementary School
Merriitt Park Head Start Center
Middle River Middle School
Middlesex Elementary School
Milbrook Elementary School
Northwest Academy of Health Sciences
Norwood Elementary School
Oakleigh Elementary School
Oliver Beach Elementary School
Orems Elementary School
Overlea High School
Owings Mills High School
Padonia International Elementary School
Patapsco High School & Center for the Arts
Perry Hall Elementary School
Perry Hall High School
Pine Grove Elementary School
Pinewood Elementary School
Pleasant Plains Elementary School
Pot Spring Elementary School
Powhatan Elementary School
Prettyboy Elementary School
Randallstown Elementary School
Relay Elementary School
Riderwood Elementary School
Ridgely Middle School
Riverview Head Start Center
Seneca Elementary School
Seventh District Elementary School
Shady Spring Elementary School
Sollers Point Technical High School
Southwest Academy
Sparks Elementary School
Sparrows Point Middle School
Stemmers Run Middle School
Stoneleigh Elementary School
Summit Park Elementary School

Timber Grove Elementary School
Timonium Elementary School
Towson Head Start Center
Villa Cresta Elementary School
Wellwood International School
Westowne Elementary School
White Oak Elementary School
Windsor Mill Middle School
Winfield Elementary School
Woodbridge Elementary School
Woodmoor Elementary School

BALTIMORE CITY

Abbottston Elementary School
Alexander Hamilton Elementary School
Arlington Elementary School
Arlington Middle School
Arundel Elementary School
Arundel Middle School
Augusta Fells Savage Institute of Visual Arts
Baltimore City College
Baltimore Design School
Baltimore Polytechnic Institute
Beechfield Elementary School
Beechfield Middle School
Belmont Elementary School
Calverton Elementary School
Calverton Middle School
Cecil Elementary School
Charles Carroll Barrister Elementary School
Cherry Hill Elementary School
Cherry Hill Middle School
City Neighbors Hamilton
City Neighbors High School
Dallas F. Nicholas Sr. Elementary School
Dickey Hill Elementary School
Dickey Hill Middle School
Digital Harbor High School
Dorothy I. Height Elementary School
Dr. Nathan A Pitts-Ashburton Elementary School
Dr. Nathan A Pitts-Ashburton Middle School
Excel Academy @ Francis M. Wood High School
Fort Worthington Elementary School
Francis Scott Key Elementary School
Francis Scott Key Middle School
Franklin Square Elementary School
Franklin Square Middle School
Furley Elementary School
Gardenville Elementary School
Garrett Heights Elementary School
Garrett Heights Middle School
Gilmor Elementary School
Govans Elementary School
Green Street Academy
Guilford Elementary School
Guilford Middle School
Hamilton Elementary School
Hamilton Middle School

Harford Heights Elementary School
Harlem Park Elementary School
Harlem Park Middle School
Hilton Elementary School
James Mosher Elementary School
Judy Center at Harford Heights
KIPP Harmony
KIPP Ujima
Lakeland Elementary School
Lakeland Middle School
Leith Walk Elementary School
Lyndhurst Elementary School
Lyndhurst Middle School
Margaret Brent Elementary School
Margaret Brent Middle School
Moravia Park Judy Center
Morrell Park Elementary School
Morrell Park Middle School
NACA Freedom and Democracy II
New Era Academy
New Song Academy
North Bend Elementary School
North Bend Middle School
Northwood Elementary School
Pimlico Elementary School
Pimlico Middle School
Reginald F. Lewis High School
Roland Park Elementary School
Roland Park Middle School
Rognel Heights Elementary School
Rognel Heights Middle School
Roots and Branches Elementary School
Rosemont Elementary School
Rosemont Middle School
Sinclair Lane Elementary School
Steuart Hill Academic Academy
The SEED School of Maryland
Thomas Jefferson Elementary School
Thomas Jefferson Middle School
Vanguard Collegiate Middle School
Violetville Elementary School
Violetville Middle School
Waverly Elementary School
Waverly Middle School
Western High School
William Paca Elementary School
Windsor Hills Elementary School
Windsor Hills Middle School
Woodhome Elementary School
Woodhome Middle School
Yorkwood Elementary School

CALVERT COUNTY

Barstow Elementary School
Calvert High School
Southern Middle School

CAROLINE COUNTY

Caroline Career and Technology Center
Colonel Richardson High School
Colonel Richardson Middle School
Denton Elementary School
Federalsburg Elementary School
Greensboro Elementary School
Lockerman Middle School
North Carolina High School
Preston Elementary School
Ridgely Elementary School

CARROLL COUNTY

East Middle School
Eldersburg Elementary School
Elmer Wolfe Elementary School
Freedom Elementary School
Head Start of Carroll County
Judy Center - Cranberry Station Elementary School
Judy Center - Elmer Wolfe Elementary School
Judy Center - Robert Moton Elementary School
Judy Center - Taneytown Elementary School
Linton Springs Elementary School
Mechanicsville Elementary School
Oklahoma Road Middle School
Robert Moton Elementary School
Runnymede Elementary School
Shiloh Middle School
Taneytown Elementary School
Westminster West Middle School
Winters Mill High School

CECIL COUNTY

Immaculate Conception School
Shorehaven School

CHARLES COUNTY

La Plata High School
Matthew Henson Middle School

DORCHESTER COUNTY

Cambridge South Dorchester High School
Choptank Elementary School
Hurlock Elementary School
Mace's Lane Middle School
Maple Elementary School
North Dorchester High School
North Dorchester Middle School
Sandy Hill Elementary School
South Dorchester School
Vienna Elementary School
Warwick Elementary School

FREDERICK COUNTY

Brunswick High School
Deer Crossing Elementary School
Liberty Elementary School

HARFORD COUNTY

Aberdeen Area Child Development Center
Darlington Elementary School
Edgewood Middle School
Halls Cross Roads Elementary School
High Road School of Harford County
Norrisville Elementary School
Riverside Elementary School
Southampton Middle School

HOWARD COUNTY

Elkridge Elementary School
Homewood Center
MD School for the Deaf - Columbia Campus
Phillips School - Annandale
Phillips School - Laurel
Reservoir High School
Running Brook Elementary School

KENT COUNTY

Galena Elementary School
H.H. Garnett Elementary School

Kent County Middle School
Rock Hall Elementary School

MONTGOMERY COUNTY

Blair G. Ewing Center
Cloverly Elementary School
Dr. Sally K. Ride Elementary School
Earle B. Wood Middle School
Flora M. Singer Elementary School
Glen Haven Elementary School
Maryvale Elementary School
Neelsville Middle School
Robert Frost Middle School
Rock Terrace School
Rosa Parks Middle School
The Foundation School of Montgomery County
The Pathways School - Edgewood
Walt Whitman High School
Yeshiva of Greater Washington Girls Division

PRINCE GEORGE'S COUNTY

Adelphi Elementary School
Allenwood Elementary School
Arrowhead Elementary School
Baden Elementary School
Barack Obama Elementary School
Barnaby Manor Elementary School
Beacon Heights Elementary
Beltsville Academy
Benjamin D. Foulis Creative and Performing Arts Academy
Benjamin Stoddert Middle School
Benjamin Tasker Middle School
Berwyn Heights Elementary
Bishop McNamara High School
Bladensburg Elementary School
Bond Mill Elementary School
Bowie High School
Bowie High School Annex
Bradbury Heights Elementary School
Buck Lodge Middle School
Carmody Hills Elementary School
Carole Highlands Elementary School
Carrollton Elementary School
Capital Heights Elementary School
Center for Young Children, University of Maryland-College Park
Charles Carroll Middle School
Chesapeake Math and IT Elementary School
Chillum Elementary School
Clinton Grove Elementary School
Columbia Park Elementary School
Cooper Lane Elementary School
Cora L. Rice Elementary
Crossland High School
Dora Kennedy French Immersion School
Dodge Park Elementary School
Dr. Henry A. Wise, Jr. High School
Drew Freeman Middle School
Dwight Eisenhower Middle School
Edward M. Felegy Elementary School
Elizabeth Seton High School
Eugene Burroughs Middle School
Excel Academy Public Charter School
Fairmont Heights High School
Flintstone Elementary School
Fort Washington Forest Elementary School
Francis T. Evans Elementary School
Friendly High School

G. James Gholson Middle School
 Glenarden Woods Elementary School
 Glenn Dale Elementary School
 Glenridge Elementary School
 Grace Brethren Christian School
 Greenbelt Elementary School
 Greenbelt Middle School
 Green Valley Academy
 Gwynn Park High School
 Gwynn Park Middle School
 H. Winship Wheatley Early Childhood Center
 Heather Hills Elementary School
 Henry G. Ferguson Elementary School
 Hillcrest Heights Elementary School
 Hyattsville Elementary School
 Hyattsville Middle School
 Imagine Foundations at Morningside Public Charter School
 Imagine Lincoln Public Charter School
 Indian Queen Elementary
 International High School @ Langley Park
 Isaac Gourdine Middle School
 J. Frank Dent Elementary School
 James Madison Middle School
 James McHenry Elementary School
 John H. Bayne Elementary School
 John Hanson Montessori School
 Judge Sylvania Woods Elementary School
 Kenilworth Elementary School
 Kenmoor Early Childhood Center
 Kenmoor Middle School
 Kettering Elementary School
 Kettering Middle School
 Kingsford Elementary School
 Lamont Elementary School
 Langley Park McCormick Elementary School
 Largo High School
 Laurel High School
 Lewisdale Elementary School
 Longfields Elementary School
 Martin Luther King, Jr. Middle School
 Mary Harris "Mother" Jones Elementary School
 Melwood Elementary School
 Montpelier Elementary School
 Mt. Rainier Elementary School
 Nicholas Orem Middle School
 North Forestville Elementary School
 Northwestern High School
 Oxon Hill Middle School
 Parkdale High School
 Patuxent Elementary School
 Phyllis E. Williams Spanish Immersion
 Pointer Ridge Elementary School
 Port Towns Elementary School
 Potomac High School
 Potomac Landing Elementary School
 Princeton Elementary School
 Ridgcrest Elementary School
 Riverdale Elementary School
 Robert Frost Elementary School
 Robert R. Gray Elementary School
 Roger Heights Elementary School
 Rosa L. Parks Elementary School
 Rose Valley Elementary School
 Samuel Chase Elementary
 Samuel P. Massie Academy
 Seabrook Elementary School
 Seat Pleasant Elementary School
 St. Pius X Regional School

Stephen Decatur Middle School
 Tanglewood School
 Tayac Elementary School
 Templeton Elementary School
 The Foundation School
 The Pathways School – Horizons
 The Pathways School – Re-Entry at DuVal
 The Pathways School – Re-Entry at Friendly
 Thomas S. Stone Elementary School
 Thurgood Marshall Middle School
 Tulip Grove Elementary School
 University of Maryland-College Park, School Psychology Program
 University Park Elementary School
 Vansville Elementary School
 Walker Mill Middle School
 Whitehall Elementary School
 William Beanes Elementary School
 William Paca Elementary School
 William W. Hall Academy
 Woodridge Elementary School
 YMCA Ayr lawn Program

QUEEN ANNE'S COUNTY

Bayside Elementary School
 Centreville Elementary School
 Centreville Middle School
 Church Hill Elementary School
 Grasonville Elementary School
 Kennard Elementary School
 Kent Island High School
 Matapeake Elementary School
 Queen Anne's County High School
 Sudlersville Elementary School
 The Gunston School

SAINT MARY'S COUNTY

Captain Walter Francis Duke Elementary School
 Leonardtown Middle School

SOMERSET COUNTY

Princess Anne Elementary School
 Somerset Intermediate School

TALBOT COUNTY

Easton Elementary School Dobson Building
 Easton High School
 Easton Middle School
 St. Michael's Middle School
 St. Michael's High School
 Tilghman Elementary School
 White Marsh Elementary School

WASHINGTON COUNTY

Barbara Ingram School for the Arts

WICOMICO COUNTY

Bennett Middle School
 Charles H. Chipman Elementary School
 Choices Academy
 Delmar Elementary School
 East Salisbury Elementary School
 Fruitland Intermediate School
 Fruitland Primary School
 Glen Avenue Elementary School
 James M. Bennett High School
 Mardela Middle School
 Mardela High School

North Salisbury Elementary School
 Northwestern Elementary School
 Parkside High School
 Pinehurst Elementary School
 Pittsville Elementary School
 Pittsville Middle School
 Prince Street Elementary School
 Salisbury Middle School
 The Salisbury School
 Westside Intermediate School
 Westside Primary School
 Wicomico Middle School
 Wicomico High School
 Willards Elementary School

WORCESTER COUNTY

Snow Hill Middle School
 Pokomoke High School



H. Winship Wheatley Early Childhood Center
 Prince George's County

> SCHOOL CHAMPION EVENTS



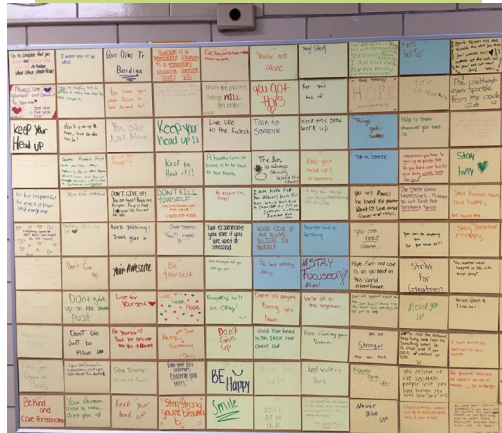
Timonium Elementary School,
Baltimore County



Seventh District Elementary School, Baltimore County



Glyndon Elementary School,
Baltimore County



Kenwood High School, Baltimore County



A. Mario Loiederman Middle School,
Montgomery County



Center for Infant Study,
University of Maryland



Easton Middle School, Talbot County

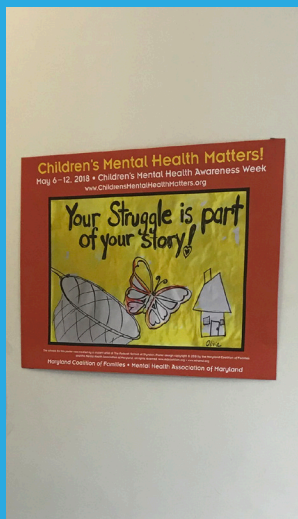
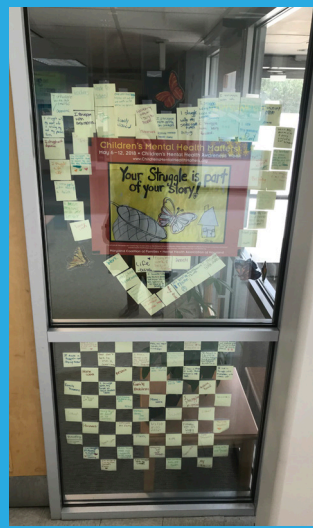


Chatsworth School,
Baltimore County

> SCHOOL CHAMPIONS OF THE YEAR

James McHenry Elementary School [Prince George's County]

On May 16, this elementary school hosted a Children's Mental Health Expo which had over 350 people in attendance. Each person received children's mental health resources and visited different stations to create items such as stress balls, journals to promote positive mental health and learn new coping skills to add to their mental health toolkit. During Awareness Week, the school also shared morning announcements, distributed awareness items, wore green and hosted assemblies about mindfulness.

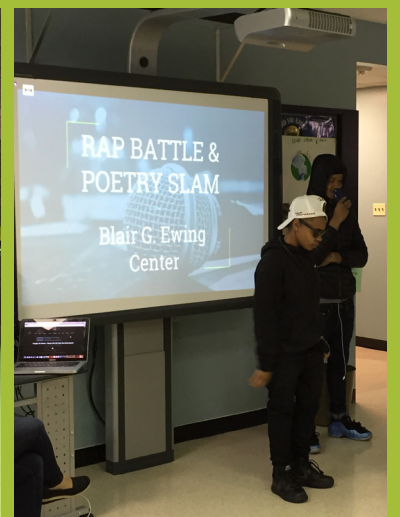
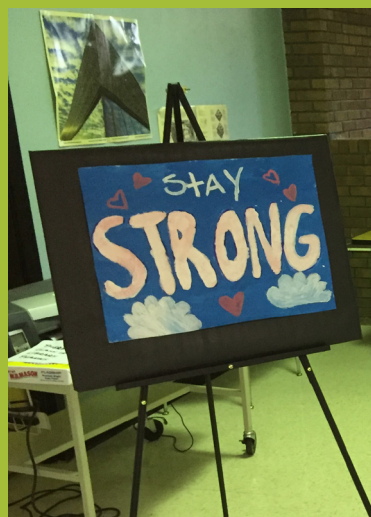


Somerset Intermediate School [Somerset County]

Students participated in Awareness Week, focusing on the poster slogan "Your Struggle is Part of Your Story." The students anonymously wrote down their struggles on post-it notes and then those notes were displayed, in hopes to better understand each other and build community. Students also benefited from daily announcements, mindful moments, posters that were displayed throughout the school, and focusing on the benefits of counseling on a young person's life.

Blair G. Ewing Center Alternative Program [Montgomery County]

Students at Blair G. Ewing Center created posters in art class focusing on the theme of positive coping strategies. The highlight of the week was the Rap Battle and Poetry Slam. Students worked on lyrics, writings and poems about mental health with their English teachers and comprised musical beats with the Music teacher. Students then presented in an open mic forum and were given handouts with coping skill strategies and mental health resources.



> COMMUNITY CHAMPIONS

HONORARY CHAIR OF THE 2018 CHILDREN'S MENTAL HEALTH MATTERS! CAMPAIGN

First Lady of Maryland, Mrs. Yumi Hogan

2018 STATEWIDE CHAMPIONS

BHIPP - Maryland Behavioral Health Integration in Pediatric Primary Care
Center for School Mental Health, University of Maryland Dept. of Psychiatry
Maryland Association for Nonpublic Special Education Facilities
Maryland Dept. of Disabilities
Maryland Dept. of Health - Behavioral Health Administration
Maryland State Dept. of Education
Maryland Youth Advisory Council
University of Maryland
University of Maryland, Baltimore County

2018 COMMUNITY CHAMPIONS

1 Year to Empowerment
4 the Healing in You, Inc.
Achieving Mental Victory
ACIDD Maryland
Adventist Healthcare
Affiliated Sante Group
Affordable Behavioral Consultant
Alison J. Bomba, Psy.D., LLC
All Walks of Life, LLC
Annapolis Pediatrics
Anne Arundel County Infants & Toddlers Program
Anne Arundel County Mental Health Agency
Anne Arundel Medical Center
Apex Network Consolidated
Archway Station, Inc.
Art Works Now
Aspire Counseling
Assurance Quality Care
Baltimore City Child Care Resource Center
Baltimore County Dept. of Health, Bureau of Behavioral Health/CSA
Bay Times
Behavioral Health System Baltimore
Bethesda Play Therapy & Healing, LLC
Black Mental Wellness
B'More for Healthy Babies
Bridgeway Community Church
Burrell Associates
Calvert County Dept. of Social Services
Camp Fire Patuxent Area
Carroll County Dept. Citizen Services
Carroll Co. Dept. Social Services - Foster Care & Adoption
Carroll Co. Dept. of Social Services - In-Home Family Services
Carroll County Health Department
Carroll County Youth Service Bureau
Carroll Hospital
Catholic Charities of Maryland
Catholic Charities - Millersville
Cecil County Dept. of Social Services
Cecil County Early Childhood Advisory Council
Cecil County Health Department
Center for Adoption Support and Education (CASE)
Center for Child & Family Traumatic Stress at Kennedy Krieger Institute
Center for Children
Charles County Behavioral Health Authority
Chesapeake Health Care
Chesapeake Health Care Pediatrics
Chesapeake Life Center (Hospice of the Chesapeake)

Children's Choice, Inc.
Christ Our Anchor Sunday School
Church of the Redeemer
City of Bowie Youth & Family Services
City of College Park
City of Hyattsville
City of Salisbury
College Park Youth and Family Services
Comcast Spotlight
Community Care
Community Counseling & Mentoring Services, Inc.
Community Crisis Services, Inc.
Community Foundation of the Eastern Shore
Community Residences, Inc.
Community Therapeutic Center
Contemporary Family Services
Crisis Intervention Center
Crossroads Community, Inc.
Diamond Foundation, Inc.
District Heights Family & Youth Services Bureau
Dorchester County Public Library
Dynard Elementary PTA
EveryMind.
Family-Informed Trauma Treatment Center
Family Matters of Greater Washington
Finksburg Counseling Services
First Choice Counseling Center
FLI Warrior
Flourish Counseling and Wellness Center
Frederick Co. Health Dept. Behavioral Health Services
Full Gospel Baptist Church Cooksville
Garrett County Public Schools
Gateway Pediatrics
Grassroots Crisis Intervention Center
Greater Salisbury Committee
Greenbelt CARES
Greenbelt Children's Center
Guiding Exceptional Parents
Harvesting Hope Youth and Family Wellness, Inc.
HC Drug Free
Healthy Kinder, Inc.
Healthy Talbot
Hillside Work-Scholarship Connection
Howard County Dept. of Social Services
Howard County General Hospital
Howard County Health Department
Howard County Mental Health Authority
Howard County Office of Children & Families
Human Services of Carroll County
Humanim
Inner County Outreach
In Reach, Inc.
Interdynamics, Inc.
Johns Hopkins University, Center for Technology Education
Kent County Public Schools
Kent County Middle School PTSA
Key Point Health Services
Kimberly M. Brooks, PhD
Krissy's Kaue
Lantern Therapeutic Services
Laurel Helping Hands
LifeGrowth Counseling, LLC
Lighthouse, Inc. Youth and Family Services
Lower Shore Early Childhood Mental Health Consultation Program
Maryland Assoc. of Youth Service Bureaus (MAYSB)
Maryland Chapter, American Academy of Pediatrics
Maryland/DC Association for Play Therapy
Maryland Essentials for Childhood
Maryland Family Network
Maryland Family Resource, Inc.

Maryland Health Alliance, Inc.
Maryland in Motion
Maryland LAUNCH
Maryland Psychological Association
Maryland State Council on Child Abuse & Neglect
Mental Health Association of Frederick County
Mental Health Association of Greater Washington
Mental Health Association of the Eastern Shore
Mindfully Anchored, Inc.
Montgomery County Federation of Families for Children's Mental Health
Montgomery County Local Behavioral Health Authority
Montgomery County Public Schools
MPB Group, Inc.
NAMI Carroll County
NAMI Metropolitan Baltimore
New Directions Therapeutic Services
Nonprofit Prince George's County
One World Center for Autism
PACE Consulting
Pathways, Inc.
Primary Care Coalition
Prince George's Child Resource Center
Prince George's County Dept. of Social Services
Prince George's County Infants & Toddlers
Prince George's County Local Behavioral Health Authority
Prince George's County Public Schools Office of Psychological Services
Prince George's School Mental Health Initiative
Professional Child Care Provider Network of Prince George's County
Propel Productions Center, Inc.
QCI Behavioral Health
RIMS Center for Enrichment and Development
Salisbury University Child & Adolescent Behavioral Health Initiative
Salisbury University School of Social Work
SeizingPsych, Inc.
Sheppard Pratt Health System
Southern Maryland BRIDGE
St. Mary's Co. Public Schools - Dept. of Student Services
Stanley Black & Decker
Synergy Family Services, Inc.
Synergy Wellness Therapeutic Services
Talbot County Judy Center Partnership
The Child & Family Center
The Foundation Schools
The Partnership for a Healthier Carroll County, Inc.
The Pediatric Center
The Training Source
Therapeutic Foster Care at Kennedy Krieger Institute
Total Healthcare
Tri Community Mediation
Tri-County Youth Services Bureau
University of Maryland School of Social Work
Urban Behavioral Associates, PA
Volunteer Mental Health Workgroup - Prince George's County
Wicomico County Health Department
Wicomico County Public Schools
Wicomico Partnership for Families & Children
Willow Tree Counseling Center
WIN Team PRP
Worcester County Health Department
Worcester County Local Management Board
Wraparound Maryland, Inc.
Yogativity
Youth Care Center
Youth Development Advisory Committee (YDAC)

> COMMUNITY CHAMPIONS OF THE YEAR

Center for Child & Traumatic Stress at Kennedy Krieger

The Center for Child & Family Traumatic Stress at Kennedy Krieger partnered with 5 local businesses, York Elementary School and had a display at one of the main campuses at Kennedy Krieger Institute to promote Awareness Week. They partnered with Shoe City at the Westside Shopping Center to host a resource table for the bilingual community to talk about the difference between normal and traumatic stress in children as well as bullying. Through their efforts they were able to provide resources to over 200 people in the community in just one day.



Krissy's Kause

Krissy's Kause shared the Campaigns message in many ways during Awareness Week. The organization: contributed articles for the Baltimore Sun, Cecil Whig, and TheTot.com; spoke at a city county meeting on behalf of the Campaign; participated in county and statewide proclamations for Awareness Week; participated in a local NAMI panel/town meeting; and raised money for Maryland Coalition of Families.

Carroll County Health Department

The Carroll County Health Department helped increase School Champion participation from 6 in 2017 to 18 in 2018 by making personal contacts with school counselors and helping to implement school-wide initiatives. The Department participated in four community events in May: Big Truck Night, National Prevention Week Kickoff, Cross Agency Training and Safe Kids Day. At these events, staff made contact with over 900 families and taught them about coping skills, provided them with local resources and shared information about the Children's Mental Health Matters! Campaign.



> CELEBRATING THROUGH ART



First Lady Yumi Hogan hosted the third annual Celebrating Through Art: The First Lady's Mental Health Awareness Youth Art Display, at the Lowe House Office Building in Annapolis on Monday, May 7. The display and reception marked the beginning of Children's Mental Health Awareness Week and highlighted the expressive power of art. Children and youth from across Maryland submitted works of art that depicted what made them feel happy, healthy, and hopeful. These young artists raised their voice to highlight the importance of mental health for children in Maryland.



One student, Nia Jackson, shared her thoughts on what inspired her piece:

"It's very important to know who you are in yourself, to remind yourself that you're beautiful, that you're amazing, things will be okay, that after a bad day that the sun will come and things will get better. I chose to put aluminum foil as the face, as if you're looking into yourself. The background is words, such as 'you're amazing.'"



> POST-CAMPAIGN REFLECTIONS

I enjoyed the school spirit and comradery that promoted a healthy focus on mental health. [Our] school staff has endured a lot of challenges over the past couple years and this Campaign seemed to bring everyone together around the joys of childhood. It was as though we had a newly found cause to stand in unity of. It enabled us to look beyond the challenges and see our strength and ability to break down barriers.

- 2018 School Champion



I think its so important that we understand that many people are challenged with mental health concerns. People are far more similar than they are different. And bringing people together helps to raise that point and raise awareness so that we can be thinking about compassion and empathy and love toward one another, creating a more inclusive community of kindness.

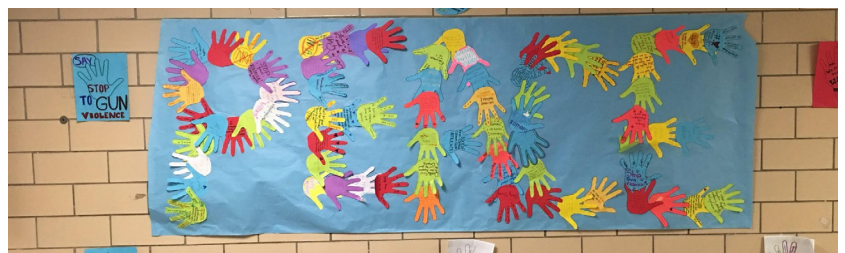
- Dr. Jason Schiffman, University of Maryland - Baltimore County



Being able to have open conversations with parents who might have concerns is powerful. This also helps to reduce the stigma surrounding mental illness and promotion of resiliency. - 2018 Community Champion

Students enjoyed the opportunity to write down their struggle and then seeing it on the office window. In a small way, it made them feel heard.

- 2018 School Champion



Thank you to all of our 2018 School and Community Champions for your work to reduce stigma and raise awareness around the importance of children's mental health!

Thank you to all of our partners for making 2018 such a success!



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Lutherville, MD 21093
443.901.1550 | www.mhamd.org



10632 Little Patuxent Parkway, Suite 234
Columbia, MD 21044
410.730.8267 | www.mdcoalition.org



MARYLAND
Department of Health



The Children's Mental Health Matters! Campaign is a collaboration of the Mental Health Association of Maryland and the Maryland Coalition of Families with support from the Maryland Department of Health - Behavioral Health Administration. The Campaign goal, with School & Community Champions across the state, is to raise public awareness around the importance of children's mental health.

WWW.CHILDRENSMENTALHEALTHMATTERS.ORG