

Stark County System of Care Expansion Planning

Prevention and Resiliency FAQs

1. Question: Why is a Prevention and Resiliency subcommittee important?

Answer:

Prevention is a necessary method to reduce negative health outcomes and to stop a situation from becoming more severe.¹

- The costs of treatment for mental health and addictive disorders, which create an enormous burden on the affected individuals, their families, and society, have stimulated increasing interest in ***prevention practices that can impede the onset or reduce the severity of the disorders.***
- Funding levels for prevention and mental health promotion services frequently remain low when compared to services for treatment and residential placements.
- Health problems typically also lead to additional costs, in the form of reduced productivity and earnings, increased use of a range of social services, and place enormous stress on young people themselves, thus, interfering with healthy development.
- Young people develop in the contexts of their family, their school, their community, and the larger culture, which offer ***multiple opportunities to support healthy development and prevent disorder.***
- ***Benefits of prevention*** include higher productivity, lower treatment costs, less suffering and premature mortality, more cohesive families, and happier, better adjusted, more successful young people.
- Mental health disorders among adolescents are associated with reduced health-related quality of life during childhood but also lead to increased risks to health and reduced productivity in adulthood.
- An adolescent's disorder may also lead to negative health consequences for other members of society (i.e. parents and caregivers of the children).²

“Resiliency can be defined as an innate capacity that when facilitated and nurtured ***empowers children, youth and families to successfully meet life's challenges*** with a sense of self-determination, mastery and hope”³

2. Question: Who is invited to join this subcommittee?

Answer:

Youth, young adults, family members, community stakeholders, faith-based representatives, cultural representatives, and any other agency, organization, institution, or individual caring for or working with children, youth, and young adults with or at-risk for serious mental health needs and their families.

¹ Retrieved from NAMI: www.nami.org/Learn-More/Mental-Health-Conditions

² National Research Council and Institute of Medicine report. *Prevention of Mental Disorders and Substance Abuse Among Children, Youth, and Young Adults: Research Advances and Promising Interventions*. Retrieved from: <http://www.ncbi.nlm.nih.gov/books/NBK32775/>

³ (2014). Community Plan Guidelines SFY 2014. *Ohio Mental Health and Addiction Services (OhioMHAS)*. Retrieved from <http://mha.ohio.gov/Portals/0/assets/Planning/CommunityPlan/2014/Stark%202014%20Community%20Plan.pdf>

3. Question: How often and where does this subcommittee meet?

Answer:

The Prevention and Resiliency Subcommittee meets the 3rd Thursday of every month from 3:30PM-5:00PM through August 2015. Meetings are held at the Kent State University at Stark campus (6000 Frank Ave NW, North Canton, OH 44720). Participants will be notified in advance of any changes in meeting times/locations.

There may be some additional hours (approximately 8) outside of subcommittee meetings necessary for research and preparation for meetings; however, we appreciate any time you can give to the planning process.

4. Question: What are the expectations of this subcommittee?

Answer:

This subcommittee focuses primarily on creating improved prevention and resiliency strategies for youth with or at risk for mental health challenges and their families in Stark County. Participants will be asked to help develop strategies to 1) develop a complete System of Care that addresses the prevention, promotion, and resiliency of mental health, 2) promote resiliency while reducing and preventing risk factors for mental illness, and 3) foster resiliency at all levels of mental health care for youth, young adults and families using evidence based standards.

Lastly, this subcommittee will organize resources and materials that may assist stakeholders in creating, revising, and/or updating prevention strategies for their respective organizations.

5. Question: Who facilitates this subcommittee?

Answer:

This subcommittee is facilitated by Ken Slenkovich, Assistant Dean of the College of Public Health at Kent State University, as well as by Ryan Tingler, a graduate assistant on the Facilitation Team at Kent State University.

6. Question: Who can I contact for more information about this subcommittee?

Answer:

Please contact Ryan Tingler for more information about this subcommittee at StarkSOC@gmail.com