

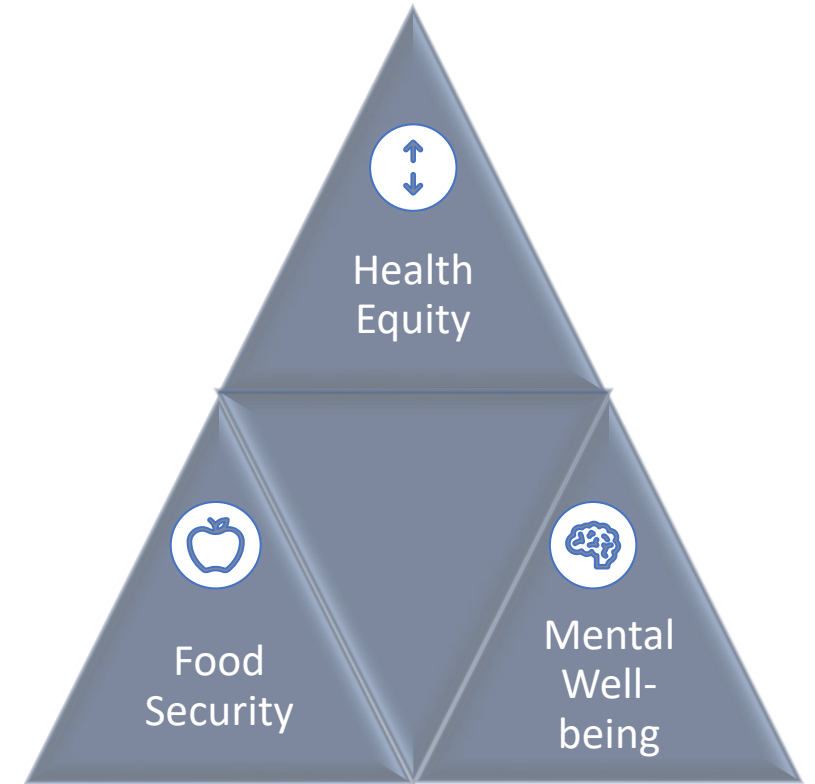
# MENTAL HEALTH FOR YOUTH AND FAMILIES: IT TAKES A VILLAGE

Behavioral Health Innovation Summit

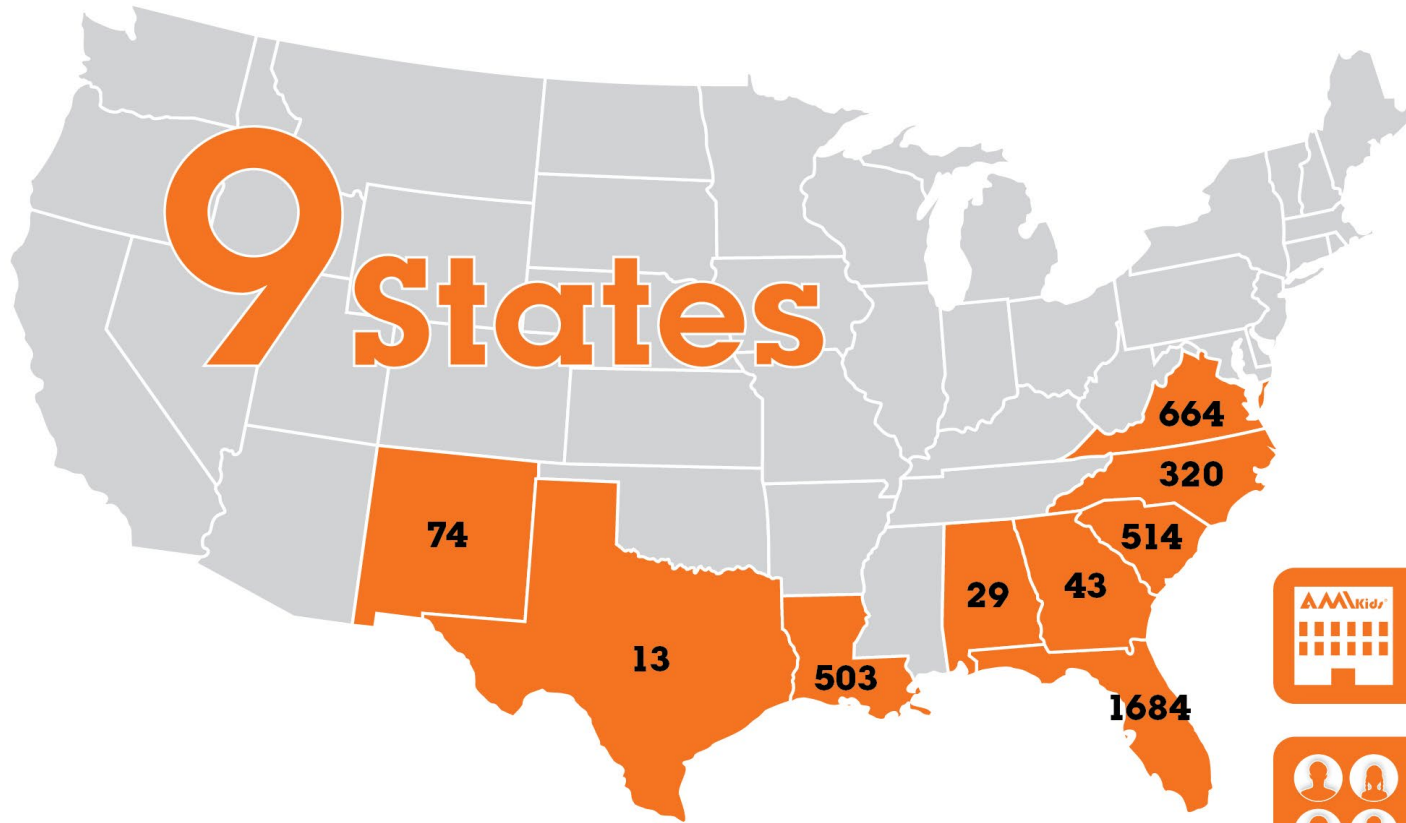
October 10 - 11, 2023

# Mental Well-being: A funding priority

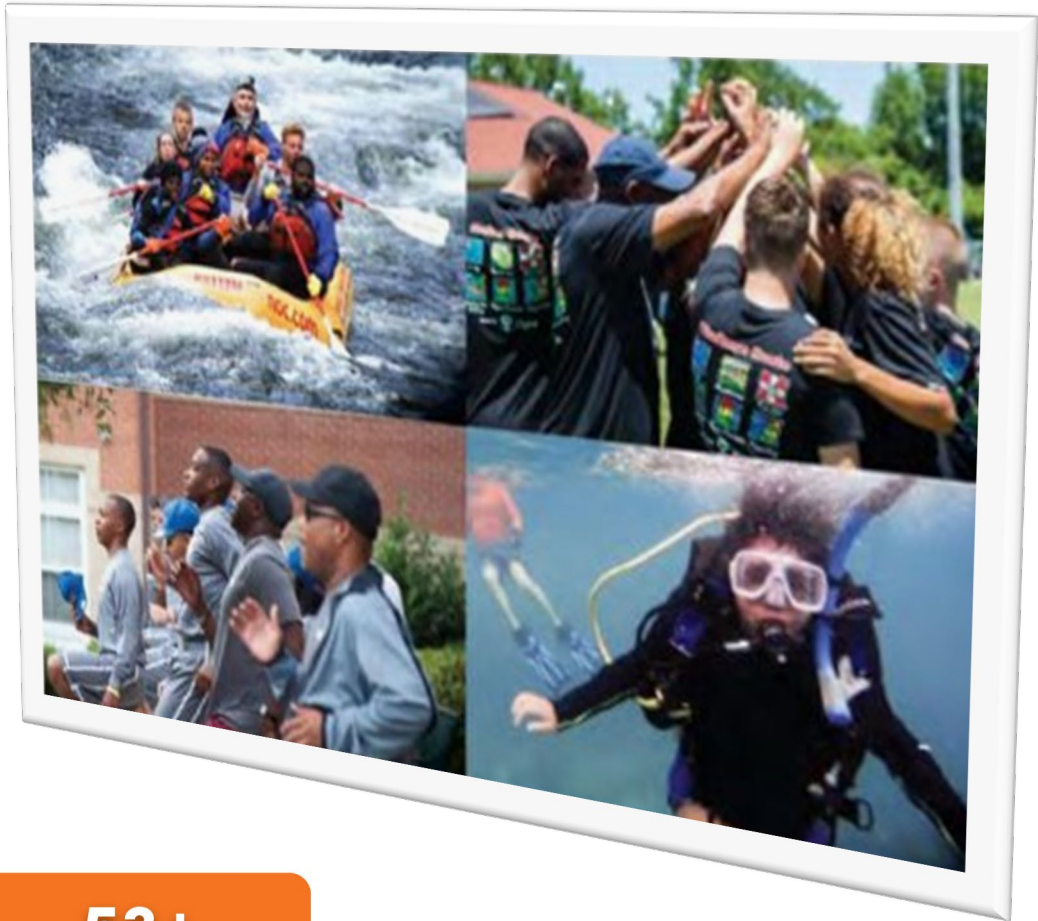
- ▲ Advance **mental well-being** for families and community members **to mitigate** the stressors associated with such issues that often **impact entire families and/or communities**
  - Awareness of current mental health status
  - Education around mental well-being and opioid/substance abuse
  - Support in addressing stress, anxiety, loneliness, addiction, etc.



*Florida Blue Foundation is committed to improve health equity by impacting food security, advancing mental well-being, growing healthy communities, and addressing systemic racism and resulting health disparities.*



Youth Served by State



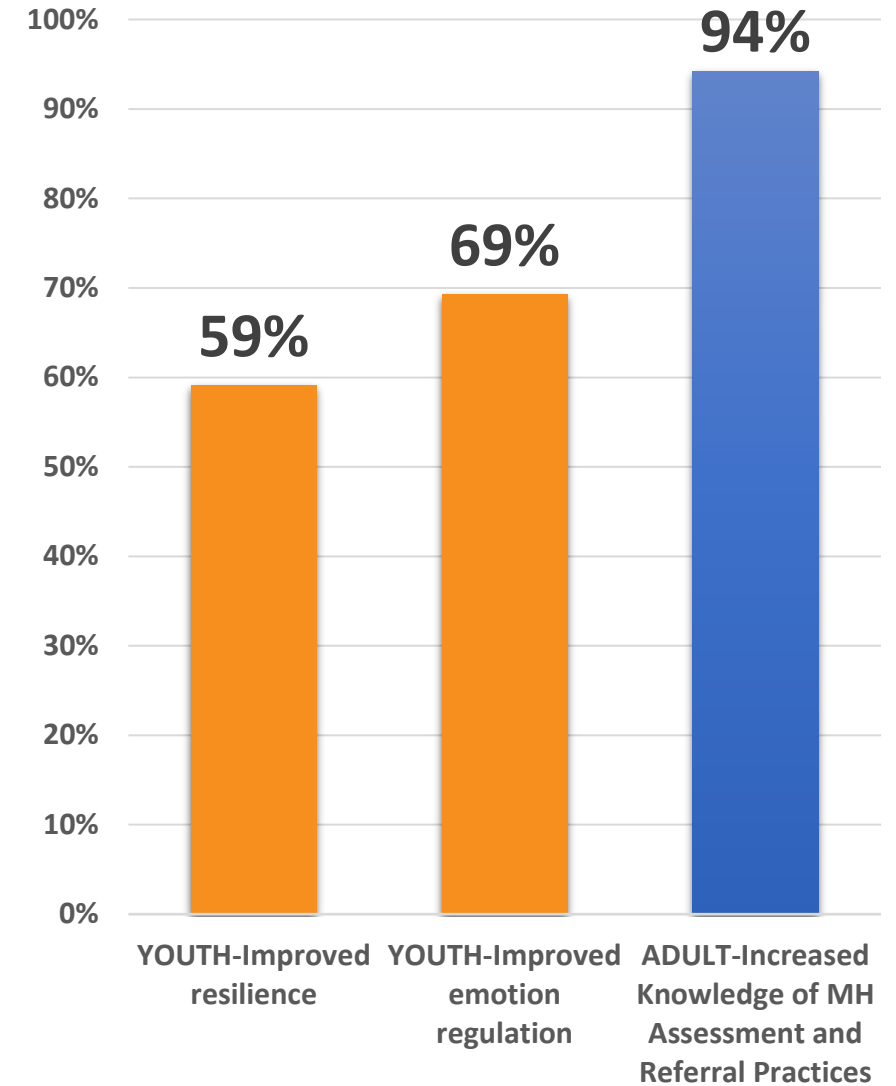
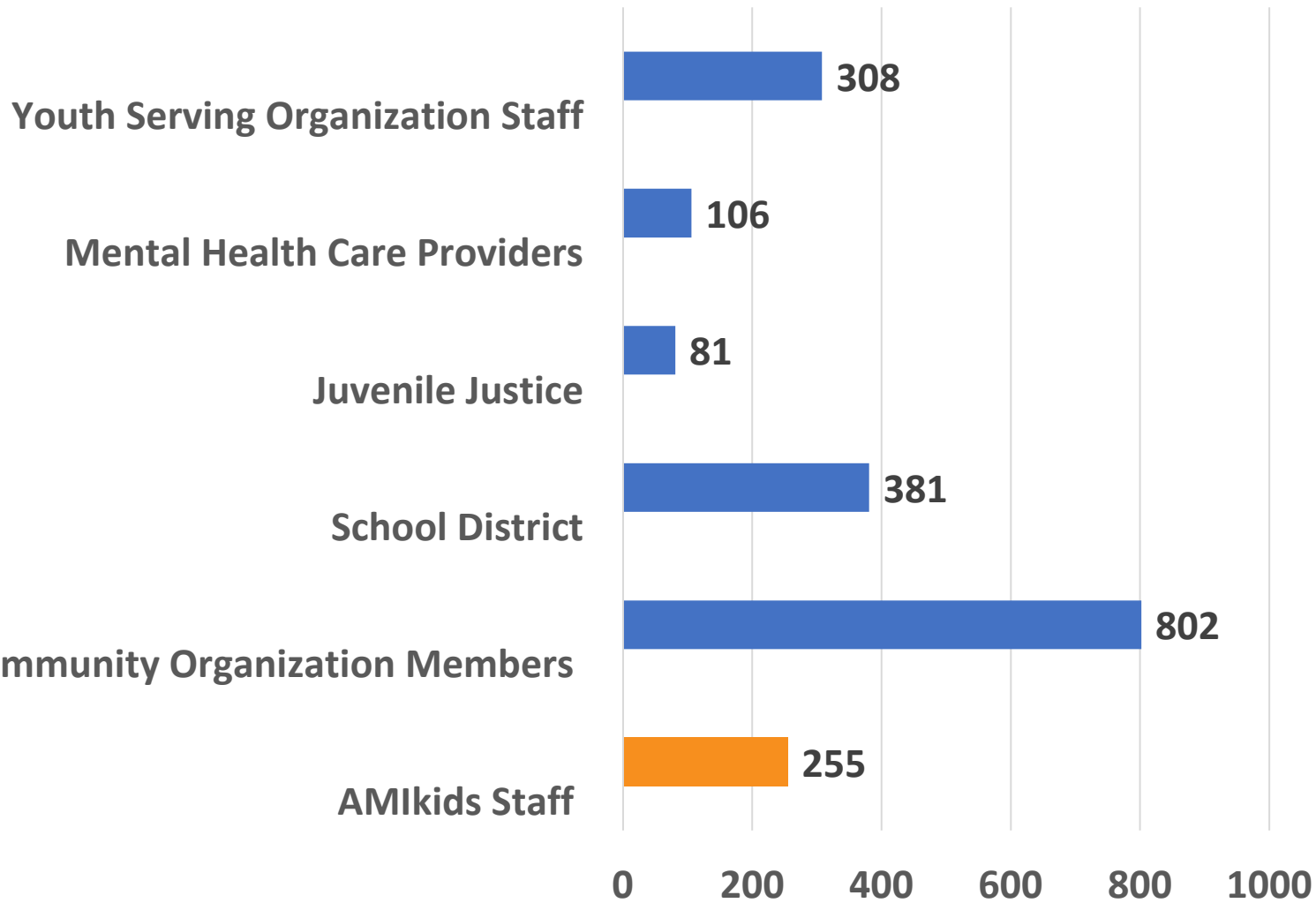
**53+**  
Programs



**3,844**  
Youth served in 2021

**160,000 youth and families served over the past 54 years**

# Youth Mental Health First Aid



***2,292 youth referred to mental health services as a result of this work***





# YOUTH MENTAL HEALTH FIRST AID **FREE TRAINING EVENTS**



For more information, contact: **Mandy Danehart**  
at [adanehart@amikids.org](mailto:adanehart@amikids.org) or **813-887-3300**



## ***WHY YOUTH MENTAL HEALTH FIRST AID?***

Youth Mental Health First Aid teaches you how to identify, understand and respond to signs of mental illness and substance use disorders in youth. This **FREE** 6-hour training (provided by grants from the **Florida Blue Foundation and SAMHSA**) gives adults who work with youth the skills they need to reach out and provide initial support to children and adolescents (ages 6-18) who may be developing a mental health or substance use problem and help connect them to the appropriate care.

# The Florida Blue Foundation - NSU MD Opioid Initiative has impacted over 6,000 youth and 300 youth serving professionals across Florida.



Quarterly Workshops



Podcast Broadcasts



Digital Materials



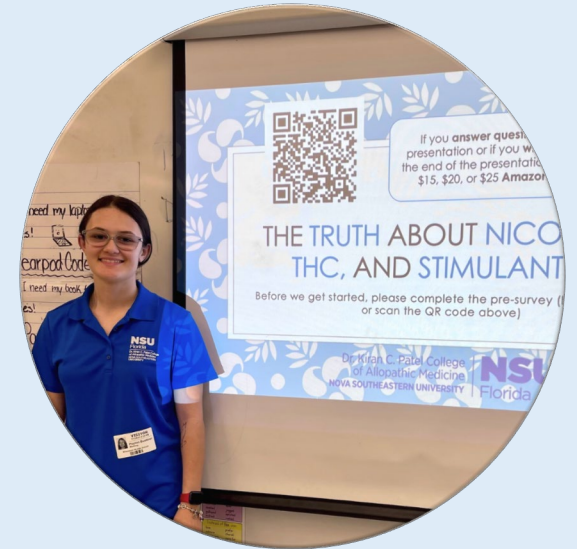
Social Media Engagement



Educational Interventions



Youth Summit



# COLLABORATE

# EDUCATE

# EVALUATE

- Big Brothers Big Sisters
- Take Stock in Children

Miami-Dade



- Take Stock In Children
- The Urban League
- Pace Center for Girls
- SunServe

Broward



- Take Stock In Children

Palm Beach



- Round Table of Port St. Lucie
- Boys & Girls Club
- Children's Advocacy Center

St. Lucie



Over 6000 youth served

## Modules (8)

Neurobiology of Addiction

Alcohol

Nicotine & THC

Stimulants

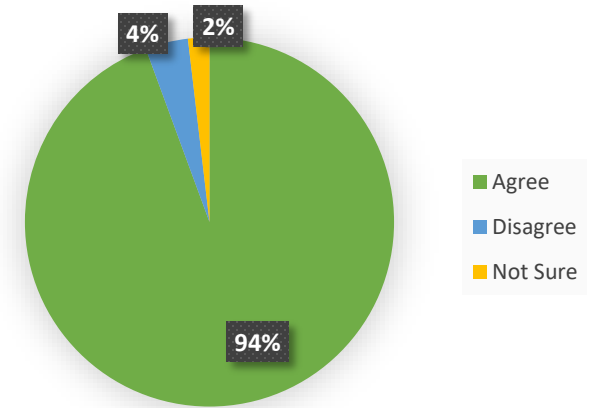
Opioids

Improving Social & Emotional Learning

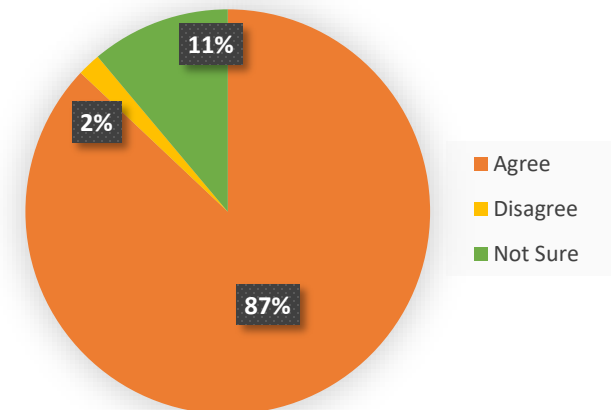
Improving Academic & Social Competence

Perspectives

After attending this/these session(s), I am less likely to consider this using addictive substances



This lesson increased my understanding of how to navigate peer pressure



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