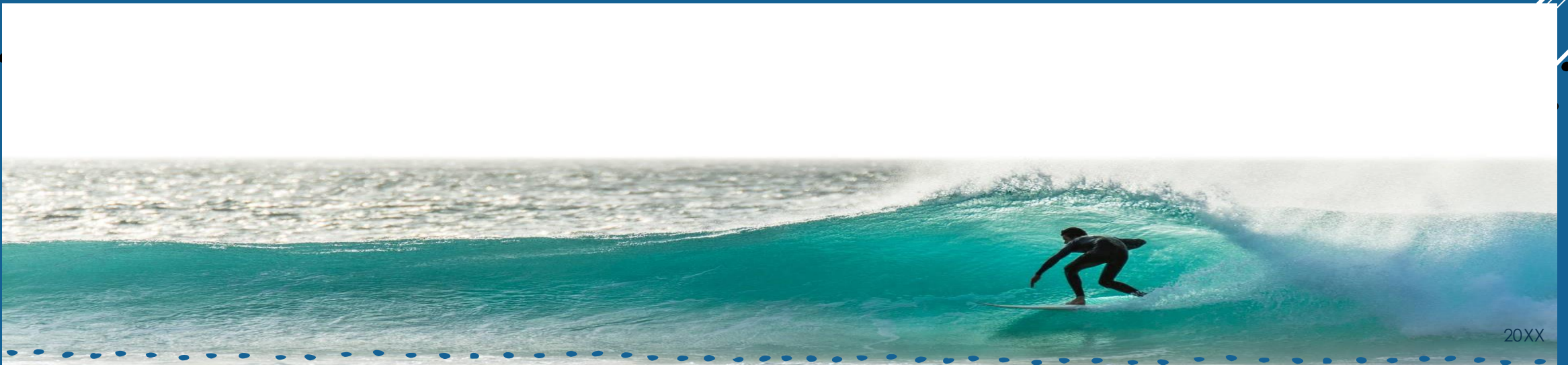




PREVENTION: THE KEY TO IT ALL

TAKE A MOMENT (OR 2) AND DISCUSS
WITH YOUR NEIGHBOR WHAT YOU
PERCEIVE TO BE THE EVOLVING NEEDS
OF OUR SOCIETY.



SO GLAD YOU ARE HERE!

Hillary Zwetzig

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Mental Health America of South Central
KS

www.mhaskc.org



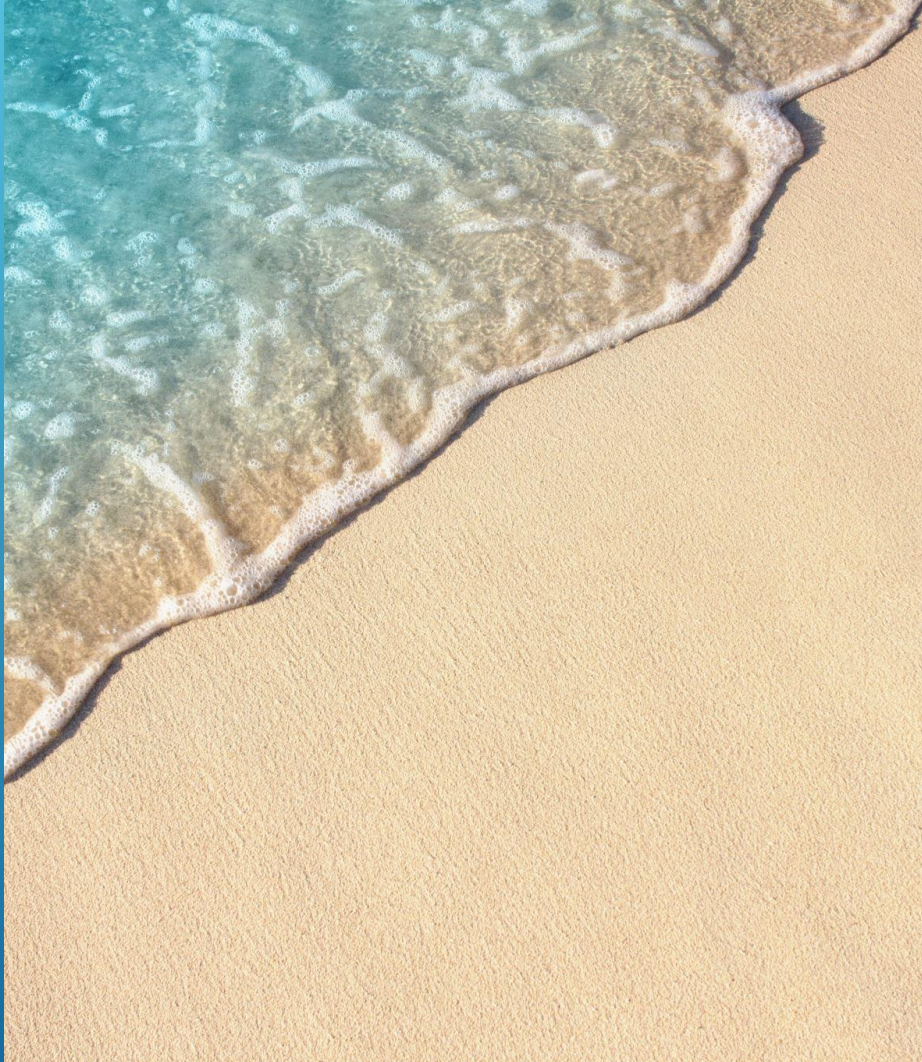


MENTAL HEALTH AMERICA OF SOUTH CENTRAL KS

- Nonprofit
- Founded in 1957
- Full range of mental health services for all ages
- Mission is to EMPOWER and ASSIST our community to achieve optimal mental health
- 30+ programs
- Advocate and educate for awareness/services

AGENDA

- ▶ Introduction
- ▶ Group activity
- ▶ Basics of Prevention
- ▶ Prevention Programs at MHA
- ▶ Prevention and its place in society
- ▶ Active listening
- ▶ Wrap up
- ▶ Q & A



WHAT IS PREVENTION :

Preventative Health

The action of stopping something from happening or arising.

Routine Care.

Any action taken to keep people healthy and well, and prevent or avoid risk of poor health, illness, injury and early death.

Pro-active

PREVENTION AND PRODUCTIVITY

AS IT RELATES TO MENTAL HEALTH

- *Evolving societal needs
- *Connection to physical and spiritual health
- *Relationship to resilience
- *Healthy choices = healthy future



HOW TO INCORPORATE MENTAL HEALTH PREVENTION IN YOUR COMMUNITY

Prevention Programs at MHA

- *EVIDENCED BASED

- *PROVEN

- *8-12 WEEKS OR SEMESTER LONG

- *TRAINED PREVENTION FACILITATOR

- *PRE AND POST TEST MEASUREMENTS

- *‘NORMAL’ ISSUES FOR YOUTH PRESENTED

FROM A MENTAL HEALTH ANGLE

IE. BULLY, DRUG USE, RELATIONSHIPS

PREVENTION PROGRAMS AT MHA

Paths

K-5th

Self-control

Emotional Understanding

Relationships

Inter-personal Problem Solving

Pathways

6th-12th

Longest running substance abuse program in Sedgwick County

Social-Emotional learning

Develop critical thinking

Promote alternative thinking skills

PREVENTION PROGRAMS AT MHA

Boys 2 Men

4th-12th

Support group

Juvenile Delinquency

Anti-Social Behavior

Substance Use

Increase protective factors

Girl Empowerment

4th-12th

Support group

Juvenile Delinquency

Anti-social Behavior

Substance Use

Increase protective factors

STATISTICS ON MHA PREVENTION PROGRAMS:

- 46,556 WPS students
- 80% students from homes poverty
- MHA served 1874 WPS students in 2024

Program Results:

20% increase in sense of control over their lives

97% had no suspensions/expulsions

98% not reported chronically absent

99.9% no new arrests

98% no tobacco, alcohol, and/or substance abuse/use



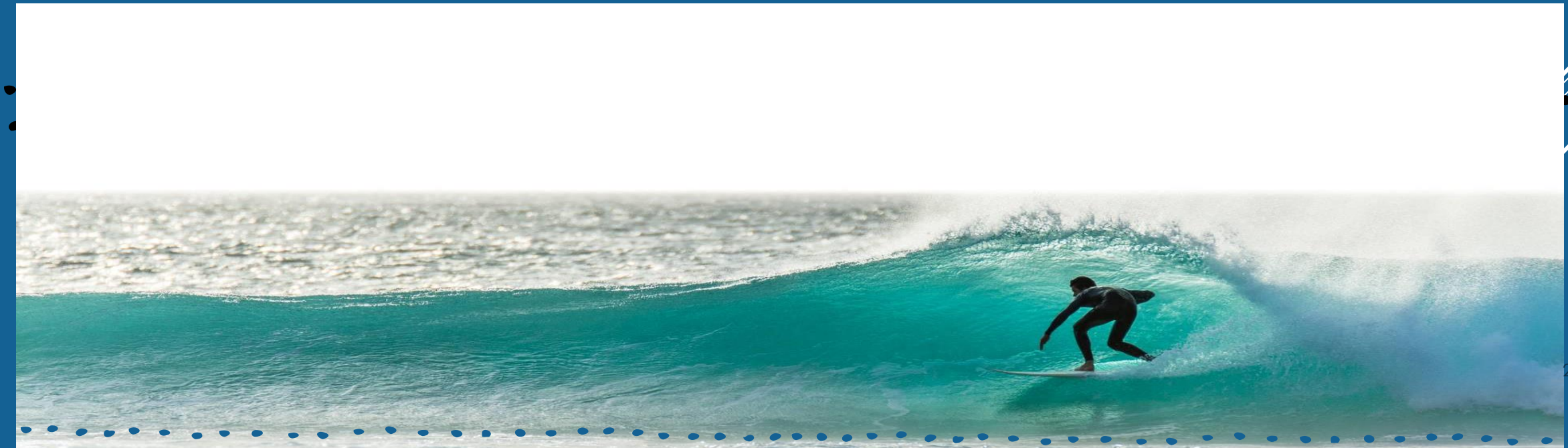
COST OF INCARCERATION
FOR ONE YOUTH PER YEAR:

\$154,285

FY 2020 Annual Cost Per Resident, kslegislature.gov

FOCUS ON PREVENTION

- Community trainings
- Community presentations
- Provide skills/support for all
- Basic coping skills
- Be the one



ACTIVE LISTENING

WHEN WE LISTEN TO COMPREHEND



Partial listening
Mind reading
Hijacking
Judging
Teaching/Preaching
Demanding
Discounting
Belittling
Guilt tripping
Derailing
Placating



WRAP UP

Q & A