



# MINDING YOUR MIND

## A YEAR IN REVIEW

### MINDING YOUR MIND NEW ENGLAND

#### Mission Statement

Minding Your Mind's primary objective is to provide mental health education to adolescents, teens and young adults, their parents, teachers and school administrators. Our goal is to reduce the stigma and destructive behaviors often associated with mental health issues. Minding Your Mind Programs move away from crisis based response to prevention through education.

ACCORDING TO THE NATIONAL INSTITUTE OF MENTAL HEALTH,



1 IN 5 CHILDREN HAVE OR WILL DEVELOP A MENTAL HEALTH DISORDER.



NEARLY 50% OF YOUTH (AGED 8-15) WITH MENTAL ILLNESS DIDN'T RECEIVE MENTAL HEALTH SERVICES IN THE PAST YEAR.

THE AVERAGE DELAY BETWEEN ONSET OF SYMPTOMS AND INTERVENTION IS 8-10 YEARS.



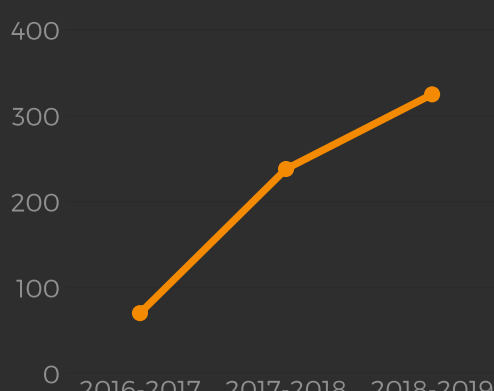
SUICIDE IS THE SECOND LEADING CAUSE OF DEATH FOR YOUTH AGE 10-24

## PRESENTATIONS

MEETING THE MISSION IN NEW ENGLAND

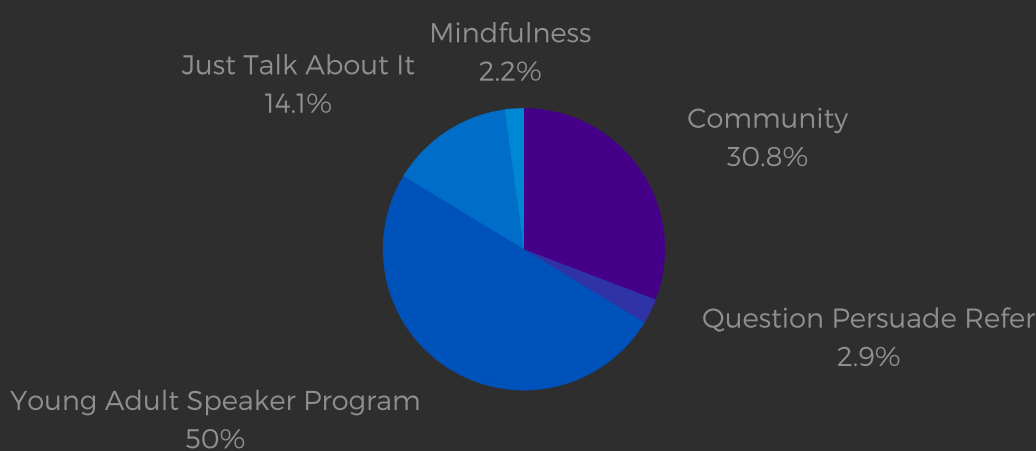


NUMBER OF PRESENTATIONS

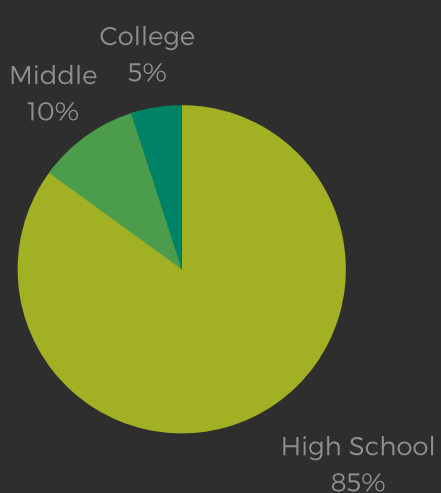


NUMBER OF PRESENTATIONS PER YEAR

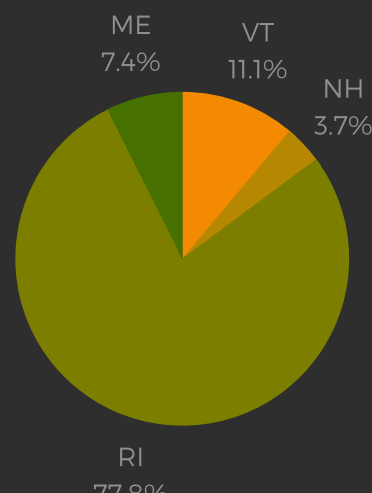
#### PRESENTATIONS BY PROGRAM



#### PRESENTATIONS BY SCHOOL TYPE



#### PRESENTATIONS IN NEW STATES



### MINDING YOUR MIND

## NEW INITIATIVES



MINDFULNESS AND SOCIAL EMOTIONAL LEARNING



NEW STATES  
• Vermont, Rhode Island, New Hampshire, and Maine



CORPORATE PROGRAM



PEOPLE  
Welcome Brooke, Catelin, Dulce, Joey, Morgan



SPANISH PRESENTATIONS



ANGST



SECRET LIVES OF TEENS AND TWEENS



YOUNG PROFESSIONAL BOARD



NUMBER OF NEW SCHOOLS



NUMBER OF STUDENTS REACHED



TOTAL PEOPLE REACHED

### MINDING YOUR MIND

## THANK YOU

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