



Data on Children's Mental Health and Trauma

Among a sample of youth in juvenile detention, 93 percent of males and 84 percent of females reported exposure to a traumatic experience. Eleven percent of males and 15 percent of females met the criteria for post-traumatic stress disorder (PTSD). PTSD and other mental health challenges can impair a youth's capacity to reach age-appropriate developmental goals.

With help from families, friends, providers, and other Heroes of Hope, children and youth can be resilient when dealing with trauma. [Visit http://1.usa.gov/zKxV8K](http://1.usa.gov/zKxV8K) to learn more.

Children and youth who experience trauma display increases in stress hormones comparable to those displayed in combat veterans. Researchers point to multiple potential outcomes for children exposed to trauma, including attachment, mood regulation, dissociation, self-concept challenges, and behavioral, cognition, and biological changes, all of which can have a negative impact on school attendance, learning, and academic achievement.

Suicide and Bullying

Both victims and perpetrators of bullying are at a higher risk for suicide than their peers. Children who are both victims and perpetrators of bullying are at the highest risk (Kim & Leventhal, 2008; Hay & Meldrum, 2010; Kaminski & Fang, 2009). All three groups (victims, perpetrators, and perpetrator/victims) are more likely to be depressed than children who are not involved in bullying (Wang, Nansel et al., in press). Depression is a major risk factor for suicide. Bullying is associated with increases in suicide risk in young people who are victims of bullying (Kim, Leventhal, Koh, & Boyce, 2009) as well as increases in depression and other problems associated with suicide (Gini & Pozzoli, 2009; Fekkes, Pipers, & Verloove-Vanhorcik, 2004).

http://www.suicidepreventionlifeline.org/App_Files/Media/PDF/sprc.pdf



Dear Potential Sponsor:

In recognition of **National Children's Mental Health Awareness Day**, May 9, 2012, Willows Edge Counseling and Art Center in Lake Orion Michigan is promoting a free creative drop-in workshop for area middle school and high school students on **Saturday, April 28, 2012**. This is our community response to the recent tragedies (suicides and attempted suicides) occurring in our Lake Orion – Oxford School Districts in Oakland County Michigan. We have found the students feel powerless in response to these tragedies. To encourage students to use powerful, positive words, we and the students will create clay "Taglines" – beads with a positive message as a visual reminder of the Power of Words. This activity will be run by Master Level trained Counselors and Art Therapists. We will be creating a website and Facebook page with students "rippling" the message with photos of fellow students wearing their "tags". The theme of our **free** workshop is:

Kindness Begins Like a Ripple of Water - the Power of Words to Affect Change.

The estimated cost of supplies for 1,000 tags is \$600.00, including leather cording, polymer clay, paint and permanent markers. We are asking for a donation to defray costs and in return we will promote your business on our flyers along with including a link to your business on our Facebook page.

Thank you,

Respectfully,

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Karen Smigelski, MA, LPC, Margaret McGuinness, Board Certified and Registered Art Therapist, and Kathy Schnur, Board Certified and Registered Art Therapist.