

1 in 5

Children and Youth

Experience a Mental Health Challenge

Mental health is an important part of children's overall health that can affect a child's ability to succeed in school, at work, and in the community.

Mental illness in children can be hard for families to identify. Even if you know the signs, sometimes it's not easy to tell them apart from normal childhood behavior. Mental health conditions could easily be diagnosed by a licensed mental health professional, but some general symptoms to watch for include:

- Intense emotion of feeling stressed
- Changes in mood
- Changes in behavior
- Difficulty concentrating
- Physical symptoms (like playing weight loss/gain, difficulty sleeping)
- Difficulties in grades/school functioning
- Changes in social interactions
- Physical harm
- Substance abuse

All children and youth have the right to happy and healthy lives and deserve access to effective ways to prevent or treat any mental health problems that they may develop. If you have concerns, call your child's doctor or contact the Delaware Division of Prevention and Behavioral Health Services. www.kids.delaware.gov

DPBHS Access Toll Free 1-800-722-7710

Crisis Services 1-800-969-HELP (4357)

1 de cada 5

niños y jóvenes

sufre un problema de salud mental

La salud mental es una parte importante de la salud de los niños en general que puede determinar la capacidad de un niño para lograr éxito en la escuela, en el trabajo y en la comunidad.

Las enfermedades mentales de los niños pueden resultarles difícil de identificar a los padres. Incluso si usted conoce las señales, a veces no es fácil distinguirlas de un comportamiento infantil normal. Las afecciones de la salud mental de un niño siempre diagnosticadas por un profesional de salud mental acreditado, pero algunos síntomas generales que hay que observar son:

- Emociones intensas/estrés
- Cambios de ánimo
- Cambios en el comportamiento
- Cambios de comportamiento
- Síntomas físicos (pérdida/aumento de peso sin explicación, dificultad para dormir)
- Empeoramiento de las calificaciones/funcionamiento escolar
- Cambios en las interacciones sociales
- Daño físico
- Abuso de sustancias

Todos los niños y jóvenes tienen derecho a una vida feliz y saludable y merecen tener acceso a un servicio de cuidado efectivo para prevenir o tratar cualquier problema de salud mental que pueden desarrollar. Si tiene alguna pregunta, llame a su médico de su hijo o comuníquese con la División de Prevención y Servicios de Salud Comportamental de Delaware (DPBHS). www.kids.delaware.gov

Para comunicarse con la DPBHS, llame al 302-633-2571 o llame gratis al 1-800-722-7710

Servicios de crisis: 1-800-969-HBLP (4357)

Using a powerful statistic not only captured attention, it also helped families dealing with childhood mental illness realize they were not alone on this simple, one page marketing tool.

Results:

More than 30,000 pieces have been distributed and reprints have been ordered three times.

Delaware C.A.R.E.S. uses the WRAPAROUND model of care coordination to support Delaware's children and youth with serious emotional disorders within their home communities. The team serves children and youth receiving treatment from the Division of Prevention and Behavioral Health Services and the Division of Family Services.

The Wraparound Model of Care Successfully Strengthens Families & Communities in Delaware !

100% Of the youth who came to Delaware CARES with their natural families remained with their natural families, rather than entering foster care.

88% of the youth were successfully maintained in their community, rather than being placed in residential treatment.

After participating in wraparound, **1/4** of the youth in foster care were reunited with their natural family and living at home.

For national research on the impact of Wraparound go to <http://www.pdx.edu/latest-wraparound-research/>

Department of Services for Children, Youth and Their Families
Division of Prevention and Behavioral Health Services

kids.delaware.gov

An infographic quickly told the success story of the wraparound model of care to help get buy-in from staff and provider partners.

Results:

Referrals have been at capacity since the material was distributed.