



# MENTAL HEALTH ICU

THE PREMIER MENTAL HEALTH AWARENESS & EMPOWERMENT PROGRAM FOR HIGH SCHOOLS

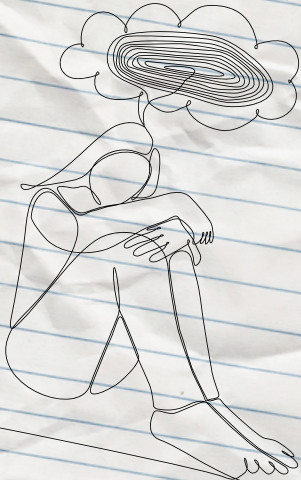
IN 2023....

**SUICIDE REMAINS THE 2ND LEADING CAUSE OF DEATH AMONG YOUTH**

**1 IN 6 CHILDREN AGES 6-17 WILL EXPERIENCE A MENTAL HEALTH DISORDER THIS YEAR.**

Dear mom and dad,

I am so sorry.



## CONTACT US:



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### IDENTIFY. CONNECT. UNDERSTAND.

*This unique program provides students with a basic working knowledge of what to do if a peer, or themselves, is experiencing a mental health challenge.*



### POWERFUL DATA

Students are able to participate throughout the program using their cell phone & our internet-based polling platform. Schools receive immediate mental health data about their students.



### ADDRESSING CRITICAL NEEDS

The mental health needs of teens today are diverse. Mental Health-ICU provides schools the information needed to be nimble in the face of crisis, and proactive in their effort to create a safe environment for students.

\*Serving the Metro Detroit area.

\*The program is provided free of charge. Donations appreciated.



## LEADING THE WAY FOR THE FUTURE OF YOUTH MENTAL HEALTH



Once you submit a program request, we will send you a pre-event questionnaire.



Next, we will work with school administration to tailor the program and schedule a date. The program itself runs roughly 45 minutes (with an additional hour for pre-event set up).



The unique polling technology that we use throughout the program allows for up to 1000 participants at a time. We find that school theaters, cafeterias, or gyms are ideal spaces for hosting the Mental Health-ICU assembly during a school day.



Following the program, our team will compile the data collected and you will receive a comprehensive recap report.



Technology requirements include a good Wi-Fi connection, and access to a projector and microphone.



MH-ICU has the ability to provide school employees with Mental Health-ICU t-shirts that can be worn on the day of the event to amplify the importance of the day. (Contact us for information about pricing).



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## **LEADING THE WAY FOR THE FUTURE OF YOUTH MENTAL HEALTH**

Mental Health ICU is a revolutionary mental wellness program developed by mental health professionals to meet the unique mental health needs of today's youth.

Mental Health ICU takes intervention one step further by utilizing state-of-the-art polling software. This innovative addition revolutionizes the traditional school assembly experience- amplifying student engagement, providing real time mental wellness data, and creating opportunity for laser focused, personalized support specific to a school or community.

This unique program:

- Provides students with a basic working knowledge of what to do if a peer, or themselves, is experiencing a mental health challenge.
- Demystifies what it is like to visit a mental health professional.
- Provides a real time mental wellness "check-up" of a school community.
- Incorporates intervention throughout the program as survey questions are immediately followed-up with answers and information to address areas of concern.
- Helps encourage empathy by asking students to imagine or remember a situation that could have impacted their own mental well-being.
- Reduces stigma, fosters support and build resilience.





## LEADING THE WAY FOR THE FUTURE OF YOUTH MENTAL HEALTH

This unique type of population specific data collection empowers students by giving them a voice; providing administrators with the kinds of critical data that not only saves lives, but also maintains a clear mental health support standard within a district.

MH-ICU provides an after-program data report that can be used to:

- Promote a safe school environment through early intervention.
- Identify unmet needs and/or gaps in wellness programming.
- Improve overall student health and wellness.
- Reduce barriers for underserved population.
- Enhance current mental wellness and social emotional programming.
- Creates opportunity for additional supports that meet the current needs of the students.
- Evaluate the impact of recently implemented mental health initiatives.
- Maintain compliance with local and national standards for mental health and social emotional programming within a district.
- Curate school/population specific interventions that are sensitive to relevant student stressors (particularly vital during a time of societal unrest due to circumstances such as those created by COVID).
- Engage parents and community members.

