

Main Project

***The following outline should be answered and submitted as a written outline submission by the 4th session on September 28th.** *This is just to help guide you through your process in creating your presentation. A google drive folder will be shared with you at a later date to submit this outline.*

Step 1: Pick a topic, and focus it

Mental Health Crisis in Kentucky's Youth

Step 2: Research the topic

National Data -

- With the Covid-19 pandemic, nearly 55.1 [million](#) students in 124,000 U.S Schools were ordered to stay home at the height of the pandemic
- According to Stanford Research, anxiety in teenagers has sky-rocketed to 36.9%. This is an 8% increase compared to numbers in 2019. This is due to the lack of social communication, the canceling of many important social events, and the stress of many finals and standardized tests which students face yearly. We have always been on a verge of a mental health crisis, the pandemic expedited that
- Every 1 in 3 teens are diagnosable or will be diagnosable for an anxiety disorder by the age of 18.

State Data -

- 16% of Kentucky Kids Face Mental Health Issues, such as anxiety, depression, etc
- We rank 37th in Child Well-Being

Prior To Covid

- 12.4% of Children (Ages 3-17) are diagnosed with mental illness, Depression is the #1 diagnosis.
- 14% of children lived in a high-poverty area, which impacts a child's ability to thrive, including mentally.
- High school students with depression (being the leading cause) are 1.5x more likely to drop out than their peers.
- 8% of suicide committed by Females and 9% of suicide committed by Males were under the age of 24. That number has continued to increase since 2005.

Following Covid

- 130,000 young Kentuckians suffer from depression, anxiety, and other mental illnesses (An Underreported Rate)
- 35.6% of adolescents did not receive any care for mental-health-related illness.
- High school students with depression (being the leading cause) are 2.0x more likely to drop out than their peers.
- One in ten Kentucky High School Students attempt suicide. Of that, 12% Black students, 13% multiracial students, 23% LGBTQ+.

What Has Already Been Done

- [Senate Bill 102](#)
- [House Bill 44](#)
- Kentucky Department Of Education 'Reccomendations' On Better Mental-Health Focuses In Schools

Step 3: Create a Strategy

- Prioritize Meeting Basic Needs INCLUDING Mental Health
- Ensure EVERY Youth Has Access To Mental Health Care When And Where They Need It
- Raise Awareness Of The Mental Health Associated With Being Young
- Provide Support Systems In Place for ALL Students, Both In And Outside Of The Classroom

Step 4: Create an Advocacy Plan

1. **Option 1: Create a Policy Recommendation or Specific Plan** to present to officials who would enact them.

Your presentation must address the following:

- a. Outline the issue, it's history, how it is affecting KY citizens now.
- b. Consider laws, budgets, anything to ground this plan in reality. Specific references encouraged.
 - i. Senate Bill 102
 - ii. House Bill 44
 - iii. KRS Chapter 158
 - iv. KRS 156.095
 - v. Ensuring adqaute funding for ALL mental health initiatives taken by the Commonwealth
- c. Which officials can put this plan into action?
 - i. Targeting state-wide better mental health practices, understanding, etc, so our state legislators (representatives and senators) would need to put these provisions in place
- d. How would you communicate to these officials, and how will you get them to listen?
 - i. Be persistent in efforts; emailing, writing letters, calling, and meeting with legislators is going to be the best way to ensure we get the message across. They must begin to value student Mental-Health more than ever before to combat this crisis.
- e. How would you organize others to help get this plan to the right people? How can you build public support for this?
 - i. Organization and movements who already have focused on student menta-health wellbeing.
 1. NAMI of Kentucky
 2. KIPRC
- f. Create a timeline for action steps.

- i. We must continue to fight UNTIL the battle is won. All of the actions listed in the presentation can/should be done and enacted as soon as possible.

Guidelines: Break your presentation into the following:

Section 1 - What is the issue to be solved, and its background?

Section 2 - What is your proposal of action to help alleviate this issue?

- If proposing a policy recommendation or specific plan for government officials, make sure it is detailed and considers existing law/policy.
- If proposing an advocacy campaign or grassroots movement, outline the obstacles yours may face and how you expect to overcome them.

Section 3 - What direct action steps do YOU plan to take?

Section 4 - How will you get others involved in your initiative?

Section 5 - How can you ensure this issue continues to be addressed after your initial plan?

Section 6 - What is Action Step #1?

Other Rules

1. Must be presented in 10 minutes including time for Q&A..
2. Plans must also be submitted in writing.
3. Must close the presentation with the first action step.