

# You Say... They Think (Children's Mental Health)

You Say...	They Think...	What's Triggered in Their Minds?	What Helps?
<p>Mental healthcare is dispersed across multiple systems: schools, primary care, the juvenile justice system, child welfare and substance abuse treatment. But the first system is the family.</p>	<p>It's all about the parents: they need to make a good home environment for their kids. There's not much anyone else can do.</p>	<p>Home environment matters most</p>	<p>Use value of Future Prosperity to explain why this matters to all of us, and value of Ingenuity to encourage a public response.</p>
<p>The suffering experienced by children with mental health needs and their families has created a health crisis. Growing numbers of children are suffering needlessly because their emotional, behavioral, and developmental needs are not met.</p>	<p>I see children as little people. Poor mental health to me is like like a little person that has to deal with more adult things.</p>	<p>Children are Little Adults</p>	<p>Use the Brain Architecture simplifying model to explain how the development process works and how children's brains are different than adults'.</p>
<p>Children's mental health problems are very common, and the onset of major mental illness can occur as young as age 7.</p>	<p>Those kids are so young. I don't think you've even developed much of a personality, let alone a mental health profile. I don't know that you could diagnose something yet.</p>	<p>Children Don't Have Mental Health</p>	<p>Use the Toxic Stress simplifying model shows how excessive stress damages the developing brain, and how buffering that stress supports mental health.</p>
<p>Opportunities are available to prevent mental health disorders before they occur. Effective prevention includes strengthening families and individuals by building resilience and skills, and promoting mental health in schools.</p>	<p>Mental illness is about your brain — your wiring. Your chemicals and your brain are either working, or they're not. It's got to be up there.</p> <p>Good mental health is about being happy, laid-back, easy going. Kids being kids.</p>	<p>Mental Illness is Chemical and/or Mental Health is Emotions</p>	<p>Use the Leveling simplifying model to explain how children's mental health affects their functioning, and how factors beyond the family can promote good mental health.</p>

