

# You Say...They Think (Child Mental Health in Tennessee)

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 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>	<ul style="list-style-type: none"> <li>• Use value of <b>Future Prosperity</b> to explain why this matters to all of us.</li> <li>• Use value of <b>Ingenuity</b> to encourage a public response.</li> </ul>
<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>Children are just smaller versions of grown-ups. If they have poor mental health, it is probably because they are overwhelmed because they are trying to deal with adult things.</p>	<p>Children are Little Adults</p>	<ul style="list-style-type: none"> <li>• Use the <b>Brain Architecture</b> simplifying model to explain how the development process works and therefore how children's brains are different than adults' brains because they are developing. This metaphor establishes the importance and centrality of a strong foundation and the implications when this is not met.</li> </ul>
<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>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>	<ul style="list-style-type: none"> <li>• Use the <b>Toxic Stress</b> simplifying model to show how excessive stress damages the developing brain, and how buffering that stress supports mental health.</li> </ul>
<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. 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>	<ul style="list-style-type: none"> <li>• Use the <b>Leveling</b> simplifying model to explain how children's mental health affects their functioning, and how factors beyond the family can promote good mental health.</li> </ul>