



**Child Mind
Institute**

Transforming Children's Lives

Transforming Children's Lives



The Child Mind Institute is dedicated to transforming the lives of children and families struggling with mental health and learning disorders by giving them the help they need to thrive.

We've become the leading independent nonprofit in children's mental health by providing gold-standard evidence-based care, delivering educational resources to millions of families each year, training educators in high-need communities, and developing tomorrow's breakthrough treatments. **Together, we truly can transform children's lives.**

Mental health and learning disorders are real, common and treatable.

Everyone knows and loves one of these kids.



1 in 5 children have a mental health or learning disorder, more than the number with asthma, peanut allergies, diabetes and cancer combined.

Early intervention can change the trajectory of a child's life.



50 percent of mental health disorders begin before age 14 and **75 percent** begin before age 24.



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But the majority of children don't get the care they need.

40%
of youth

with diagnosable ADHD don't get treatment.

60%
of youth

with diagnosable depression don't get treatment.

80%
of youth

with a diagnosable anxiety disorder don't get treatment.

And the costs are staggering:

6,000+

US adolescents die by suicide every year. **1.2 million** require emergency room care for suicide attempts or ideation.

90%

of adolescents who die by suicide have a mental health disorder.

Our Mission Areas: Care, Education, Science

We're the leading independent nonprofit in children's mental health, operating three Mission Areas that work together for greater impact.

Care



Our clinicians provide gold-standard, evidence-based treatment to thousands of kids annually through our clinical centers and in-school programs.

Education



We deliver free resources to millions of families and training to hundreds of educators each year, so more kids get the help they need.

Science



Our researchers and engineers are uncovering the causes of mental health and learning disorders to develop tomorrow's breakthrough treatments.

Engaging with Community Partners

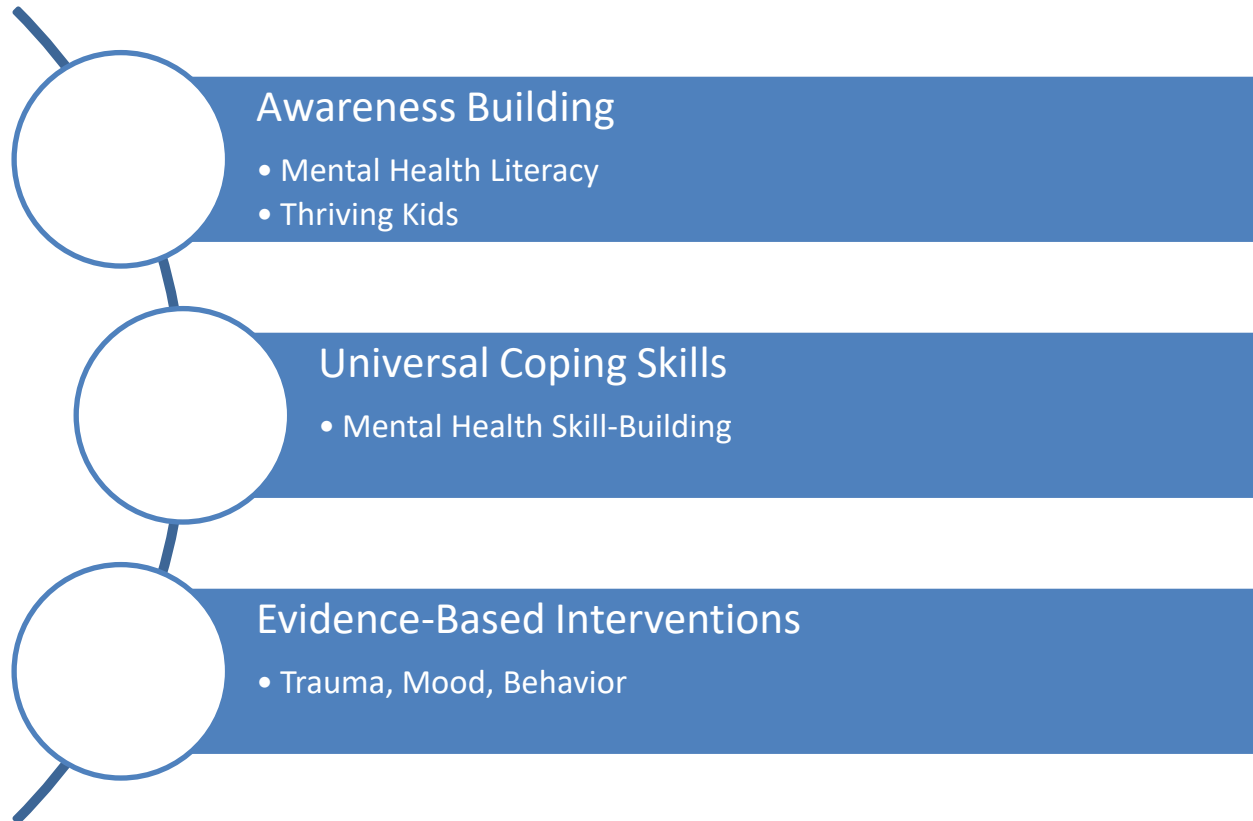
Our School and Community Programs collaborates with school and community organizations to build capacity through trainings, equitable and inclusive resource development, and support for sustainability of programs.



QUEENS PUBLIC LIBRARY



Professional Training



Mental Health Across Development



Age 6

median age
of onset

**Anxiety
Disorders**



Age 11

median age
of onset

**ADHD and
Behavior
Disorders**



Age 13

median age
of onset

**Mood
Disorders**

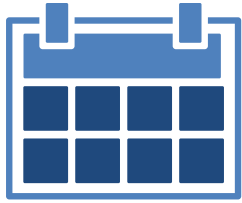


Age 15

median age
of onset

**Substance
Use**

When is it a Problem?



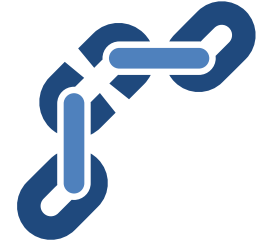
Frequency

- Child experiences several symptoms



Duration

- Symptoms have been present for a certain amount of time



Impairment

- Interferes with child's development
- Child cannot do his/her job



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Mental Health Fitness

Build Your Child's Social-Emotional Literacy

Feelings
Identification

Relaxation
Skills



Managing
Thoughts

Managing
Big
Emotions

Problem
Solving

Mindfulness

The Child Mind Institute's Thriving Kids Projects

Project			
Resources	<ul style="list-style-type: none"> ◦ 30 Videos ◦ Created in English & Spanish ◦ Implementation Guides ◦ Activity Sheets 	<ul style="list-style-type: none"> ◦ 10 Videos ◦ Created in English & Spanish ◦ Implementation Guides ◦ Activity Sheets 	<ul style="list-style-type: none"> ◦ 40 Videos ◦ Created in English & Spanish ◦ Evidence-Based Resources ◦ Skill Sheets
Audience	<ul style="list-style-type: none"> ◦ Educators ◦ Caregivers ◦ Parents ◦ Students 	<ul style="list-style-type: none"> ◦ Educators ◦ Caregivers ◦ Parents ◦ Students 	<ul style="list-style-type: none"> ◦ Caregivers ◦ Parents

Healthy Minds, Thriving Kids

This initiative aims to make preventative coping skills accessible to every child.

- Clinical content is drawn from our Mental Health Skill-Building curriculum.
- Teaches skills children can use for the rest of their lives.
- Normalizes conversations about mental wellbeing.
- Available in English and Spanish.
- Provides parents with wellness tools that truly help, free of charge.

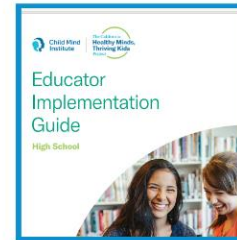
737,000 unique visitors have accessed the content hub.

TOPICS COVERED

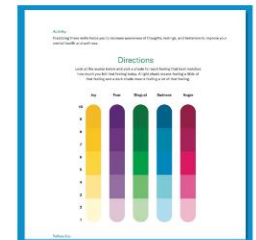
- **Understanding Feelings**
Building a foundation for healthy coping
- **Relaxation Skills**
Skills for Stressful Situations
- **Understanding Thoughts**
How thoughts impact feelings and behavior
- **Managing Intense Emotions**
Skills for coping with uncomfortable feelings
- **Mindfulness**
Improving self-awareness and decision-making



34 Videos
In English & Spanish



6 Implementation
Guides



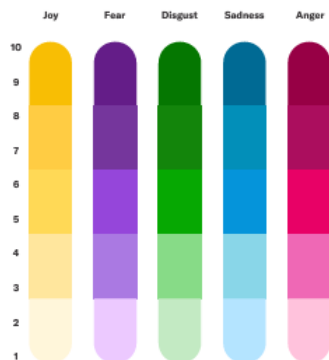
60 Downloadable
Worksheets

UNDERSTANDING FEELINGS

Practicing these skills helps you to increase awareness of thoughts, feelings, and behaviors to improve your mental health and wellness.

Feelings Scales

Look at the scales below and pick a shade for each feeling that best matches how much you felt that feeling today. A light shade means feeling a little of that feeling and a dark shade means feeling a lot of that feeling.



Follow-Up

When you rate your feelings, you're gathering data about your experiences over the past week. If there are emotions that you're hoping to feel more or less, the skills reviewed in the additional videos and worksheets of this curriculum will help. You can use worksheets like this one each week to track your progress and figure out how the skills might be affecting your feelings.

Activity Sheet: Elementary
© Child Mind Institute








RELAXATION SKILLS

Practicing these skills helps you to increase awareness of thoughts, feelings, and behaviors to improve your mental health and wellness.

Paced Belly Breathing

Breathing deeply into your belly helps to tell your body that you are safe and calm. Follow the instructions below and practice paced belly breathing when you are feeling calm and when you are feeling stressed or anxious.

-  1 Sit comfortably in your chair or on the floor either cross-legged or on your shins.
-  2 Place one hand on your belly and one hand on your chest.
-  3 Breathe in slowly through your nose for 4 seconds and feel your belly expand.
-  4 Slowly breathe out for 5 seconds through your mouth, letting the air gently leave your body.
-  5 Repeat 3-5 times, or for as long as you want.

Use the space below to think about times to practice paced belly breathing:

Before going to bed

Before taking a big test

Before sports practice

In the morning at school

After getting into an argument with a friend

Outside, sitting down, and enjoying nature

Activity Sheet: Middle School
© Child Mind Institute



MANAGING INTENSE EMOTIONS






Practicing these skills helps you to increase awareness of thoughts, feelings, and behaviors to improve your mental health and wellness.

What Is in Your Self-Soothe Kit?

Help your students brainstorm a self-soothe kit. Collect items from around the house and take some time to allow your students to share ideas about what might be soothing in each category.

Remember that feeling intense emotions is normal and can make us feel like we need to do something. Using the five senses can help us ride out that wave of intensity and help us choose what to do next.

- 1 Find a small, portable bag that can fit in your backpack (for example, a small pouch, pencil case, or Ziploc bag).
- 2 Select one or more favorite items from each of the five senses to put in your kit (or something that is close by and you have easy access to).

5 Senses	One thing that makes me calm and relaxed is:	Stumped on what to pick? Here are some suggestions:
		<ul style="list-style-type: none"> Calming colors A relaxing scene Small picture of my favorite person, family member, athlete; or place to visit
		<ul style="list-style-type: none"> Listen to rainstorm or ocean sounds Recordings of funny jokes or comedians Happy or soothing music
		<ul style="list-style-type: none"> Good-smelling hand lotion Small perfume bottle A scented candle
		<ul style="list-style-type: none"> Pieces of your favorite candy or other treat like gum or a mint
		<ul style="list-style-type: none"> Satin ribbon or soft fabric A small pom-pom or pouf A small feather A stress ball Slime

Activity Sheet: Elementary
© Child Mind Institute



Healthy Minds, Thriving Kids Pre-K

Evidence-based videos and resources for preschool children aged 3-5 years, informed by Child Mind Institute clinical expertise



Videos teach critical mental health and coping skills directly to pre-K kids, covering five fundamental topics:

- Understanding Feelings
- Using Your Words
- Having Big Feelings
- Being Brave
- Being a Good Friend

Healthy Minds, Thriving Kids Pre-K: Activity Sheets

Having Big Feelings

Big feelings, they come and they go.

Below are a variety of skills YOU can use to help with having big feelings.
Think about a time when you could use each of the skills below.

 <p>Count to three</p>	 <p>Take a deep breath</p>	 <p>Hug a stuffed animal</p>
 <p>Draw or color a picture</p>	 <p>Take a break or walk</p>	 <p>Listen, dance, or sing to music</p>
 <p>Talk to a trusted grown-up</p>	 <p>Get a drink of water</p>	<p>What do you like to do when you have big feelings?</p>

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Understanding Feelings

Feelings happen every day. Feelings happen, they're okay.

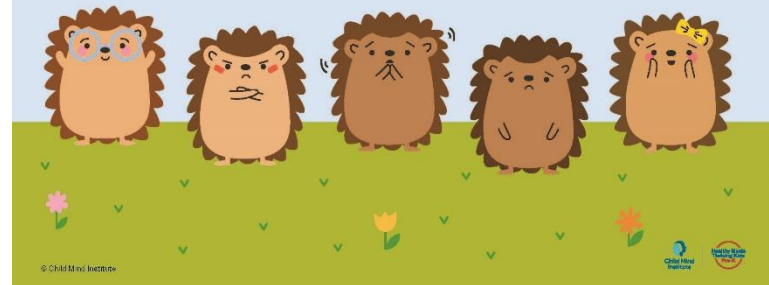
Happy

Mad

Scared

Sad

Surprised



Being Brave

A little bravery every day makes the scared go away.

Trace the hedgehog's steps through Hedgehog Land to collect bravery coins by doing things that may make them feel scared. Color in the bravery coins as you go!

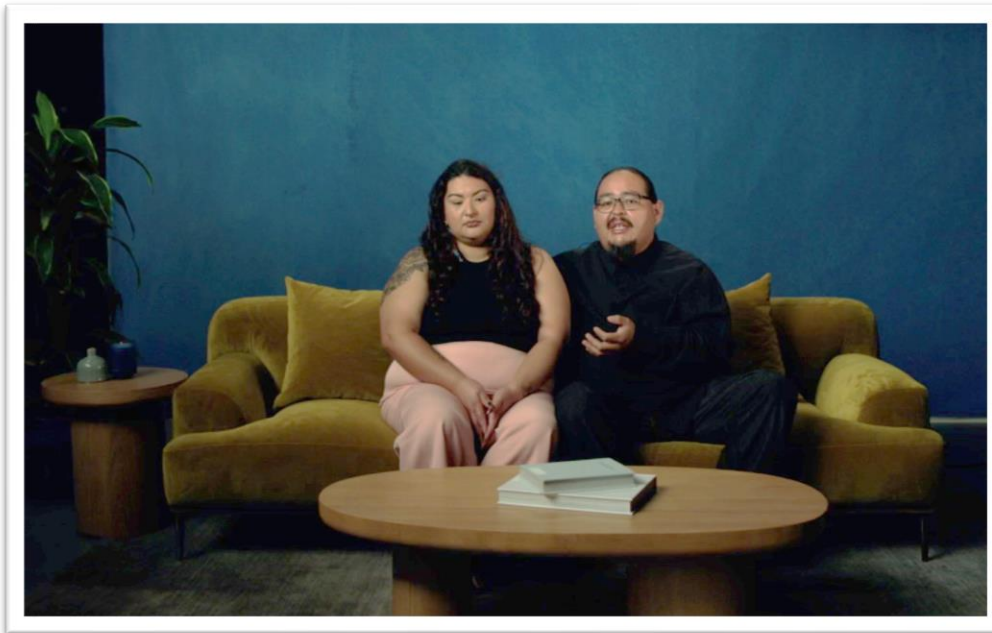


Skills for At-Home Practice



Positive Parenting, Thriving Kids

Evidence-based parenting practices that help children thrive in 21st century America



- Developed with the input of 30 leading experts from around the country
- 20 essential topics for parents and caregivers
- 40 videos created in both English and Spanish
- Curated content linking caregivers to evidence-based resources

Positive Parenting, Thriving Kids Topic List

Self-Care and Parent-Child Relationships:

- How can I **take care of myself** so I can be the best parent I can be?
- How can I build and maintain a **warm and positive relationship with my child or teen?**

Healthy Child and Adolescent Growth:

- How do I help my child build healthy **self-esteem**?
- How can I help my child or teen build **positive, healthy friendships**?
- How do I build my child's **basic wellness habits**, like sleep, diet and exercise?
- How do I help my child **cope with stress**?
- How do I help my child **do well in school**?
- How do I promote **good behavior** in my children?

Big Changes and Challenges:

- How do I help my child through the **challenges they face in the teen years**?
- How do I talk to my child about **sexual orientation, gender identity and expression**?
- How and when do I talk to my kids about **sex, consent and safety**?
- How do I promote my child's **healthy use of technology**?
- How can I support my child or teen if they're being **bullied**?
- How and when do I talk to my kids about **alcohol and drugs**?
- How do I recognize signs and help my **child struggling with mental health problems**?

Family and Community Stressors:

- How do I help my child with encountering and responding to **racism and discrimination**?
- How do I help my child with witnessing or being **exposed to community violence**?
- How do I help my child with **parent mental or physical health concerns**?
- How do I help my child with **death and grief**?
- How do I help my child with **separation and divorce**?

Positive Parenting, Thriving Kids: Skills for Coping with Stress



Contact Information

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