



The Kids on the Block New Jersey, Inc.

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Children's Mental Health

ABOUT THE PROGRAM:

Today's children realize that life isn't always easy. Pressure to win, to be liked, to get along with your family, or to do well in school may cause a young person to experience stress. Some stress and anxiety is normal. But feelings of worthlessness, extreme sadness, or hopelessness may be warning signs of a mental health problem. The Kids on the Block Program on Children's Mental Health, developed with the support of the National Mental Health Association, addresses the importance of every child's mental health. The curriculum is designed to

- ◆ explain and define mental health and its importance
- ◆ identify various symptoms of mental health problems
- ◆ teach children to understand feelings
- ◆ provide children with an introduction to problem solving skills
- ◆ encourage them to talk with trusted adults

SCRIPT SUMMARIES

The Counseling Game [depression and mental health services]

When Shaun overhears his sister, Melody, and her friend Brenda playing a "counseling game," he decides it's time for Melody to hear about what counseling is really like. He tells Melody about his own experiences with his counselor and helps her understand the importance of mental health by equating it with physical health.

What's the Problem? [problem solving]

Brenda and Melody have purchased a video together and are about to watch it when an argument breaks out over who actually owns the video. Hearing the argument, Melody's older brother Shaun helps guide Mel through the problem solving process.

Feelings Are Important! [feelings]

Brenda is having a hard time getting an idea for the class "Feelings Are Important" project. Melody helps by sharing her project -- a poem about feelings.