

HEROES AMONG US
EMPOWERING INDIVIDUALS:
USING STUDENT VOICE WITH
MENTAL HEALTH IN MIND

PRESENTED BY:
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Our mission is to unlock the potential of students lifting up other students with mental health tools. We must hear student voices and recognize the heroes among us.

H Human
E Engaging
R Resilience
O Open Minded

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Main Purpose

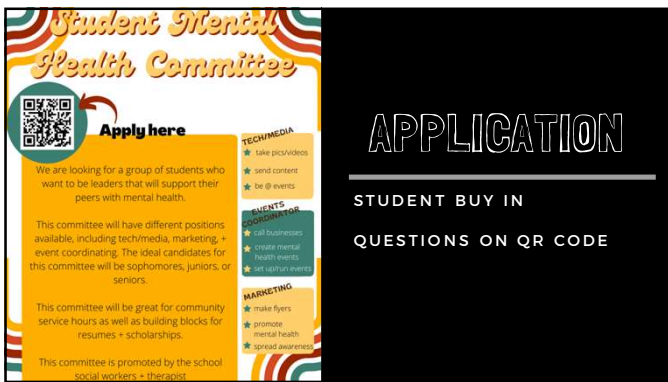
TO DO

1. Think about a student at your school who would benefit from a student-led mental health committee.
2. Write the student's name in your notes at your table.
3. Keep this student in mind throughout the presentation.

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CHALLENGE QUESTION

You have 1 minute and 30 seconds to come up with your own mental health related event

Keep in mind: WHEN, WHERE, and HOW

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Congratulations!

Welcome to the Mental Health Committee

We are SO excited to invite you to work in the marketing crew. In this crew, you may create flyers, promote events, or collaborate with the community to obtain resources. You will have a peer leader in your group, so make sure you keep in contact with them for updates and direction.

Get ready for an amazing year full of fun events and promoting positive mental health! We are eager to hear all of your creative ideas and perspectives.

See you soon,
Tiff, Kass, & Amanda

Building the Team

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**OAKHEAL
OUTREACH
TEAM**

REMINING OURSELVES OF TOMORROWS SUNSHINE

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Groups



TECH/MEDIA
MARKETING
EVENT COORDINATING



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Define a leader...

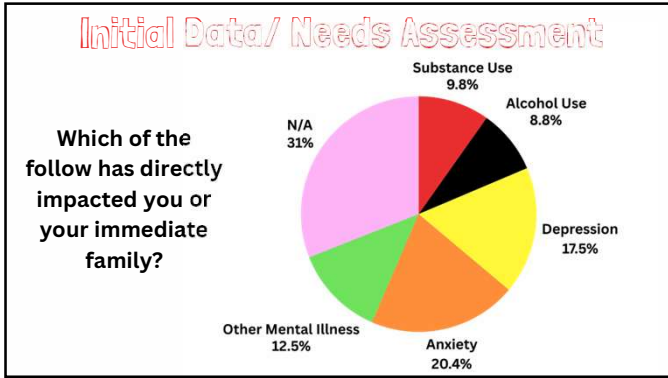
When choosing leaders for each group, we look for



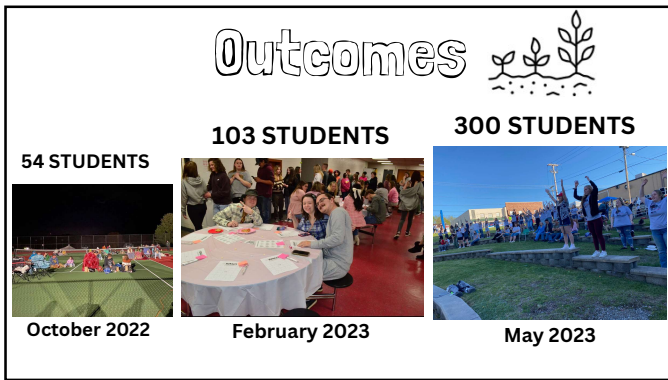
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Evidenced-Based Perspective and Goals

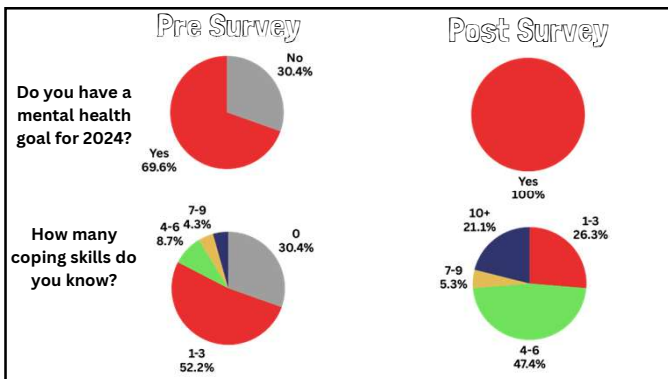
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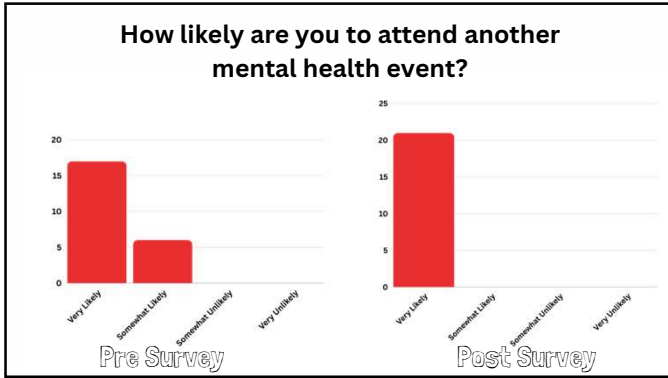
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Qualitative Data

WHAT DID YOU LEARN FROM THIS EVENT?

- inspiring words
- be optimistic
- to accomplish my goals
- It's easy to get along with everyone
- a lot more coping words
- How to create mental health goals, and ways to succeed them
- I learned so many things for example that change isnt so bad after all!
- I learned that everyone is different and there are SOOO many different ways to cope and so many words you can think of to deal with mental health.
- my word was positivity and i learned i need to also surround myself in positive relationships

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Collaboration with School Wide Goals

- **BE SAFE**
- **BE RESPONSIBLE**
- **BE RESPECTFUL**

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Tuesday Talks

SELF-CARE CHALLENGE

When you experience a high amount of stress, anxiety, or depression, it's important to take a break to your well-being.

- Do something creative
- Take a walk in nature
- Listen to music
- Get some fresh air
- Take a break from social media
- Take a nap
- Call a friend

Student support team encourages you to start your week off strong!

Remember

MENTAL HEALTH TIP

5 Finger Breathing

OUR GOAL WAS TO REACH THE WHOLE STUDENT BODY + PARENTS

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Social Media + Event Development

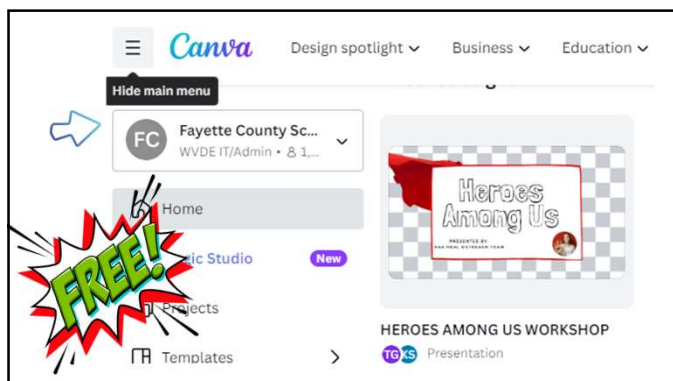
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ACCOUNTS

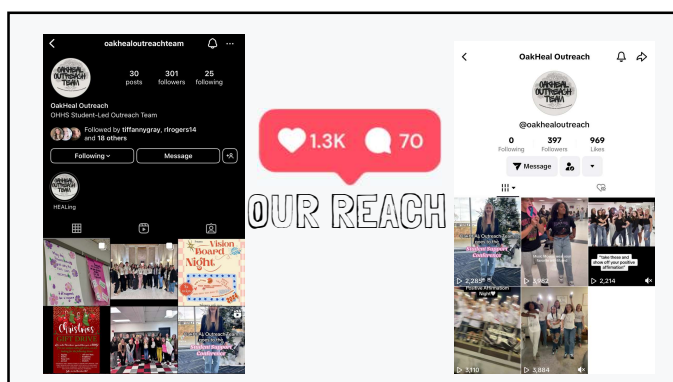
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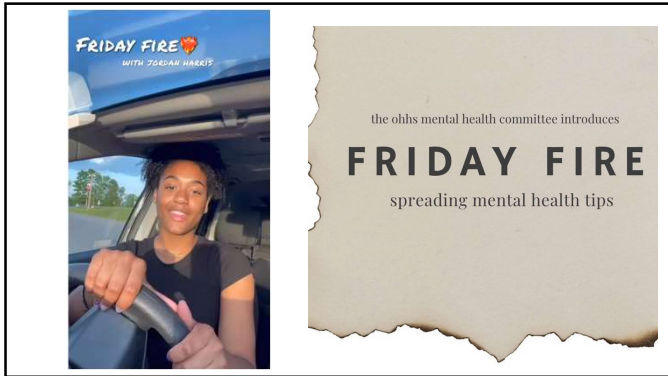
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Main Purpose

These committees are essential to both the mental health of our students and the social and emotional learning that is crucial in enhancing their academic performance.

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Contact Info

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|------------------------|-------------------|
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