



Mental Health Awareness

Central Arizona Valley Institute of Technology

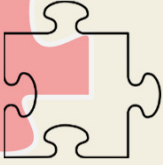
National Technical Honor Society Chapter #2093

Submission For The

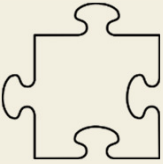
“Silver Star of Excellence Award”



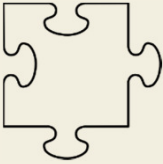
Mental Health Awareness Introduction



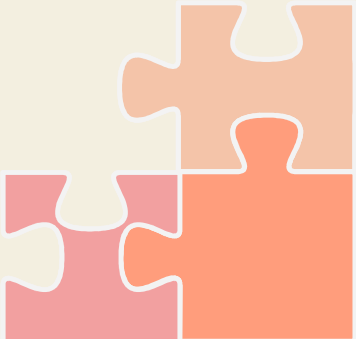
CAVIT NTHS Members partnered with the CAVIT Medical Program to develop a “Silver Star of Excellence Award” that helps those that could be suffering from poor Mental Health, we aim to raise awareness and eliminate stigma within our community.



We organized engaging activities on campus to enhance students' understanding of important topics. These activities included showing educational videos to spark interest and hosting an interactive scavenger hunt. The goal was to captivate students' attention and deepen their comprehension of the seriousness of Mental Health.

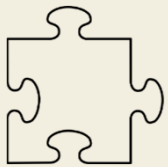
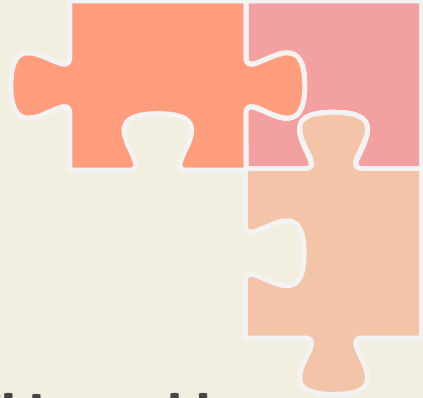


Our NTHS advisor has previously partnered with NAMI, the National Alliance on Mental Illness. To further provide on our understanding of the severity of mental health. The Alliance includes more than 700 NAMI State Organizations and Affiliates who work around communities to raise awareness and provide support and education to those in need.

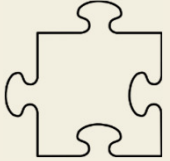


Mental Health Awareness

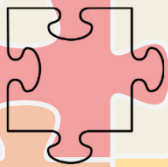
Identifying Community Needs



Many students struggle with stress, anxiety, and depression. This could go unnoticed and really affect someone's well being and drain their Mental Health.

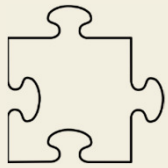


Mental Health is just as important as physical health, yet it often goes unrecognized. Millions of people struggle with mental health challenges, which can affect their daily lives, relationships, and overall well being.

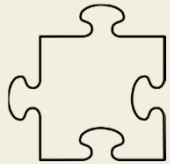


By raising awareness, we can reduce stigma, encourage people to seek help, and rebuild a more supportive community. Many people avoid seeking help due to fear of judgement, lack of resources, or misinformation.

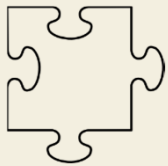
Identifying Community Needs



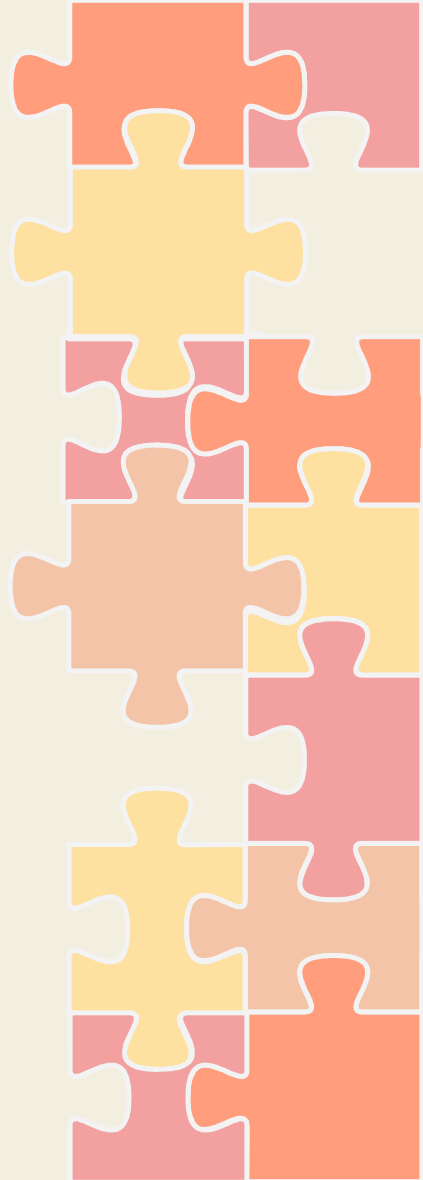
Arizona is ranked 34th in the nation for adult mental health care, indicating a higher prevalence of mental illness and lower rates of access to care.

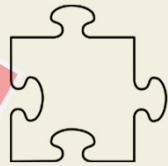
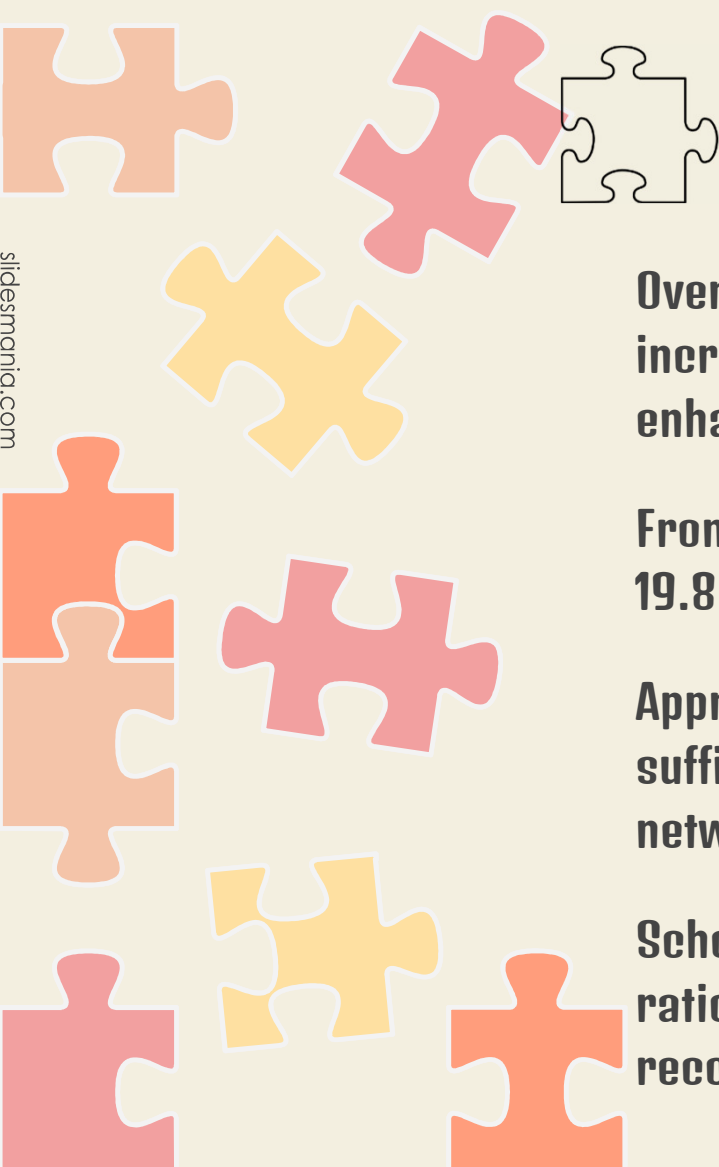


20.17% of Arizona youth aged 12-17 reported experiencing at least one major depressive episode in the past year.

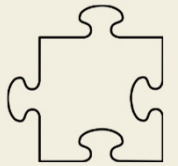


Arizona's suicide rate has increased by 22% over recent years, highlighting a growing mental health crisis.





Identifying Community Needs



Over the past decade, Arizona has experienced a concerning increase in mental health challenges, underscoring the need for enhanced community support and resources.

From 2011-2021 Arizona's suicide mortality rate rose from 16.6 to 19.8 per 100,000 residents marking a 19.3% increase.

Approximately 2.86 million Arizonans reside in areas lacking sufficient mental health professionals, leading to higher out-of-network care usage and increased out-of-pocket costs.

School Counselor Availability, Arizona has a student-to-counselor ratio of 716-to-1, which is the highest in the nation, far exceeding the recommended 250-to-1 ration.

Watch this Short Informational Video!

**MENTAL
HEALTH**



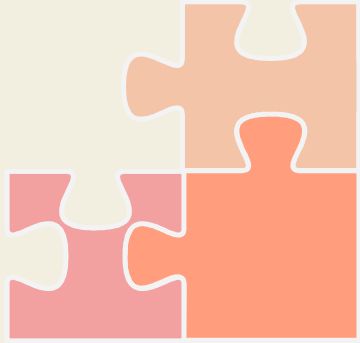


Following the video answer these questions

- 1. Why is mental health important?**
- 2. What percentage of teens suffers from a mental disorder?**

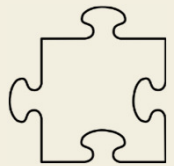


Mental Health Video Answers

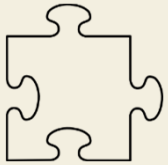
- 1. Cope with stressful situations, work productively, and make meaningful contributions to our community.**
 - 2. Over 45% of teens suffer from mental disorders.**
- 

Mental Health Awareness

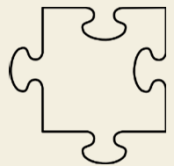
Goals and Objectives



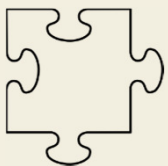
Alleviate student stress, anxiety, and depression by raising awareness and eliminating stigma, allowing for them to seek help if dealing with something.



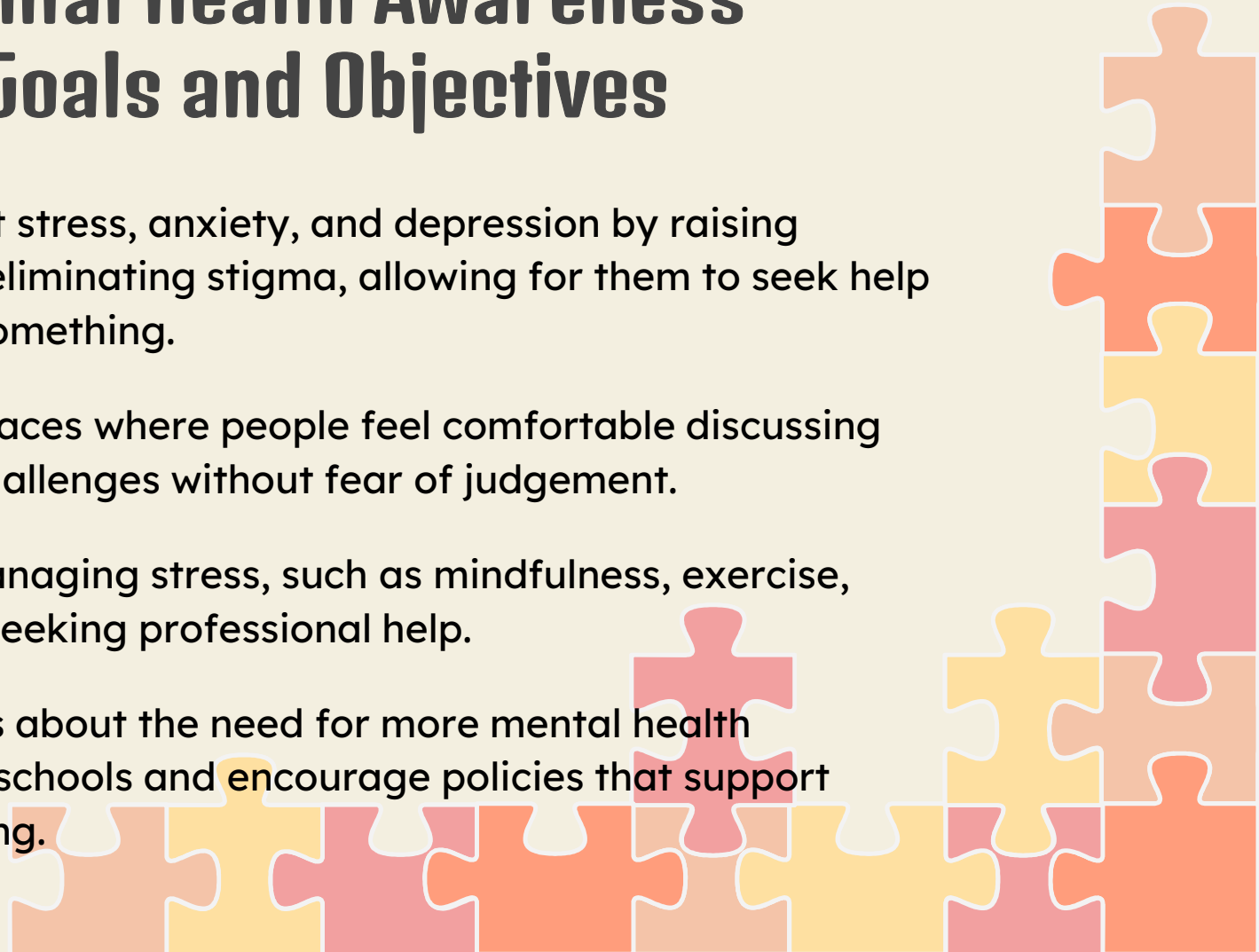
Promote safe spaces where people feel comfortable discussing mental health challenges without fear of judgement.



Share tips on managing stress, such as mindfulness, exercise, journaling, and seeking professional help.



Raise awareness about the need for more mental health professionals in schools and encourage policies that support student well-being.



Scavenger Hunt Rules! 1/2

Fill Out Paper

Pair up into teams
of three,
and stay
with your team

Bring back the
filled paper
first to get the
#1 PRIZE!!

COMPLETELY

There's also a hidden scavenger hunt in the slides 🧐

Find the 7 Hidden NTHS Logos

Good Luck!





**Be respectful as
classes are in
session**

**You may not
enter
classes**

**Be mindful of
people in
the hallways**

**Have lots
of fun**

**Don't cheat
or steal from
another**

**Get your
answer
sheet
as you leave**

**The hunt will
now begin!!**

Scavenger Hunt Rules!

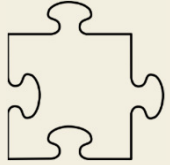
2/2

Mental Health Awareness

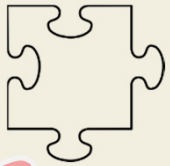
Pictures



Mental Health Awareness Community Impact

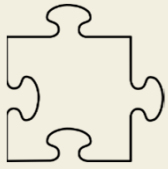


Connecting individuals to counseling, organizing wellness activities, and advocating for mental health-friendly policies in schools and communities.

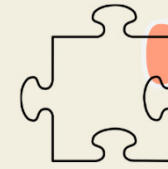


Played educational videos to raise awareness, facilitated discussions, and organized a scavenger hunt to engage the CAVIT students in learning about mental health in an interactive way.

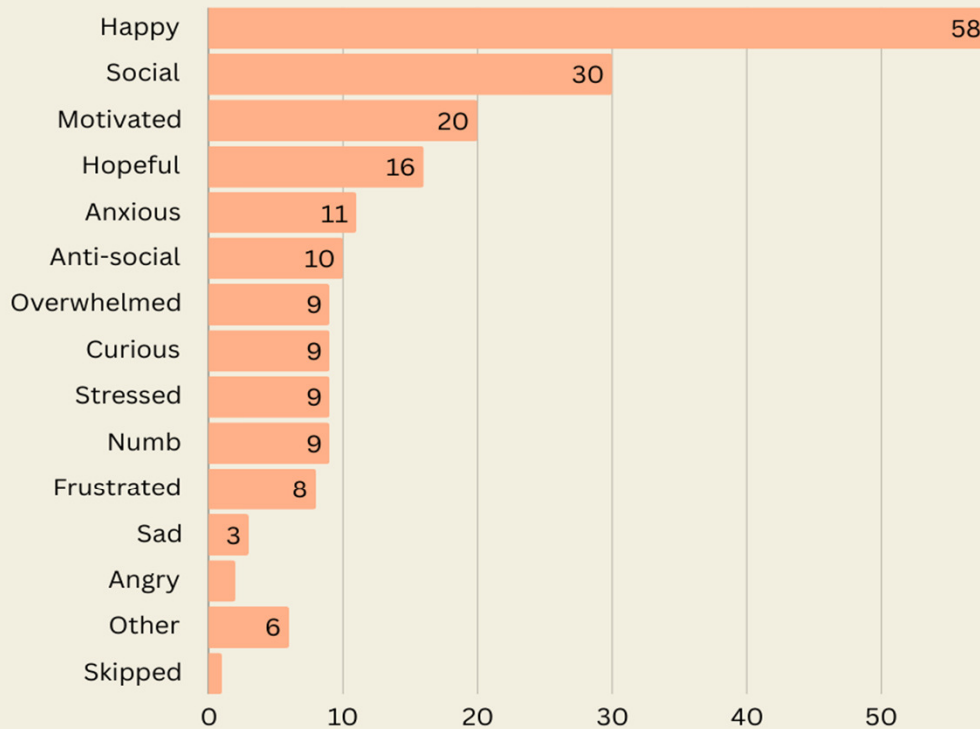




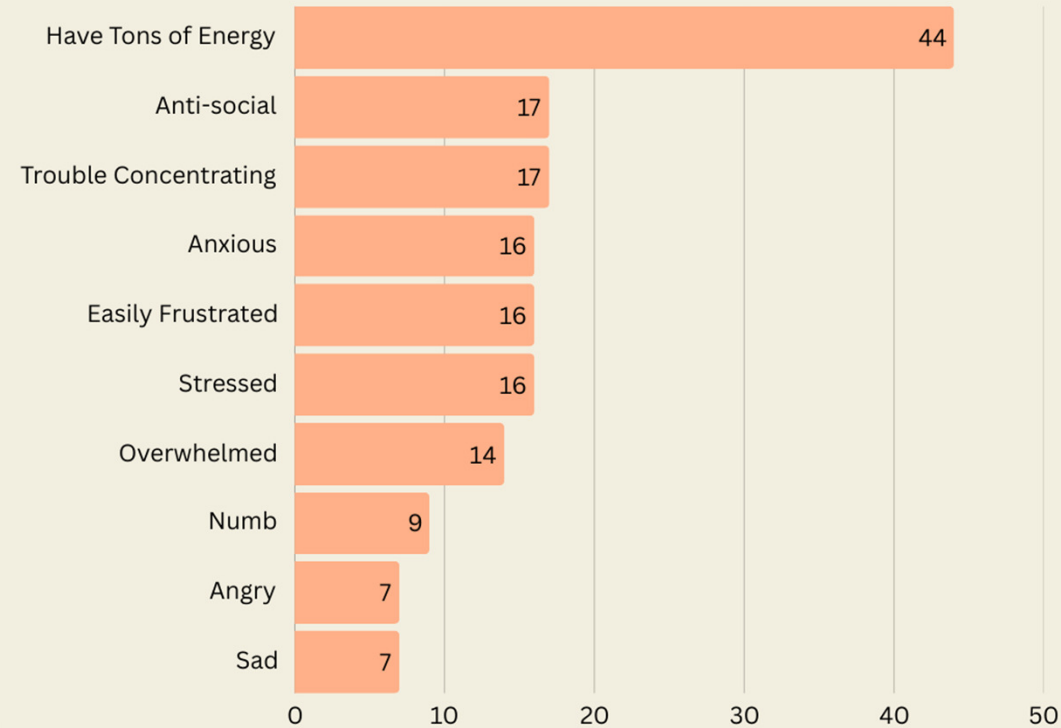
Mental Health Awareness PRE-Survey Results



1. To start off, which of the following words or phrases best describes how are you feeling today? You can choose all that apply. (Teens%)

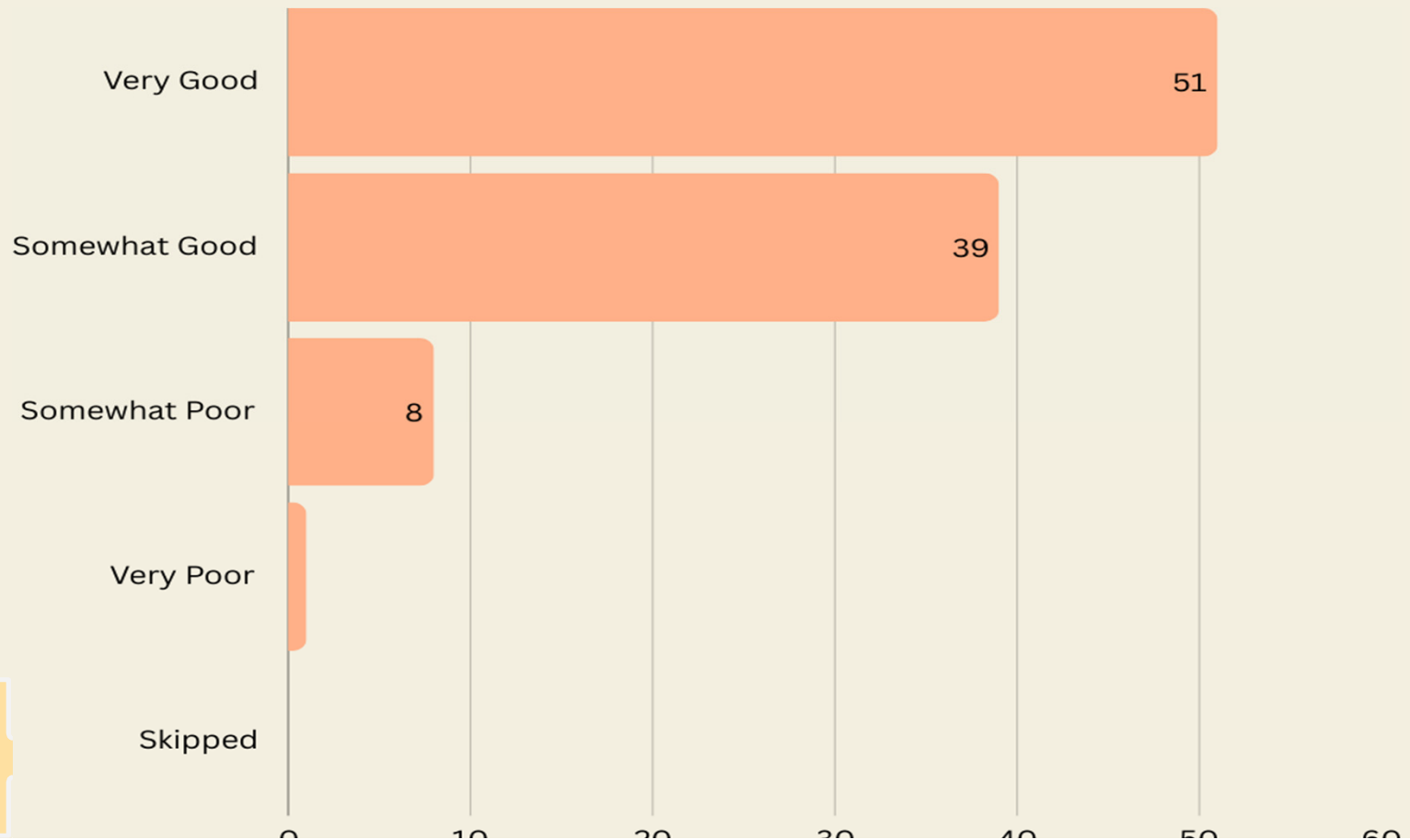


2. How often, if at all, would you say that you feel each of the emotions listed below? (%)



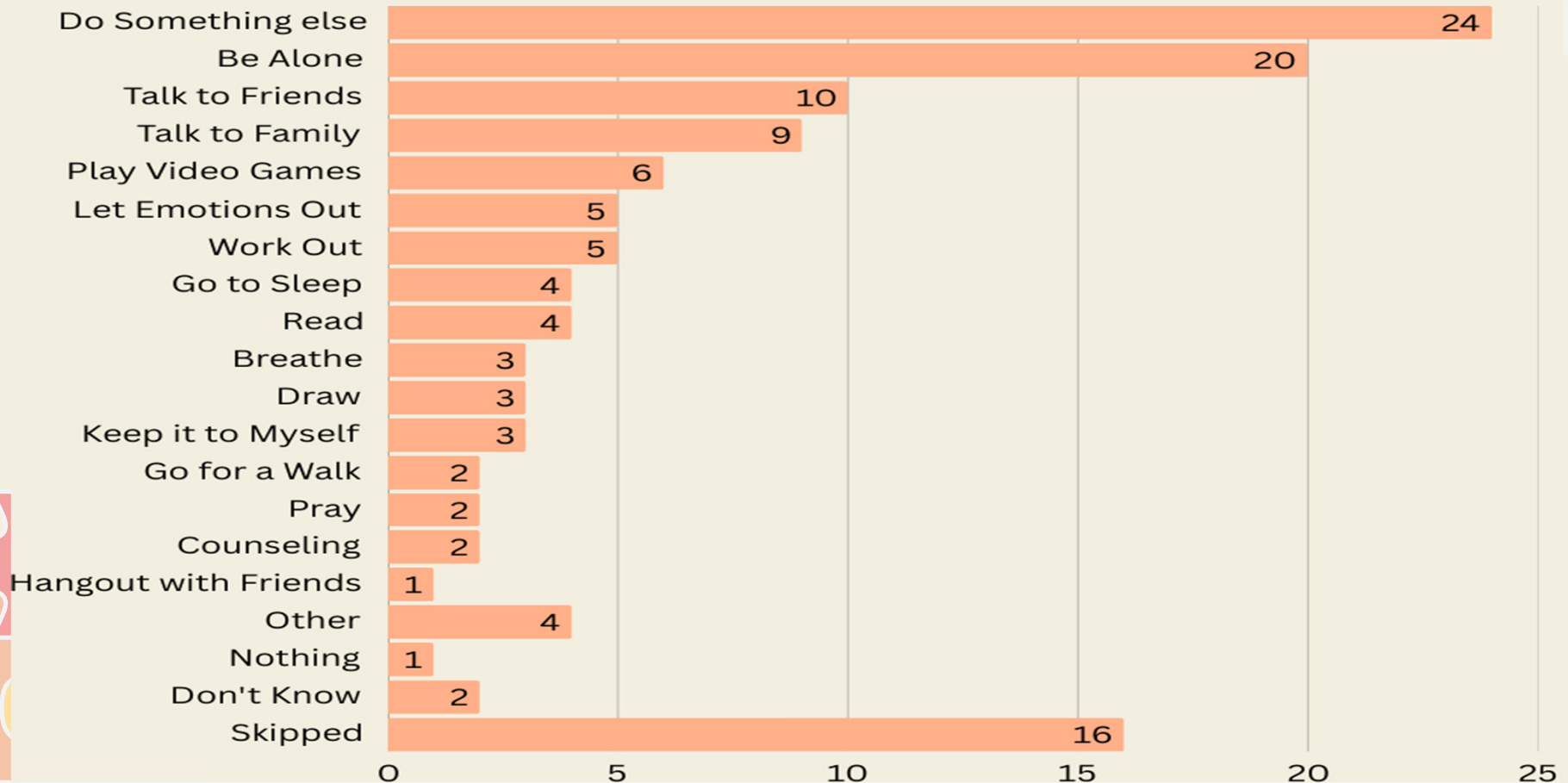
PRE-Survey Results

3. Over the last month or so, how would you describe your mental health? (%)



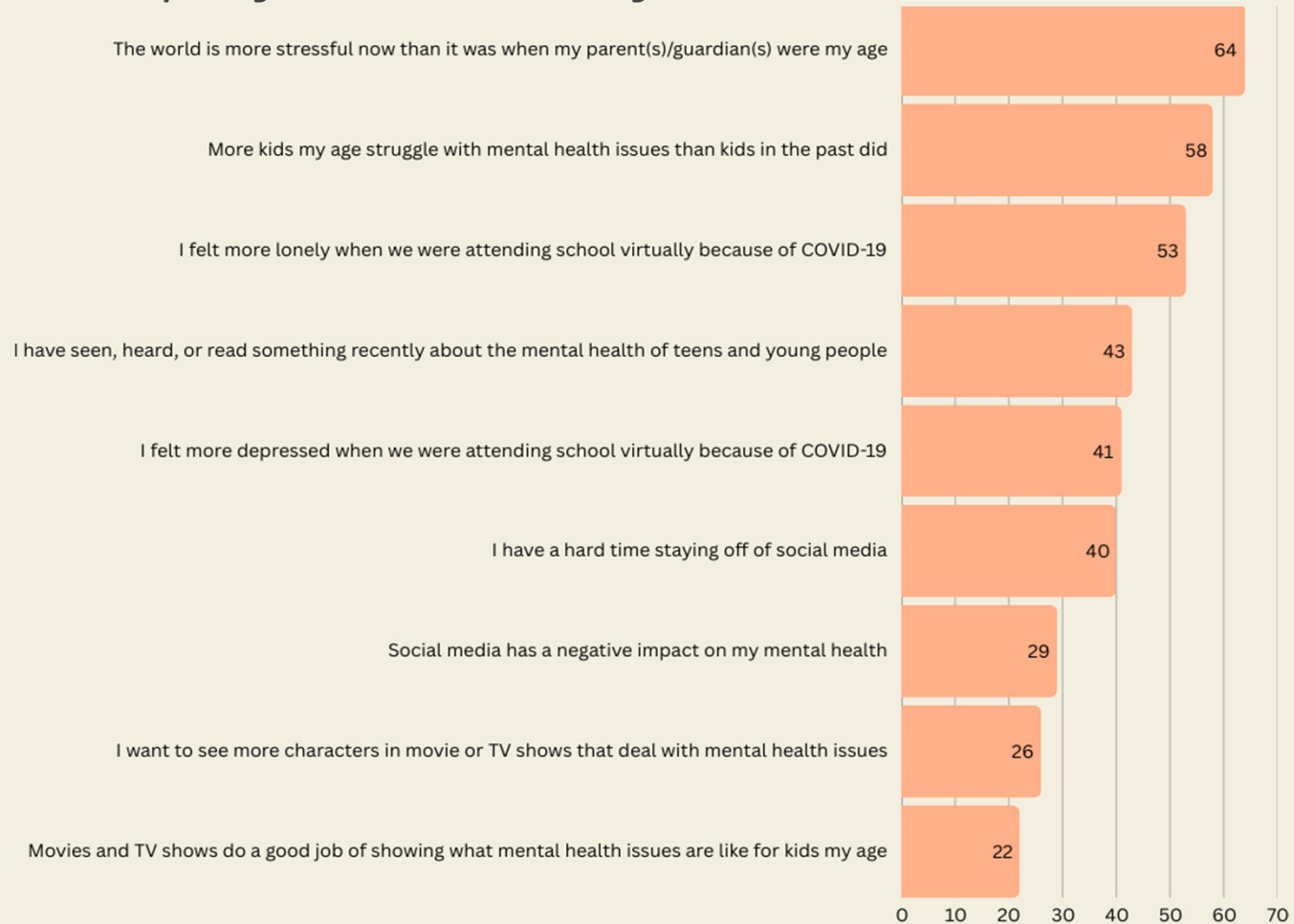
PRE-Survey Results

4. When you're feeling upset, how do you handle it? (%)



PRE-Survey Results

5. How much do you agree with the following statements? (%)

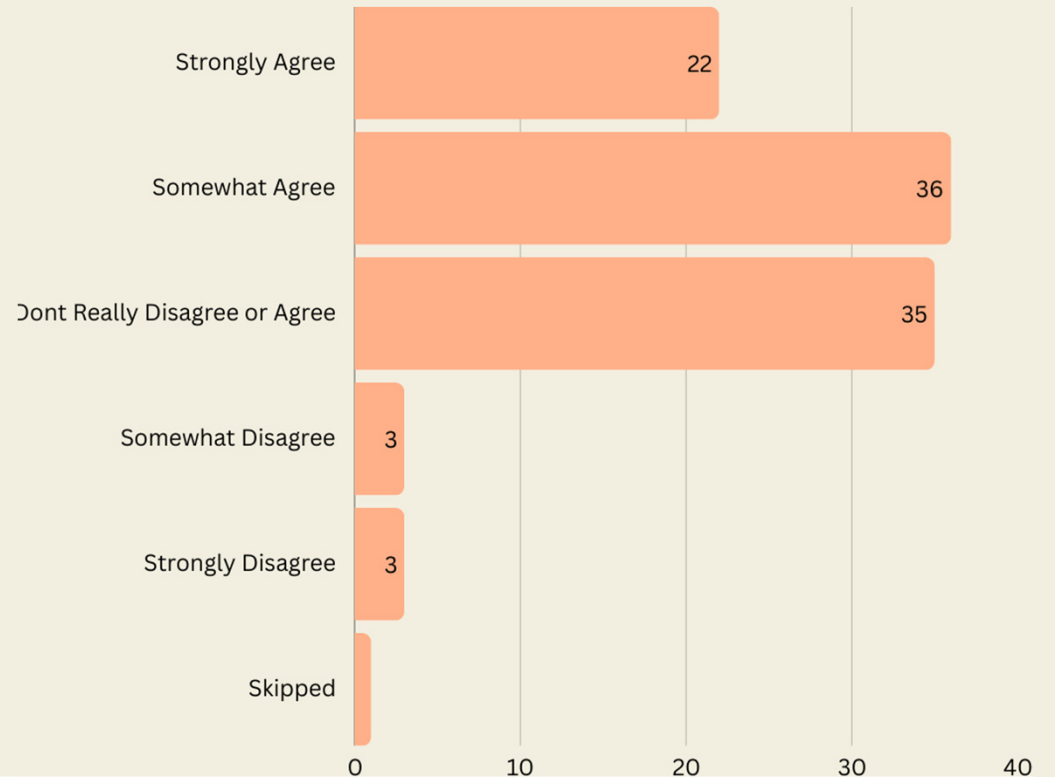
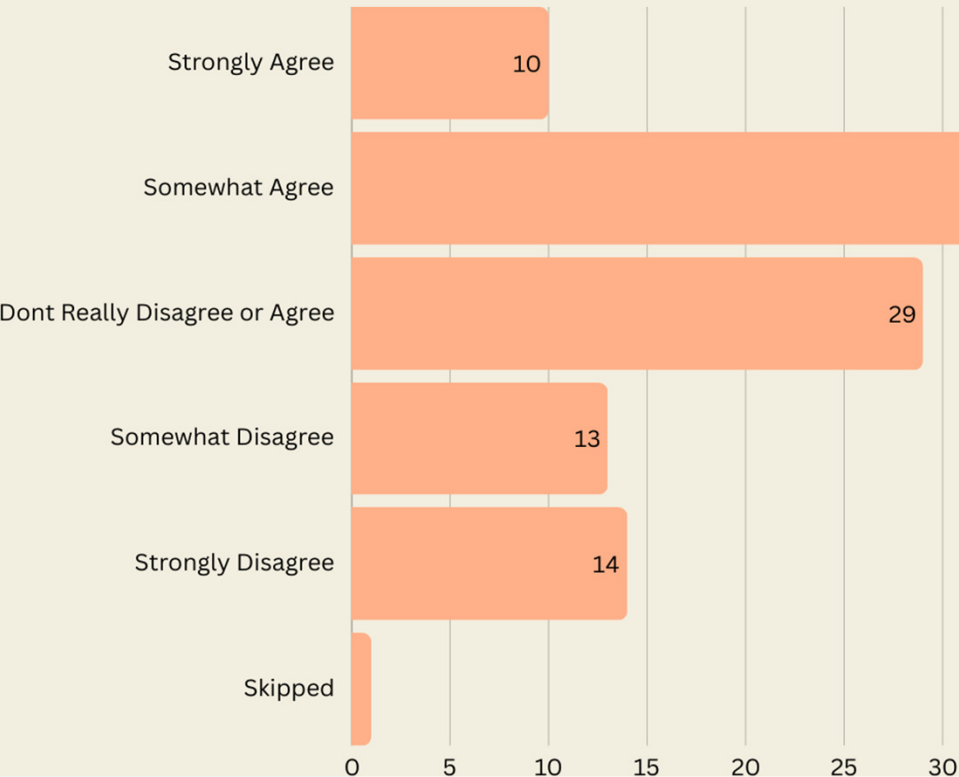


PRE-Survey Results

6. How much do you agree or disagree with the following statements? (Continued, %)

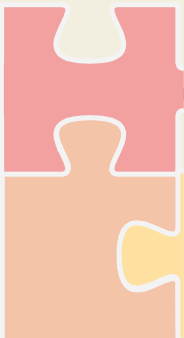
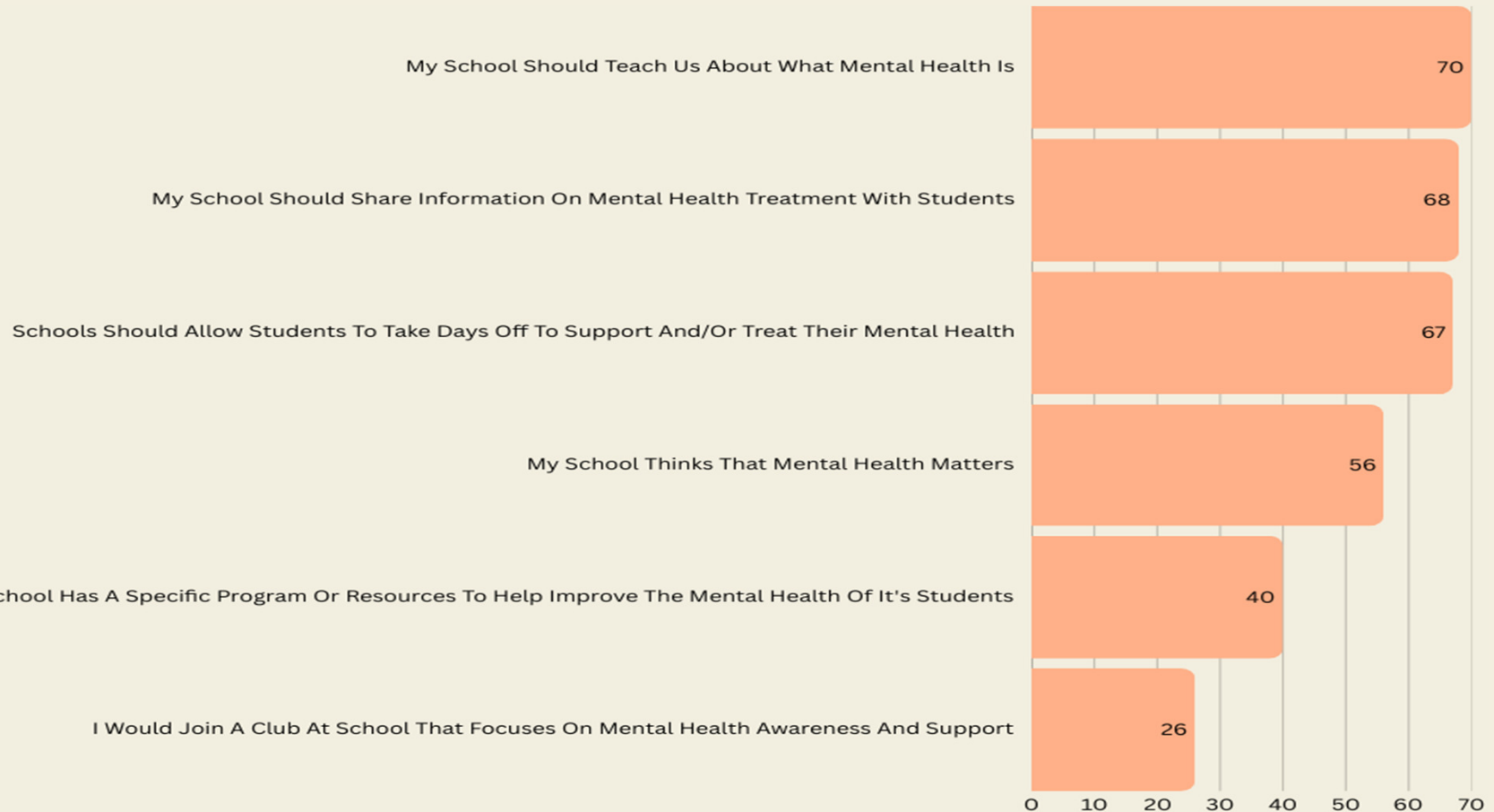
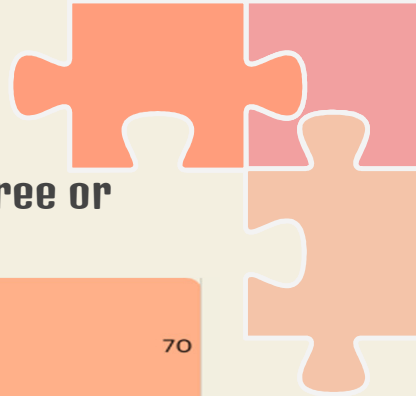
I have seen, heard, or read something recently about the mental health of teens and young people

More kids my age struggle with mental health issues than kids in the past did



PRE-Survey Results

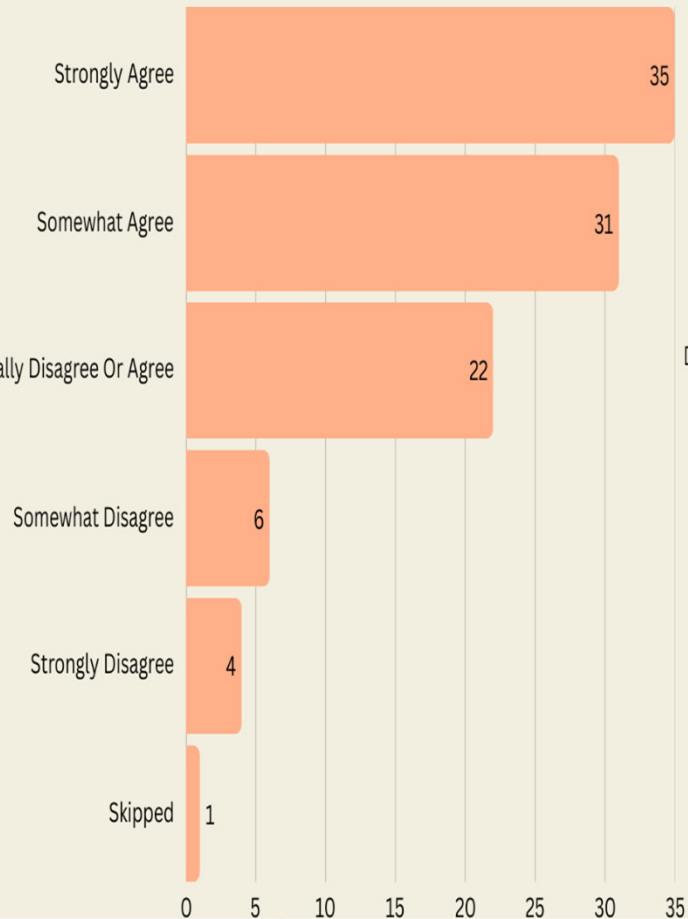
7. Thinking about your experiences at school, how much do you agree or disagree with the following statements? (%)



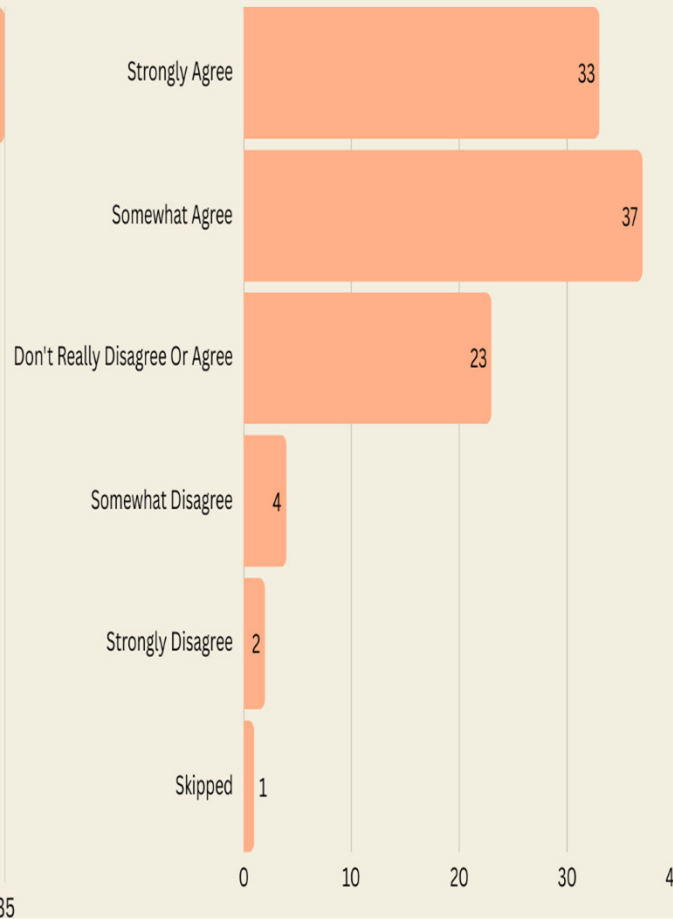
PRE-Survey Results

8. Thinking about your experiences at school, how much do you agree or disagree with the following statements? (Continued, %)

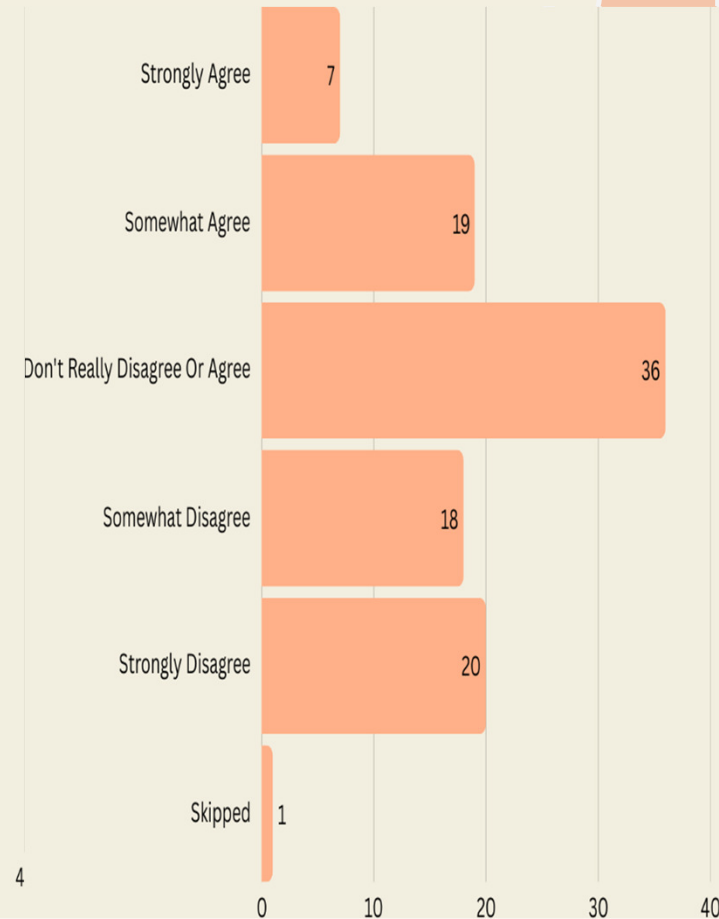
Schools should allow students to take days off to support and/or treat their mental health



My school should teach us about what mental health is



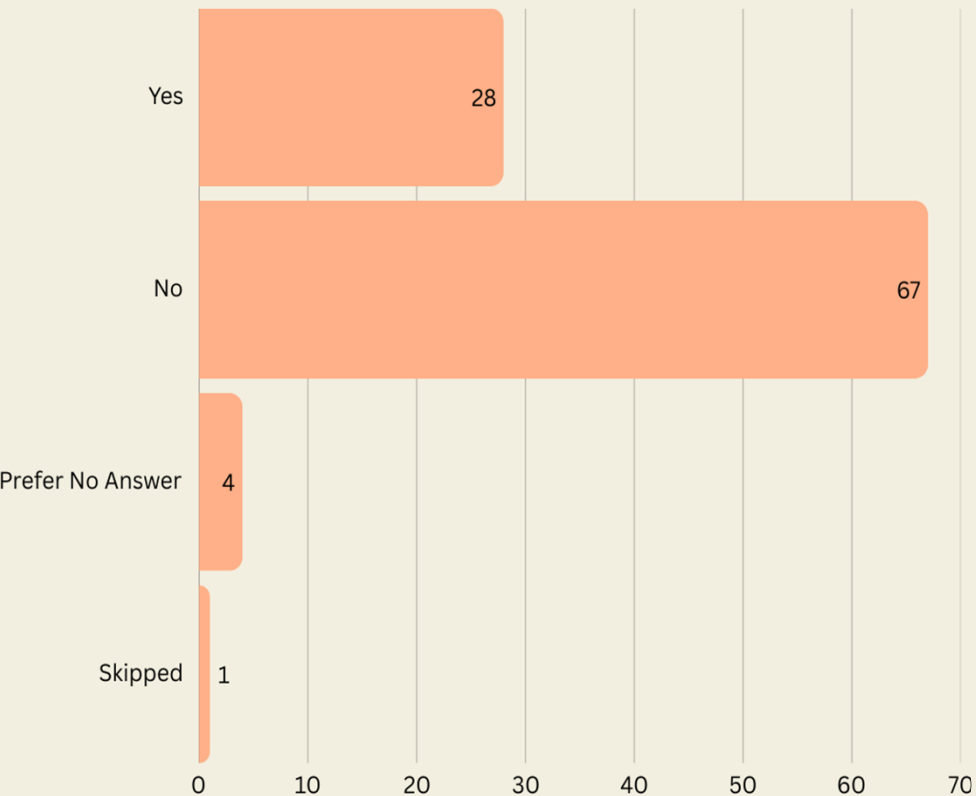
I would join a club at school that focuses on mental health awareness and support



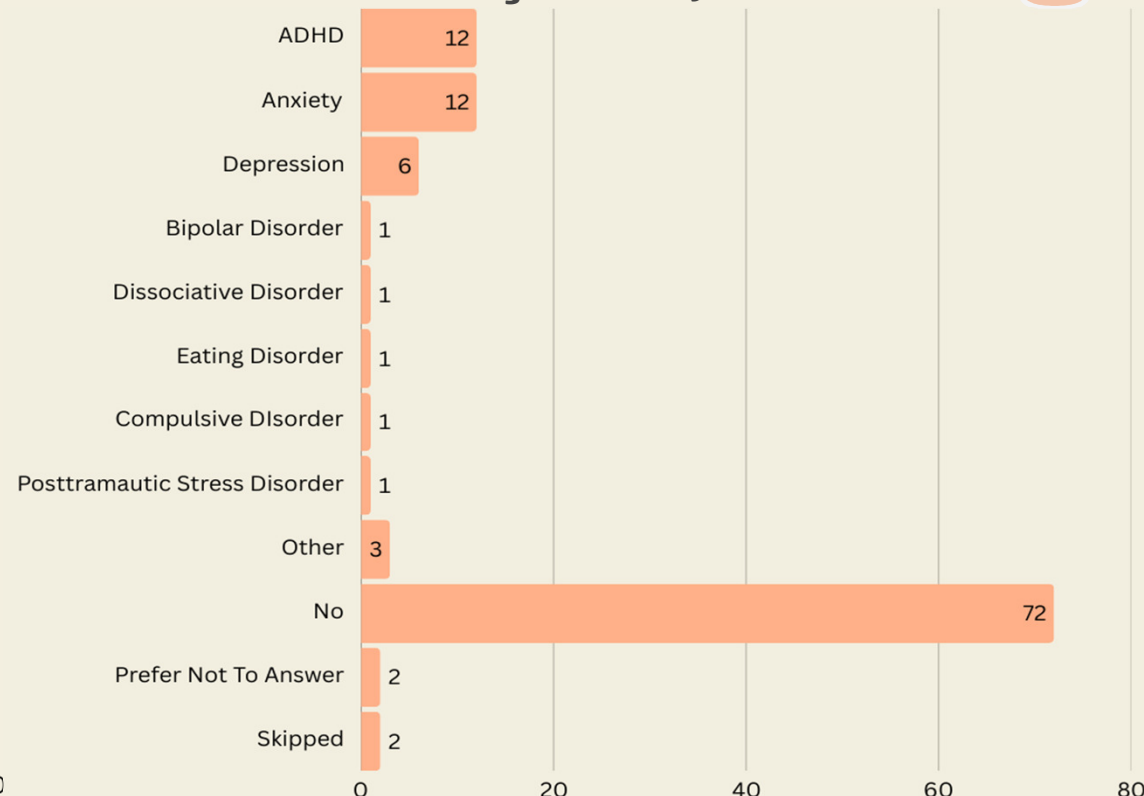
PRE-Survey Results



9. Have you ever gotten mental health treatment from a therapist, counselor, doctor, or other mental health professional? (%)



10. Have you ever been diagnosed by a doctor with a mental health condition? (Check all that apply) (Correlates to the 74.654 million people in the US aged 0–17.)

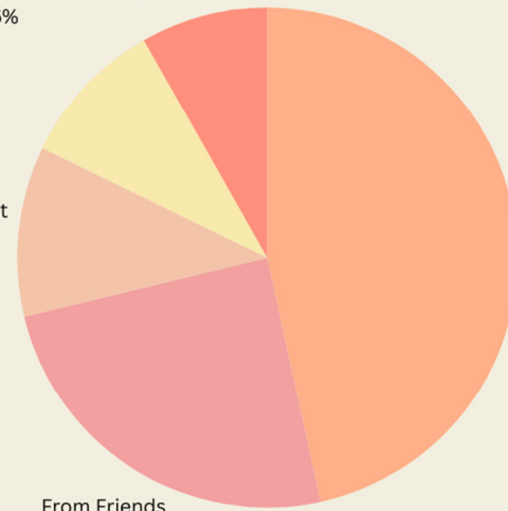
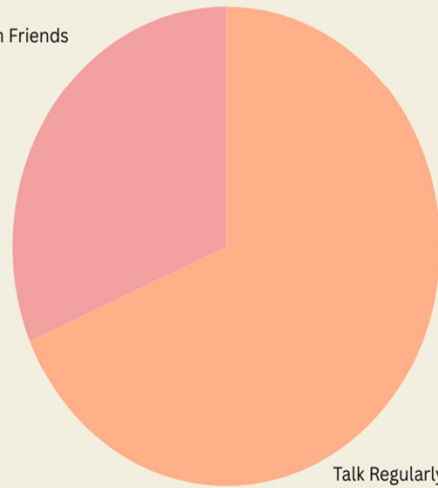
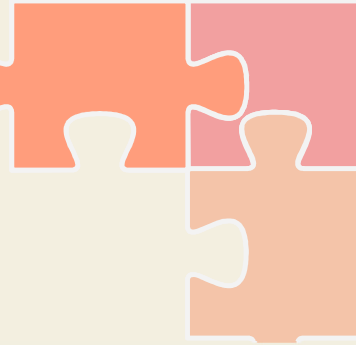
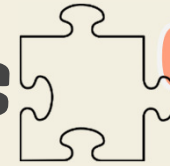


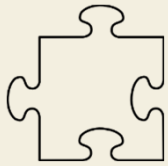


Mental Health Awareness

Post Survey Comments

Key Findings:





Mental Health Awareness

Post Survey Comments

Key Findings:

- 64% feel the world is more stressful now than when parents were their age
- About 1 in 6 report experiencing negative emotions all the time or often
 - Girls more likely to say they are anxious or stressed out often or all the time
- 1 in 4 have been diagnosed with a mental health condition
- 28% report having received mental health treatment
 - Boys more likely to say they don't need mental health treatment right now
- 65% say they feel comfortable talking about their mental health with those who are closest to them. But:
 - Only 48% talk regularly with parents about their mental health and only 22% talk regularly with friends
 - Only 34% seek mental health information from parents, 18% from friends, 8% from the internet, 7% from teachers or trusted adults outside their family, and 6% from social media.
- Among those who have sought information about mental health, 95% trust their parents and 78% trust their friends
- Teens want schools to play a big role in their mental health, and they trust the information they get there
 - 2 in 3 agree schools should teach about what mental health is, including where and how to seek treatment
 - 4 in 5 who seek mental health information from teachers say they trust their teachers and other adults at their school to provide it
 - 67% think schools should offer days off for mental health
- Teens don't think their schools are doing enough
 - 56% say their school thinks that mental health matters
 - 40% say their school has specific programs or resources to support mental health





National Technical **Honor** Society

NTHS Service

Presented by President Jared Rodriguez



Our chapter has been actively involved in various community service projects, such as collecting broken crayons for children's hospitals, hosting a "Friendsgiving" event, and partnering with local schools to create "Heart Grams by CAVIT." These initiatives have not only benefited the community but also instilled a lifelong commitment to giving back. Members have learned the value of selflessness, teamwork, and compassion, and have developed a deeper understanding of the challenges faced by others. By continuing to prioritize service, we hope to inspire others to make the world a better place.



National Technical
Honor Society

NTHS Leadership

Presented by Vice-President Josiah Munoz

The chapter is actively promoting leadership skills among its members, officers, and students through various initiatives. One such project is collecting broken crayons to donate to children's hospitals, while another is hosting a "Friendsgiving" event where members volunteer to bring supplies and hand out candy to students. The event showcases leadership skills and creates a positive experience for the community. Another initiative is "Heart Grams by CAVIT," partnering with local schools to tour programs and distribute Heart Gram goodie bags. These activities foster a culture of academic excellence and service, enhancing members' leadership and technical skills.





NTHS Recognition

Presented by Secretary Valerie Hernandez



The National Technical Honor Society (NTHS) induction ceremony is a significant event for members, celebrating their achievements in Career and Technical Education (CTE). It includes a ceremony, personal honors, and community activities. The chapter also organizes CAVIT reverse job fairs, workshops, and community service projects to raise awareness about CTE and its value. These activities enhance student recognition and strengthen the connection between the chapter, school, and community, demonstrating the importance of CTE in today's workforce.



National Technical
Honor Society

NTHS Career Development

Presented by Treasurer Amaya Mooney

The NTHS conducted a mental health awareness event, fostering a supportive environment for students. The event also involved community engagement events with local elementary schools, allowing students to explore career options and gain insights. The NTHS officers demonstrated leadership and mentorship by presenting CTE programs to younger students, building confidence and responsibility. The school-wide initiative, the Crayon Drive, taught students empathy and social responsibility. The goodie bags for bus drivers and administration staff emphasized a positive school culture and planning skills. These activities provided students with opportunities to develop skills, explore career options, and engage with the community, preparing them for future success.

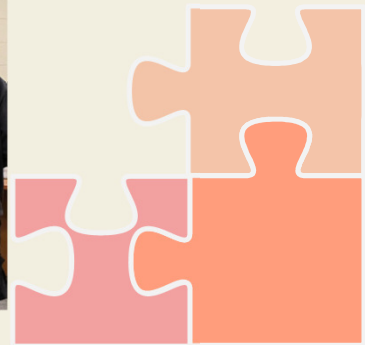


NTHS T-Shirt Design Winner At CAVIT

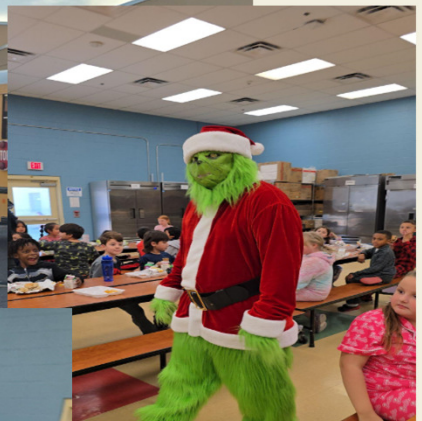




NTHS Friendsgiving



NTHS "Grinch Steals Imagine's Hearts"



NTHS Curiel Primary School Visit



NTHS Imagine Elementary Visit



NTHS Stanfield Visit



Fall-NTHS Crayon-Service Project-"Crayon Initiative"

1st Place Winners of Each Session at CAVIT

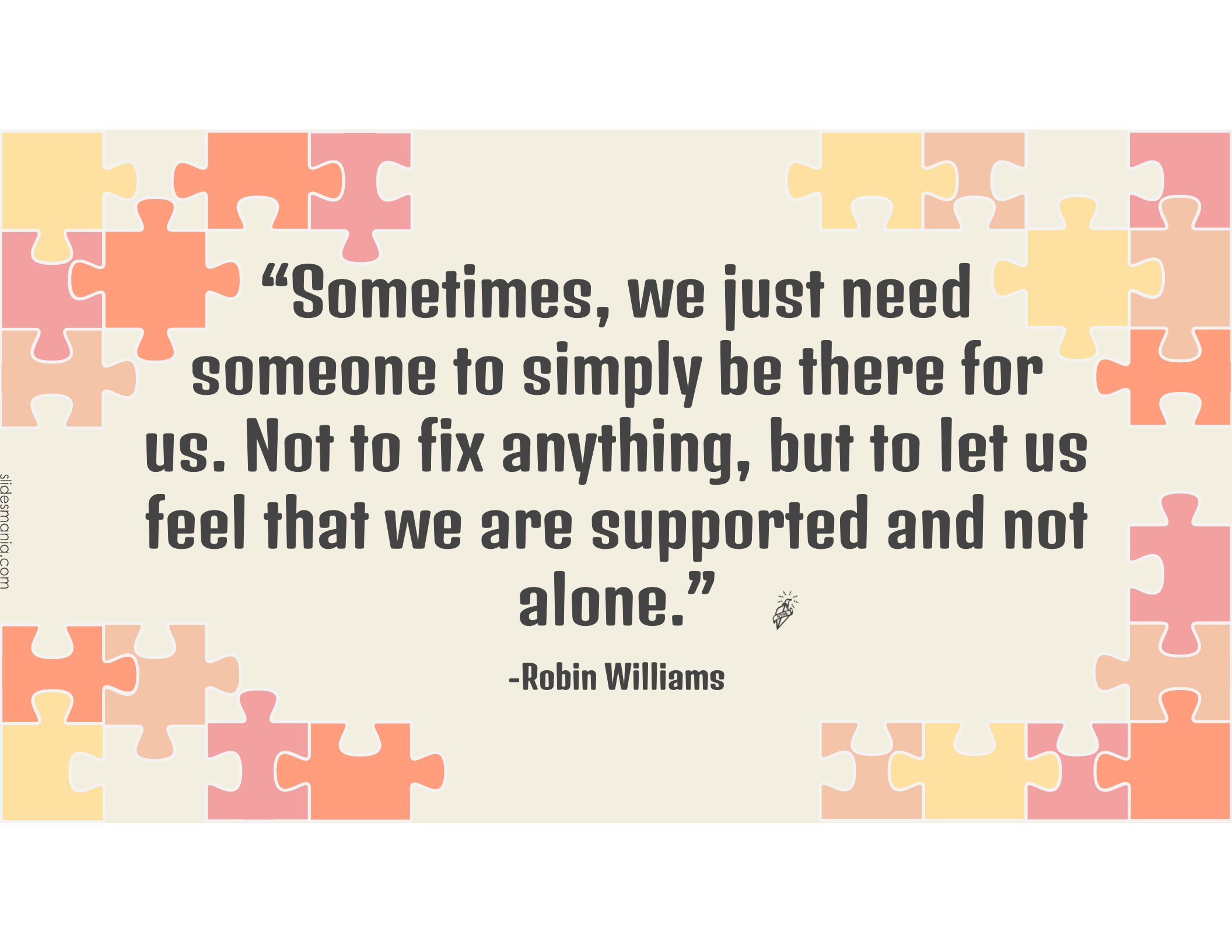


Donating over 5lbs of Crayons



Spring-NTHS Service Project-Surfs Up To You, And All You Do!





**“Sometimes, we just need
someone to simply be there for
us. Not to fix anything, but to let us
feel that we are supported and not
alone.”**

-Robin Williams






Mental Health Awareness

Central Arizona Valley Institute of Technology

National Technical Honor Society Chapter #2093

Submission For

“Silver Star of Excellence Award”



Thank you For A Great Year!

Application deadline for the 2024-2025 school year is:

April 15, 2025

2024-2025 Chapter Awards Program Application