

MHANYS Delivers

Mental Health Literacy

Across the State

Mental Health Association in New York State (MHANYS) has expanded its statewide training portfolio to reach New Yorkers through initiatives such as the School Mental Health Resource and Training Center, Mental Health First Aid, Mental Health and Wellness 101, MHANYS CarePath™, and other community-based programs. These trainings strengthen the skills and confidence of educators, professionals, and community leaders to recognize signs of distress, offer appropriate support, and connect individuals to care. Through partnerships with organizations and grant-funded collaborations, MHANYS continues to build a comprehensive training network that promotes recovery, resilience, and mental health literacy in every region of New York State.

IN THE COMMUNITY

We are in the community providing trainings and resources.

SELF-PACED LEARNING

We provide courses online that individuals and professional staff can take at their own pace.



IN SCHOOLS

The School Mental Health Resource and Training Center (SMHRTC) provides trainings in schools throughout New York State.

WEBINARS

MHANYS offers monthly webinars discussing different topics around mental health.

21,000+

**Mental Health Association in New York State
has trained New Yorkers from 2022-2025**

School Mental Health

2022-2025

In 2016, Education Law was amended to require schools to teach mental health in the classroom, as part of the K-12 health education curricula. Almost 10 years later, research has shown evidence that teaching students about mental health and wellness, also referred to as Mental Health Literacy, leads to positive child outcomes. Moreover, Mental Health Literacy enhances positive attitudes around mental health.

When children are taught and understand what mental health and emotional wellbeing is, they:

- recognize signs of mental health conditions
- learn how to seek help
- develop essential skills like self-awareness and healthy coping mechanisms
- are more likely to feel connected to their teachers and school community, which has been linked to improved academic outcomes and positive long-term health outcomes.
- are more likely to focus in class and engage in learning
- are less likely to engage in risky behaviors like substance use or violence

Mental Health Literacy also reduces the stigma associated with mental health. Stigma has been a barrier to seeking help. Mental Health Literacy lifts that barrier.



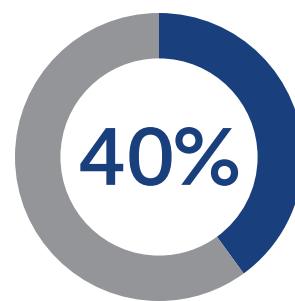
**School Mental Health
Resource Training Center**

A project of the Mental Health Association in New York State



@schoolmentalhealthNYS

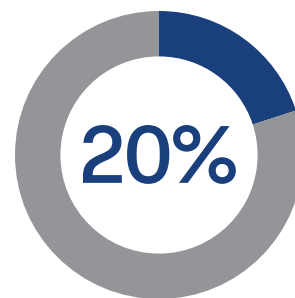
According to US Department of Health and Human Services Centers for Disease Control and Prevention 2023 data.



4 in 10 high school students experienced persistent feelings of sadness or hopelessness.

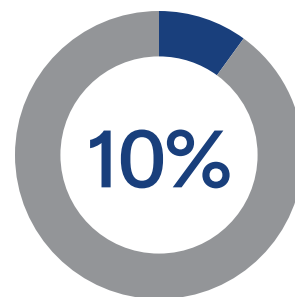
(In 2023, 40% of high school students felt so sad or hopeless almost everyday for at least two weeks in a row that they stopped doing their usual activities.

65% of the LGBTQ+ high school students experienced persistent feelings of sadness or hopelessness).



2 in 10 students seriously considered attempting suicide and almost 1 in 10 students attempted suicide.

(20% of all high school students seriously considered attempting suicide during the past year).



1 in 10 high school students attempted suicide one or more times during the past year.

(2 in 10 LGBTQ+ students attempted suicide one or more times during the past year).

MHANY SMHRTCenter

Past 3 Years

In an effort to provide schools with the supports they need through trainings and resources, the SMHRTCenter Team, over the past 3 years, through a contract with the New York State Office of Mental Health has reached and presented to:

10,000

Over 10,000 individuals in school communities across the state.

2,000

Over 2,000 trainings and presentations to school professionals and paraprofessionals.

95%

95% of New York's school districts across the State (692 out of 730).

100%

Schools in all of New York State's 62 counties.

Youth and Teen Mental Health First Aid

Since January 2023

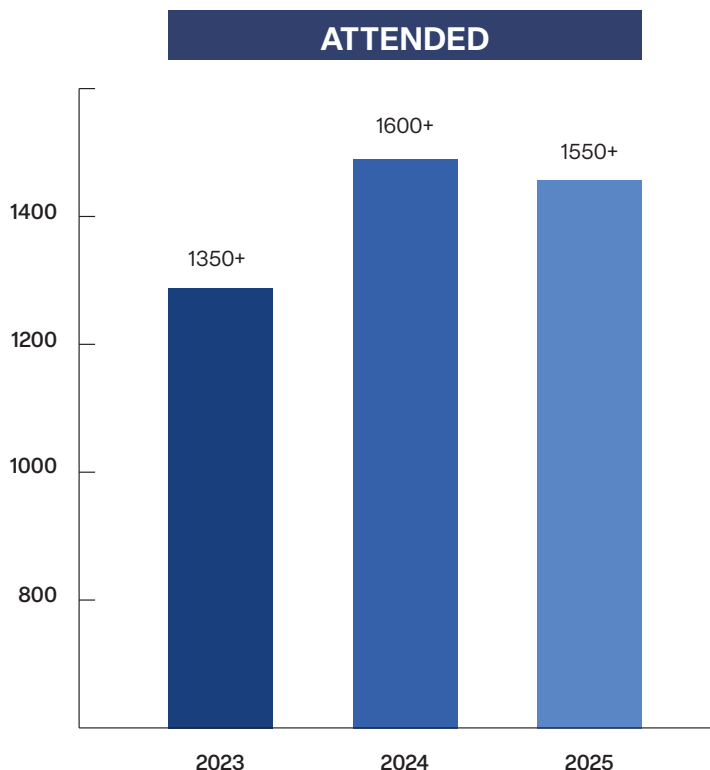
Since January 2023, the MHANYS Training Team has led a statewide effort to expand Youth and Teen Mental Health First Aid (MHFA) as part of a two-million-dollar investment from New York State under Governor Kathy Hochul, who has made the mental health of all New Yorkers a top priority. Through this initiative, MHANYS has equipped over **6,420** students, educators, and community members with the skills to recognize and respond to mental health challenges.



TRAINED IN MHFA	TOTAL
Teens Certified in Teen MHFA	3,628
Adults Certified in Youth MHFA	2,644
TOTAL	6,272

MHFA INSTRUCTORS TRAINED	TOTAL
Teen	51
Youth	97
TOTAL	148

Other MHANYS Community - Based Programs



MHANYS CarePath™

A non-clinical support tool designed for individuals age 12 and up who are in recovery or who simply want to support their mind-body health and wellness. The program places emphasis not just on the individual, but on the relational aspect—invite family members or chosen supporters to participate with you.

Mental Health and Wellness 101

A self-paced, 1-hour online training to reframe how we think about mental health — emphasising that we all have mental health. The training covers: prevalence of mental illness, risk & protective factors, and way of help-seeking behavior, self-care, and recovery.

Adult Mental Health First Aid

Teaches how to identify, understand and respond to signs of mental illness and substance use disorders. This training gives you the skills you need to reach out and provide initial support to someone who may be developing a mental health or substance use problem and help connect them to the appropriate care.