

NEXT STEPS

My immediate next steps are to research children's mental health resources, gather feedback from parents and educators, and begin creating awareness materials such as newsletters and informational flyers. I also plan to coordinate communication efforts with families and school staff to promote engagement and participation. These steps will begin within the next two weeks to help establish a strong foundation for the project and increase awareness early in the process.



ACKNOWLEDGEMENTS

I would like to acknowledge and thank my husband, children, and the Winton Woods community for their encouragement, support, and inspiration throughout this project. Their continued support and commitment to helping children and families succeed emotionally, socially, and academically motivate me to make a positive impact in our community.



THE OHIO STATE UNIVERSITY

Breaking the Stigma: Supporting Children's Mental Health



**THE OHIO STATE
UNIVERSITY/Ohio Statewide
Family Engagement Center**

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INTRODUCTION/NEED ADDRESSED

I wanted to become a parent leader because I believe parents play an important role in helping children succeed academically and emotionally. I care deeply about children's mental health and well-being, especially as many children face stress, anxiety, and social pressure at a young age. I wanted to help families feel supported, informed, and connected to helpful resources. I also want to strengthen communication between parents, schools, and the community so children feel safe, heard, and encouraged. I currently serve as President of the Winton Woods Community School District, which has strengthened my passion for advocating for children and families.

GOAL and OBJECTIVES

My goal is to increase awareness and family engagement around children's mental health by creating a supportive environment where children feel safe, understood, and encouraged. I want to strengthen communication between parents, schools, and the community to better recognize mental health challenges and provide support early. To meet this goal, I plan to increase education and community involvement through newsletters, parent meetings, workshops, and social media. I will share mental health resources, coping strategies, and support information while encouraging open conversations to reduce stigma and create a welcoming environment for children and families.

IMPLEMENTATION PLAN DESCRIPTION

The implementation of my plan will focus on increasing awareness, education, and family engagement around children's mental health.

Week 1: Research common mental health challenges affecting children and gather trusted resources for parents, students, and families. Collect feedback from parents and educators to better understand community needs.

Week 2: Create and distribute awareness materials such as newsletters, flyers, and social media posts focused on stress, anxiety, emotional wellness, and healthy coping strategies for children.

Week 3: Encourage family and community engagement through discussions, outreach efforts, and communication between parents, schools, and community members. Share practical strategies parents can use to support children emotionally and academically while promoting open conversations to reduce stigma.

Week 4: Gather feedback from participants and families to evaluate the effectiveness of the project. Continue sharing resources and recommendations to maintain long-term awareness, support, and positive communication surrounding children's mental health.

EXPECTED OUTCOMES

I believe the outcome for students will be increased awareness and understanding of mental health, improved emotional well-being, stronger communication with parents, teachers, and peers. Students will feel more supported, safe, and comfortable expressing their emotions and asking for help when needed. The project will also help students develop healthier coping skills for managing stress, anxiety, and other emotional challenges.

I believe students will benefit from stronger family and school involvement, creating a more positive and supportive environment that encourages confidence, emotional growth, and academic success.

EXPECTED CHALLENGES

One challenge I anticipate is encouraging families and students to openly discuss mental health due to stigma or discomfort surrounding the topic. Another challenge may be maintaining consistent family engagement and participation. Limited time, resources, and communication barriers could also impact outreach efforts. To address these challenges, I plan to focus on creating a welcoming, supportive environment and sharing easy-to-access resources and information.