

# Complete Mental Health

Florida AWARE defines complete mental health as the presence of social, behavioral, and emotional well-being and resilience factors, as well as minimal social, behavioral, and emotional problems, and the reduction of risk factors.

**Students with complete mental health** have many signs of well-being, such as happiness and strong relationships, coupled with few signs of mental health challenges, like symptoms of depression or behavior problems.

## Positive Indicators (Mental Wellness or Well-Being)

Life Satisfaction and Happiness

Strong Social Relationships

Building blocks of well-being (gratitude, empathy, persistence)

Basic needs are met

Social in skills (

Healthy interactions (minimal bullying, high support)

### Anxiety, Depression,

Anxiety, Depression, and other forms of internalizing problems

Trauma and other environmental stressors Thinking errors, behavioral withdrawal Risky/ unsafe settings

Disruptive Behaviors, such

as defiance, rule violations,

substance use

Inconsistent rules and expectations across settings ecrease Risk Factors & Symptoms

#### **Resilience Factors**

**Foster the factors** within youth and their environments at school and home that promote resilience and well-being

- Teach social, behavioral, and emotional skills
- Create safe and nurturing environments that support well-being
- Foster resilience and increase protective factors

#### **Risk Factors**

**Negative Indicators** 

(Mental Illness or Problems)

**Prevent, reduce, and manage the risk factors** within youth and their environments that cause and maintain mental illness

- Identify students at-risk for mental health problems
- Provide targeted interventions matched to signs of risk and needs
- Provide support to youth in crisis or with chronic mental health needs

## Florida AWARE supports schools' implementation of a multi-tiered framework of evidence-based practices to promote complete mental health. Contact us at:

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