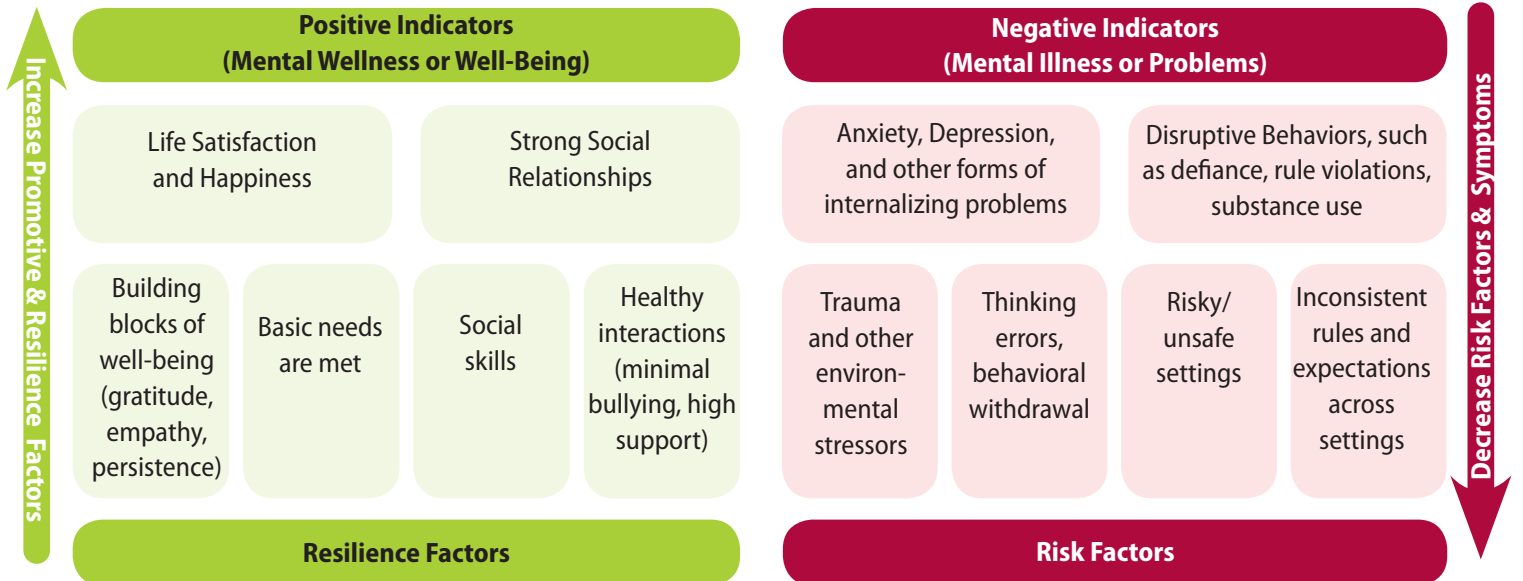


Florida AWARE defines complete mental health as the presence of social, behavioral, and emotional well-being and resilience factors, as well as minimal social, behavioral, and emotional problems, and the reduction of risk factors.

**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.



**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

**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:*

**Natalie Romer, PhD**  
 State Coordinator  
 romer@usf.edu

**Katrina Eunice, MA**  
 Duval Program Manager  
 eunicek@duvalschools.org

**Vicki Koller, MSW**  
 Pinellas Program Manager  
 kollerV@pcsb.org

**James R. Maxwell, MA**  
 Polk Director of Student Services  
 jim.maxwell@polk-fl.net

Florida AWARE is a State Education Agency "Now is the Time" Program, awarded by the Substance Abuse and Mental Health Services Administration to the Florida Department of Education's Bureau of Exceptional Education and Student Services with a subagreement to the University of South Florida and the three partnering districts (Duval, Pinellas, and Polk).

