

SUNLIGHT VILLAGE



# Children's Mental Health A Collective Obligation



## OUR STORY...



*The Mission of Sunlight Village is to provide mental health, youth development and nutritional programs and services within inner-city, west Dayton as we fulfill our vision to address disparities for the underserved in all communities.*

**Home**

**Church**

**School**

**Health Care**

**Community**

**Friends**

**Safety**



**COLLECTIVE  
OBLIGATION**



## Mental Illness

A mental illness is a condition that affects a person's thinking, feeling, behavior or mood. ***These conditions deeply impact day-to-day living*** and may also affect the ability to relate to others.

*National Alliance of Mental Illness*

## Mental Health

Mental health is the foundation for the well-being and effective functioning of individuals. ***It is more than the absence of a mental disorder***; it is the ability to think, learn, and understand one's emotions and the reactions of others. ***Mental health is a state of balance***, both within and with the environment.

*World Health Organization*



## RISK FACTORS:

A risk factor is something that helps to create problems.

Risk factors are characteristics at the biological, psychological, family, community, or cultural level that precede and are associated with a higher likelihood of negative outcomes.

## PROTECTIVE FACTORS:

A protective factor is something that helps to prevent problems.

Protective factors are characteristics associated with a lower likelihood of negative outcomes or that reduce a risk factor's impact. Protective factors may be seen as positive countering events.



[Protective Factors Approaches in Child Welfare](#)



### RISK FACTORS:

PREMATURE BIRTH  
COMPLICATIONS DURING CHILDBIRTH  
POOR PARENTAL ATTACHMENT  
PHYSICAL, MENTAL, EMOTIONAL ABUSE, NEGLECT  
VIOLENCE & TRAUMA  
BULLYING & ISOLATION  
DEATH OF A FAMILY MEMBER  
DISCRIMINATION & POVERTY  
POOR SUPPORT SYSTEMS  
PARENTAL MENTAL ILLNESS, DRUGS & ALCOHOL  
POOR PARENT & SCHOOL CONNECTIONS

Mental health problems are complex issues and are never the result of one risk factor. Someone who has several risk factors could have more resiliency towards problems than someone else who experienced less risk factors. It is important to remember that each individual person experiences stress, pain, and risk in different ways.

<https://www.americanmentalwellness.org/prevention/risk-and-protective-factors/>



# BUILDING RESILIENCE IN OUR PARENTS & FAMILIES

## PROTECTIVE FACTORS

NURTURING AND ATTACHMENT

KNOWLEDGE OF PARENTING AND CHILD  
DEVELOPMENT

SOCIAL CONNECTIONS

POSITIVE FAMILY CONNECTIONS

SAFE NEIGHBORHOODS & PLACES TO PLAY

SOCIAL EMOTIONAL COMPETENCE

CULTURE

MENTAL HEALTH COUNSELING AND SUPPORT

COMMUNITY RESOURCES

PHYSICAL HEALTH

FAITH BASED COMMUNITY SUPPORT



# **My name is ELI and here is my story...**

**Single Parent Household  
Incarcerated Parent  
Drugs & Alcohol  
Homelessness  
Hunger  
Low Self-Esteem  
Angry  
Poor Grades In School  
Labeled as a Bad Kid  
Mental Illness in my  
Family  
No Safe Place to Play  
Violence & Death  
Sadness & Hopelessness**



DO YOU FEEL YOU HAVE AN OBLIGATION TO SUPPORT THE MENTAL HEALTH AND WELL-BEING OF CHILDREN...

HOW CAN WE COLLECTIVELY SUPPORT THE MENTAL HEALTH AND WELL-BEING OF OUR CHILDREN...



NOT AN OPTION...





**Home-US**

**SAFETY-US**

**Church-US**

**Friends  
-US**

**School  
-US**

**Community  
-US**

**COLLECTIVE  
OBLIGATION**

**Health Care  
-US**



**OUR CHILDREN ARE OUR FUTURE  
AND IT'S GOING TO TAKE ALL OF US**