



KEV PAB TXHAWB ME NYUAM KEV NOJ
QAB NYOB ZOO LOS NTAWM

(SUPPORTING CHILD WELL-BEING THROUGH STRENGTHENING
STUDENT MENTAL HEALTH)

TXHAWB NEEG KAWM NTAWV TXOJ KEV PUAS SIAB NTSWS KOM MUAJ ZOG

YIM HLI NTUJ 2022

VIM LI CAS QHOV NO TSEEM CEEB

Kev tu xyuas zoo cov neeg kawm ntawv txoj kev puas siab ntsws yuav pab tau txoj kev noj qab haus huv txhua yam thiab pab tau neeg kawm ntawv txoj kev kawm, kev mus kawm ntawv thiab kev koom tes. Txoj kev puas siab ntsws puav leej txo tsawg tau txoj kev zes ua phem, cov kev coj yam ntxwv tsim muaj taus teeb meem, kev quav tshuaj yeeb dej caw, kev ua phem hauv tsev kawm ntawv, thiab kev txuam nrog txoj kev tswj xyuas plaub ntug neeg hluas. Vim cov neeg kawm ntawv siv sij hawm ntau dua hauv cov hnuv kawm ntawv, kev txhawb neeg kawm ntawv txoj kev puas siab ntsws nyob rau hauv tsev kawm ntawv yuav muaj txiaj ntsim zoo rau tag nrho lub zej zog tsev kawm ntawv.



COV TSEV KAWM NTAWV YEEJ
TXUAM RAU

95%

NTAWM TAG NRHO COV ME
NYUAM 5-17 XYOO

YAM KEV TSHAWB FAWB HAIS QHIA

Muaj kev sib ncawg hauv tsev kawm ntawv - txoj kev yog ib feem hauv lub tsev kawm ntawv uas hmov tshua txog tus neeg kawm ntawv - yuav muaj cov kev zoo rau neeg kawm ntawv txoj kev puas siab ntsws. Cov me nyuam uas muaj kev ncawg nrog tsawg kawg li ib tug neeg nyob rau hauv tsev kawm ntawv yuav ntsib txoj kev pab tau zoo rau txoj kev puas siab ntsws heev tshaj cov uas tsis muaj kev sib ncawg hauv tsev kawm ntawv.¹ Tsuav yog muaj ib tug neeg laus txais tos txoj kev ua neeg ntawm ib tug neeg hluas LGBTQ xwb yeej txo tsawg tau txoj kev sim txov tus kheej siav lawm 40%.²

Cov tsev kawm ntawv uas txhawb cov kev sib raug zoo thiab siv txoj hau kev tiv thaiv los pab cov kev tu ncua ntawm tag nrho cov neeg kawm ntawv—nrog rau txoj kev ntsuas cov kev pab rau tag nrho cov neeg kawm ntawv txoj kev puas siab ntsws—yeej tau pom muaj cov kev zoo thiab txhim kho tau cov teeb meem kev nyuab siab ntawm cov neeg kawm ntawv.³

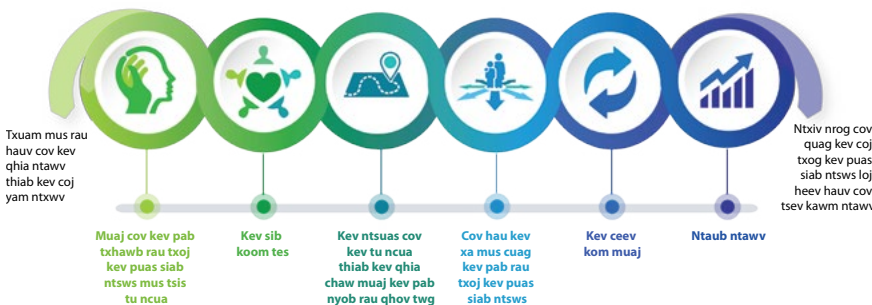
Sab nraum tsev kawm ntawv, kev tshawb fawb pom tias yog pw tsaug zog tsawg kawg li 8 teev yuav pab tau txoj kev puas siab ntsws thiab kev kawm tau ntaub ntawv zoo. Cov neeg kawm ntawv qib high school uas pw tsaug zog tsawg kawg tau muaj tsawg zuj zus txij li xyoo 2007 (thaum pib muaj cov xov tooj ntse).⁴ Cov kws kawm txog kev xeeb txawm tau qhia tias cov neeg hluas yuav tsum tau pw tsaug zog 8-10 ib hmos twg, tiam sis lawv lub cev yeej cia li ua rau lawv tsaug zog lig dua. Kom xam tau rau qhov no, cov kws tshawb fawb pom zoo kom tsis txhob pib qhia ntawv ua ntej 8:30 sawv ntxov.⁵ Cov sij hawm pib kawm ntawv muaj feem xyuam rau txoj kev puas siab ntsws thiab hlwb kev ua hauj lwm: cov neeg uas pib kawm ntawv thaum 8:30 los sis lig dua kawm tau ntawv zoo dua, mus kawm ntawv heev dua thiab muaj tshab sib tsoo tsawg dua.⁶

MUJ DAB TSI TSHWM SIM HAUW WISCONSIN?

Muaj ntau cov me nyuam tsis tau txoj kev kho kev puas siab ntsws. Txoj kev muaj ib tug kws tshaj lij kho kev puas siab ntsws ntawm pes tsawg tus neeg kawm ntawv nyob rau hauv Wisconsin thiab thoob plaws lub teb chaws yeej yog muaj tsawg dhaub cov quag pom zoo. Cov neeg kawm ntawv pes tsawg leej rau ib tug neeg pab tswv yim hauv tsev kawm ntawv thiab rau ib tug kws kho kev puas siab ntsws yog coob xws li ob npaug ntawm cov qib pom zoo thiab 7 npaug tshaj ntawm pes tsawg tus neeg kawm ntawv rau cov neeg lis kev pab noj haus social worker hauv tsev kawm ntawv.⁷

Kom pab tau cov neeg kawm ntawv txoj kev puas siab ntsws Wisconsin yuav siv comprehensive school mental health systems (cov kev kho puas siab ntsws zoo heev nyob rau hauv tsev kawm ntawv) (CSMHS).⁸ Cov tsev kawm ntawv uas siv CSMHS yuav muab cov kev pab tsis tu ncua rau tag nrho cov neeg kawm ntawv.

Ntxiv mus, yeej muaj cov pab neeg hluas ua cov coj coob zuj zus hauv Wisconsin. Cov no tseem ceeb los muab suab rau cov neeg hluas thiab yog ib txoj luag num tseem ceeb vim kev muaj cov kws kho kev puas siab ntsws tsawg nyob rau hauv cov tsev kawm ntawv. Xav pom cov pab neeg hluas ua cov coj sib txawv thiab nyob rau cheeb tsam twg, nias rau daim **duab qhia kev no.**



Chiv Keeb: Wisconsin Department of Public Instruction (Tuam Tsev Tswj Kev Qhia Ntawv Dawb Rau Pej Xeem)

-txuas mus ntxiv-

YAM DAB TSI PAB TAU?



Kev sib ncawg hauv tsev kawm ntawv thiab cov kev sib raug zoo muaj zoo nrog cov neeg ua hauj lwm thiab cov npoj yaig.



Kab lis kev cai zoo, tsis thuam phem, nyob rau hauv tsev kawm ntawv uas txhawb txoj kev yog ib feem.



Pw kom ntau txaus thiab muaj cov sij hawm pib tsim nyog rau txoj kev xeeb meej.

PEB UA TAU DAB TSI

COV NEEG KAWM NTAWV

- Tsim muaj cov kev sib raug zoo muaj zog nrog koj cov phooj ywg thiab cov npoj yaig. Cov kev sib raug zoo muaj zog yuav tiv thaiv tau koj ntawm cov kev txhawj xeeb txog txoj kev puas siab ntsws thiab tsim muaj kev ruaj khov los peem dhau cov kev nyuab hauv lub neeg.
- Pab tawm suab txhawb rau cov neeg kawm ntawv txoj kev puas siab ntsws hauv koj lub tsev kawm ntawv los sis koj cheeb tsam chaw kawm ntawv. Piv txwv, xyuas [Youth Mental Health Groups \(Cov Pab Pawg Neeg Hluas Txhawb Kev Puas Siab Ntsws\)](#).
- Xa ib lub tswv yim yam tsis pub leej twg paub koj yog leej twg mus rau [Speak Up Speak Out Wisconsin \(Tawm Suab Hais Kom Nrov Wisconsin\)](#) yog koj paub tias ib tug neeg yuav ua kev phem rau lawv tus kheej los sis rau koj lub tsev kawm ntawv.

COV NIAM TXIV/NEEG ZOV TU

- Txhawb kom koj tus neeg kawm ntawv mus koom kev ncaws pob ntaus pob, tej koom haum los sis kev lom zem hauv tsev kawm ntawv – qhov no yuav txhawb rau cov kev sib ncawg hauv lawv lub tsev kawm ntawv.
- Tswj xyuas kom koj tus me nyuam pw tsaug zog txaus txhua hmo.
- Tshawb txog cov chaw muaj kev pab [rau cov niam txiv](#) kom nkag siab txog kev xeeb meej ntawm lub hlwb thiab kev muaj feem xyuam li cas rau txoj kev puas siab ntsws, kev coj yam ntxwv thiab kev kawm.

COV TSEV KAWM NTAWV

- Tsim muaj cov kab lis kev cai zoo, qhib rooj lug txais tos thiab xam muaj txhua tus nyob rau hauv lub tsev kawm ntawv.
- Muab txoj kev yog ib feem los saib muaj nqis kom txhua tus neeg kawm ntawv muaj txoj kev ncawg tsawg kawg nrog ib tug neeg lawv hmov tshua.
- Tsi xyuas kev tiv thaiv txoj kev zes ua phem ua qhov ntsiab ntawm lub tsev kawm ntawv lub tswv yim txog kev nyab xeeb.

- Siv txoj kev ntsuas dav txog kev puas siab ntsws rau txhua tus neeg kawm ntawv.
- Muab txoj kev qhia ntawv thiab kev cob qhia rau cov neeg kawm ntawv thiab neeg ua hauj lwm txog kev tiv thaiv txoj kev txov tus kheej siav, cov kev coj zoo txog kev puas siab ntsws thiab kev noj qab nyob zoo.
- Tsim muaj cov kab lis kev cai coj zoo rau cov xib fwb txoj kev puas siab ntsws.
- Xyaum siv cov kev kawm paub txog kev puas siab ntsws loj heev thiab cov kev txhawb txhob siv cov kev qhuab qhia.
- Pib kev kawm ntawv tom qab 8:30 sawv ntxov rau cov neeg kawm ntawv qib nrab thiab qib high school.

COV NEEG TEEB TSA KEV CAI

- Muab kev pab txhawb ntau dua ntxiv, muab nyiaj txiag txhawb ruaj ntseg rau comprehensive school mental health services (cov kev kho puas siab ntsws zoo heev nyob rau hauv tsev kawm ntawv) ntawm qhov chaw uas feem coob cov me nyuam nyob rau thaum yav nruab hnub.
- Muab txoj kev nqua hu cuag thiab ceev kom muaj cov kws kho kev puas siab ntsws hauv tsev kawm ntawv ua qhov tseem ceeb thiab pab nyiaj txiag rau.⁹
- Muab nyiaj txiag pab ntxiv rau cov kev pab uas npoj yaig sib txhawb.
- Muab kev mus cuag tau thiab kev pab them duav rau cov neeg kawm ntawv kom tah cov kev kho kev puas siab ntsws tsis hais txoj kev yuav muaj pov hwm pab them duav nqi kho mob zoo li cas.
- Txwv kom cov tsev kawm ntawv muaj txoj kev qhia txog kev puas siab ntsws thiab kev tiv thaiv txoj kev txov tus kheej siav. Txwv kom cov neeg ua hauj lwm hauv tsev kawm ntawm muaj kev kawm tiv thaiv txoj kev txov tus kheej siav thiab kev puas siab ntsws.

COV CHIV KEEB:

¹ Centers for Disease Control (Cov Chaw Tswj Kab Mob). (2022, Plaub Hlis Ntuj tim 1). Mental Health (Kev Puas Siab Ntsws), Suicidality (Kev Txov Tus Kheej Siav), thiab Connectedness Among High School Students (Cov Neeg Kawm Ntawv Qib High School Txoj Kev Sib Ncawg) Thaum Muaj Tus Kab Mob Kis Thoob Ntiaj Teb COVID-19. ABES Survey (Kev Tshawb Kawm), U.S. Ib Hlis Ntuj–Rau Hli Ntuj 2021. <https://www.cdc.gov/mmwr/volumes/71/su/su7103a3.htm>

² The Trevor Project. (Rau Hli Ntuj 2019). Trevor Project Research Brief: Accepting Adults Reduce Suicide Attempts Among LGBTQ Youth (Cov Neeg Laus Qhib Siab Txais Tos Txog Tsawg Cov Neeg Hluas LGBTQ Cov Kev Sim Txov Tus Kheej Siav). https://www.thetrevorproject.org/wp-content/uploads/2019/06/Trevor-Project-Accepting-Adult-Research-Brief_June-2019.pdf

³ Arora, Collins, Dart, et al. (2019). Multi-tiered Systems of Support for School-Based Mental Health (Ntau Qib Kev Pab Txhawb Rau Txoj Kev Puas Siab Ntsws Hauv Tsev Kawm Ntawv): A Systematic Review of Depression Interventions (Kev Xyuas Txog Cov Kev Cuam Tshuam Txoj Kev Nyuab Siab). School Mental Health (Kev Puas Siab Ntsws Hauv Tsev Kawm Ntawv), 11, 240–264.

⁴ CDC. Ncauj lus hauv YRBS Explorer Youth Risk Behavior Survey (Kev Tshawb Kawm Txog Neeg Hluas Kev Coj Yam Ntxwv Muaj Teeb Meem) (YRBS). Rub tau thaum Xya Hli Ntuj tim 12, 2022 los ntawm <https://yrbs-explorer.services.cdc.gov/#/graphs?questionCode=H88&topicCode=C08&location=XX&year=2019>

⁵ CDC. Feem ntau ntawm Teb Chaws Asmeskas cov tsev kawm ntawv qib nrab thiab qib high school yeej pib

kawm ntawv ntxov dhau. Rub tau thaum Xya Hli Ntuj tim 12, 2022 los ntawm <https://www.cdc.gov/sleep/infographics/too-early.html>

⁶ Wahlstrom, Kyla. (2014). Kev Ntsuas Txoj Kev Muaj Feem Xyuam ntawm Cov Sij Hawm Pib Kawm Ntawv thiab Kev Kawm Tau Ntawv Zoo Li Cas ntawm Cov Neeg Kawm Ntawv Qib High School. University of Minnesota.

⁷ Hopeful Futures Campaign (Kaos Txoos Txhawb Kev Yam Rau Yav Pem Suab). (0b Hlis Ntuj 2022) America's School Mental Health Report Card (Asmeskas Daim Ntawv Ceeb Toom Kev Puas Siab Ntsws Hauv Tsev Kawm Ntawv). <https://hopefulfutures.us/action-wisconsin/>

⁸ Wisconsin Department of Public Instruction (Tuam Tsev Tswj Kev Qhia Ntawv Dawb Rau Pej Xeem). Wisconsin School Mental Health Framework (Wisconsin Lub Tswv Yim Daws Kev Puas Siab Ntsws Hauv Tsev Kawm Ntawv). <https://dpi.wi.gov/sspw/mental-health/framework>

⁹ SAMHSA, Recruitment and Retention of School Mental Health Providers (Kev Nqua Hu Cuag thiab Kev Ceev Kom Muaj Cov Neeg Muab Kev Kho Puas Siab Ntsws Hauv Tsev Kawm Ntawv): Cov Tswv Yim Nqis Tes thiab Cov Chaw Muaj Kev Pab Loj. Rub tau thaum Xya Hli Ntuj tim 12, 2022 los ntawm https://mhntnetwork.org/sites/default/files/2021-08/SMHWorkforceReport_2021_final_updated_05AUG21.pdf



Wisconsin Office of
Children's
Mental Health