

## **Create Resilience Youth Mental Health Campaign Summary Guide for Teachers and Schools**

1. Receive FREE “Create Resilience” Poster and “If My Words Could Make A Difference” Essay
2. Schedule FREE Mental Health Presentation by Dr. Diane Kaufman
3. Free & Easy Implementation
  - Share “If My Words Could Make a Difference” Essay
  - Share “Don’t Give Up,” “Lift You Up,” “Hold On,” and “Be Still” Songs
  - Share “Create Resilience” Poster
  - Ask Students for Creative Ideas
  - Students Share their Creative Ideas
  - School Displays the Students Creative Ideas
  - Students Can Share their Creative Ideas with the Campaign
  - The Create Resilience Youth Mental Health Campaign Shares Creative Ideas with Mental Health Organizations across the USA
4. Visit the ASHA International Website to Learn More about the Campaign  
<https://myasha.org/create-resilience-youth-mental-health-campaign/>
5. Contact Dr. Kaufman for the “Create Resilience” Poster, “If My Words Could Make A Difference” Essay, to schedule a meeting to discuss implementing the Campaign, and to schedule the mental health presentation by Dr. Kaufman. [drdiane@mindmatterspc.com](mailto:drdiane@mindmatterspc.com) or call 503-352-0468
6. See the next 2 pages for the How To Guide for Teachers & Schools



**Create Resilience Youth Mental Health Campaign**  
**How-To Guide for Teachers & Schools**

1. May is Mental Health Awareness Month. Bring the Create Resilience Youth Mental Health Campaign to your students and school. It is Free & Easy to Implement.
2. The Create Resilience Youth Mental Health Campaign offers youth a creative way to engage around mental health in May and throughout the school year.
3. The Create Resilience Youth Mental Health Campaign is funded by the Oregon Council of Child and Adolescent Psychiatry in collaboration with ASHA International and the Arts & Healing Resiliency Center at Mind Matters, PC.
4. The Create Resilience Youth Mental Health Campaign focuses a positive light on youth's ideas, experiences, and creativity on how to improve youth mental health.
5. Participating schools receive free of charge Create Resilience posters, as well as if the teacher and school would want, Diane Kaufman, MD, a child psychiatrist who has Bipolar II Disorder, is a humanism in medicine awardee, creativity and suicide prevention activist, and an ASHA International storyteller, to present at the school on mental health and the campaign.
6. Teachers may begin by sharing the "If My Words Could Make A Difference" essay by Diane Kaufman, MD with their students. This essay can be used as a prompt for reflection and discussion on what can be done to improve youth mental health.
7. Teachers share the songs, "Don't Give Up," "Lift You Up," "Hold On," and/or "Be Still" which are featured on the Create Resilience Youth Mental Health Campaign website with their students in class or as a homework assignment to further awareness that creativity can play an important role in bringing awareness to youth mental health and how it can offer help.
8. Schools can share these songs and promote the Create Resilience Youth Mental Health campaign on their website, social media and/or email communications.
9. The Create Resilience poster is also shared. The poem can be a writing prompt on resilience in terms of necessary skills and lends itself to discussion on how there can be obstacles to our achieving resilience, and what we can do to help ourselves and others to overcome these difficulties.
10. Students are asked for their creative ideas on how to improve youth mental health. This can be a paragraph, an essay, a story, poem, song, play, painting, collage, and/or even performing a dance. The contribution is any creation that shares their ideas and connects with the theme on how to improve youth mental health.
11. Students share their ideas and creative works in class with their peers. There can also be a display board in class or in the school hallways dedicated to their ideas and the Create Resilience Youth Mental Health Campaign.
12. Teachers let students know they can send in their creative works to the Create Resilience Youth Mental Health Campaign at the ASHA International website. With permission, their creative ideas will be shared with mental health organizations across the United States. Students may also be

invited to share their works at ASHA International events and will receive a stipend for doing so.  
<https://myasha.org/create-resilience-youth-mental-health-campaign/>

13. What to do next? Please reach out to Diane Kaufman, MD at [drdiane@mindmatterspc.com](mailto:drdiane@mindmatterspc.com) and/or call her at 503-352-0468 to have Create Resilience posters delivered to your school, schedule a time to meet online or in person to discuss implementing the campaign, and to schedule the mental health presentation given by Dr. Kaufman.

**Website and Contact Information**

<https://myasha.org/create-resilience-youth-mental-health-campaign/>

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