



Garrett County Green Campaign



Children's Mental Health Awareness is the focus of the Green Campaign. There is a national crisis in mental health affecting all ages, but especially Children's Mental Health. Different surveys, (see below) in Garrett County over the last three years indicate that our community considers mental health to be our number one health concern. The Garrett County 2021 Youth Risk and Behavior Survey reveals that 37.7% of high school students have felt sad or hopeless almost every day for 2 weeks within the last 12 months and 21.5% of high school youth seriously considered attempting suicide. Two years ago, the U.S. Surgeon General put out an advisory about the worsening Child Mental Health status.

The Children's Mental Health Awareness, Go Green campaign is being conducted by the Child & Adolescent Wellness Workgroup, which is loosely affiliated with the Garrett County Health Planning Council. We have been working on child health initiatives since 2017. Members of this working group consist of primary health care providers, mental health care providers, hospital and health department employees, school administrators, social services, and interested community members.

Our goal is to improve the health of Garrett County children and youth through educational efforts. Our specific goals for Children's Mental Health are to provide education about the trends in mental health, to decrease the stigma surrounding mental health, and to get people talking about the problems.

Retired Physician, Karl Schwalm

Data Resources:

- *2021-2022 YRBS Data & Reports: <https://mygarrettcountry.com/maryland-department-of-health-releases-2021-2022-youth-risk-behavior-survey-and-youth-tobacco-survey-data/>
- *Mental Health Data Insight: <https://garretthealth.org/data-insight-2022-a-mental-health/>
- *2022-2024 Garrett County and Surrounding Region Community Health Assessment: <https://mygarrettcountry.com/cha2024/>
- *CHA Research Portal (Interactive Tool): <https://charp.garrettcountryapps.com/>
- *School-Based Survey - Child & Adolescent Wellness Workgroup: <https://mygarrettcountry.com/docs/adolescent-wellness-survey-data/>

Additional Resources:

Children's Mental Health Matters
childrensmentalhealthmatters.org
National Children's Mental Health Awareness
samhsa.gov/childrens-awareness-day
Center for Disease Control and Prevention
cdc.gov/childrensmentalhealth
American Academy of Child & Adolescent Psychiatry
aacap.org/Mental_Health_Awareness_Month

Garrett County 'Go Green' Toolkit



<https://mygarrettcountry.com/garrett-county-resource-guide>

FindTreatment.gov