



## THOUGHTS FROM THE HEAD LEARNER

Dear Mustang Community,

You may have noticed over the past few weeks the school district's emphasis on "Connection." We are developing multiple programs to reconnect students to healthy, engaging, rigorous, activities that build new relationships and strengthen existing ones.

Last spring, I attended a state-wide superintendents' meeting to discuss the various issues that are obstacles for public education. Often, the meeting centers on the need for more funding to support great teachers and effective programs.

This meeting was different. Each superintendent was asked to name his/her greatest issue or problem in his/her school district. Almost every single person revealed that the mental health



of students was the single greatest concern in schools today.

Since that meeting, our district has expanded its efforts to address this issue by developing an action plan to engage children

in healthy activities, connections with other people, and services to address the immediate needs of children in crisis.

September is National Suicide Prevention Awareness month, and due to that, I have included in this edition a fact sheet provided by Mental Health Colorado and Andrew Romanoff that each of you should review (at right). This issue is real for children and adults, it is present, and it needs our full attention.

Thank you for all of your support for our school system — where our mission is to love children, serve them and help them acquire the skills and knowledge they need to live wonderfully, glorious lives!

**Ed Longfield**  
Superintendent and Head Learner,  
MSSD 14

## Mental Health Facts IN AMERICA

**Fact:** 43.8 million adults experience mental illness in a given year.



1 in 5 adults in America experience a mental illness.

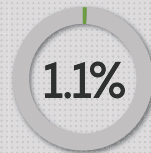


Nearly 1 in 25 (10 million) adults in America live with a serious mental illness.

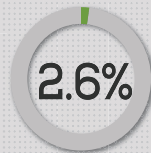


One-half of all chronic mental illness begins by the age of 14; three-quarters by the age of 24.

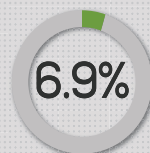
### Prevalence of Mental Illness by Diagnosis



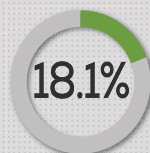
1 in 100 (2.4 million) American adults live with schizophrenia.<sup>1</sup>



2.6% (6.1 million) of American adults live with bipolar disorder.<sup>1</sup>



6.9% (16 million) of American adults live with major depression.<sup>1</sup>



18.1% (42 million) of American adults live with anxiety disorders.<sup>1</sup>

### Consequences



**10.2m**

Approximately 10.2 million adults have **co-occurring** mental health and addiction disorders.<sup>1</sup>



**26%**

Approximately 26% of **homeless** adults staying in shelters live with serious mental illness.<sup>1</sup>



**24%**

Approximately 24% of **state prisoners** have "a recent history of a mental health condition".<sup>2</sup>

### Impact



**1st**

Depression is the leading cause of disability worldwide, and is a major contributor to the global burden of disease.<sup>1</sup>



**-\$193b**

Serious mental illness costs America \$193.2 billion in lost earning every year.<sup>3</sup>



**90%**

90% of those who die by suicide have an underlying mental illness. Suicide is the 10th leading cause of death in the U.S.<sup>3</sup>

### Treatment in America



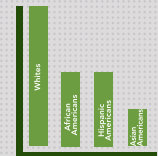
**60%**

Nearly 60% of adults with a mental illness didn't receive mental health services in the previous year.<sup>4</sup>



**50%**

Nearly 50% of youth aged 8-15 didn't receive mental health services in the previous year.<sup>4</sup>



African American & Hispanic Americans used mental health services at about 1/2 the rate of whites in the past year and Asian Americans at about 1/3 the rate.<sup>1</sup>

### Ways to Get Help



Talk with your doctor



Connect with other individuals and families



Learn more about mental illness



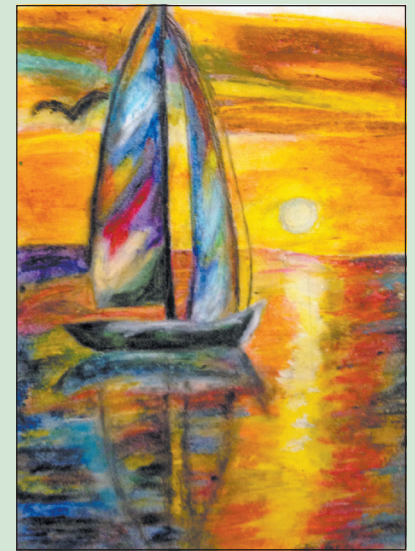
Visit NAMI.org

1 This document cites statistics provided by the National Institute of Mental Health: www.nimh.nih.gov  
2 Statistics provided by Department of Justice  
3 American Journal of Psychiatry and U.S. Surgeon General's Report, 1999  
4 Substance Abuse and Mental Health Services Administration

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## ARTIST OF THE WEEK



**Artist:** Trina Borst,  
12th Grade, MSHS

## CONNECT 14 ONLINE REGISTRATION ... OPEN!

<https://www.connect14.org>

Connect 14 is off to a strong start this school year! This after-school program is bringing students together with local volunteers and district staff to help kids "disconnect to reconnect!"

Students have been participating in martial art classes, gardening, playing sand volleyball and street soccer, designing and building Trax racecars, and taking dance, music, art, film and theater classes!

It's not too late to register your student for Connect 14 classes...please visit our website or contact Joye Levy (Arts 14 Director) [jlevy@mssd14.org](mailto:jlevy@mssd14.org) or Danny Gieck (Sports 14 Coordinator) [dgieck@mssd14.org](mailto:dgieck@mssd14.org)

## ONLINE RESOURCES

iPad Fees, Yearbook purchases, etc.:  
[www.mssd14.org/enrollment/on\\_line\\_payment](http://www.mssd14.org/enrollment/on_line_payment)

Pay lunch fees online:  
[www.payschoolscentral.com/#/user/login](http://www.payschoolscentral.com/#/user/login)

New Student Enrollment:  
[www.mssd14.org/enrollment](http://www.mssd14.org/enrollment)

Choice Student Enrollment Process:  
[www.mssd14.org/enrollment/choice\\_student\\_enrollment\\_process/](http://www.mssd14.org/enrollment/choice_student_enrollment_process/)

## EMPLOYMENT OPPORTUNITIES

You can become a part of the Manitou Springs School District Staff! We have job postings at [www.mssd14.org/district\\_information/employment\\_opportunities](http://www.mssd14.org/district_information/employment_opportunities)

Currently, the District is looking to fill custodial, food service and substitute para-professional positions! Come be a part of our Manitou Herd!

## DID YOU KNOW?



September is National Suicide Awareness Prevention Month. Students 5th-12th grade are receiving education on the Safe 2 Tell app and website. Please contact your school counselor if you have any questions about Safe 2 Tell.

