

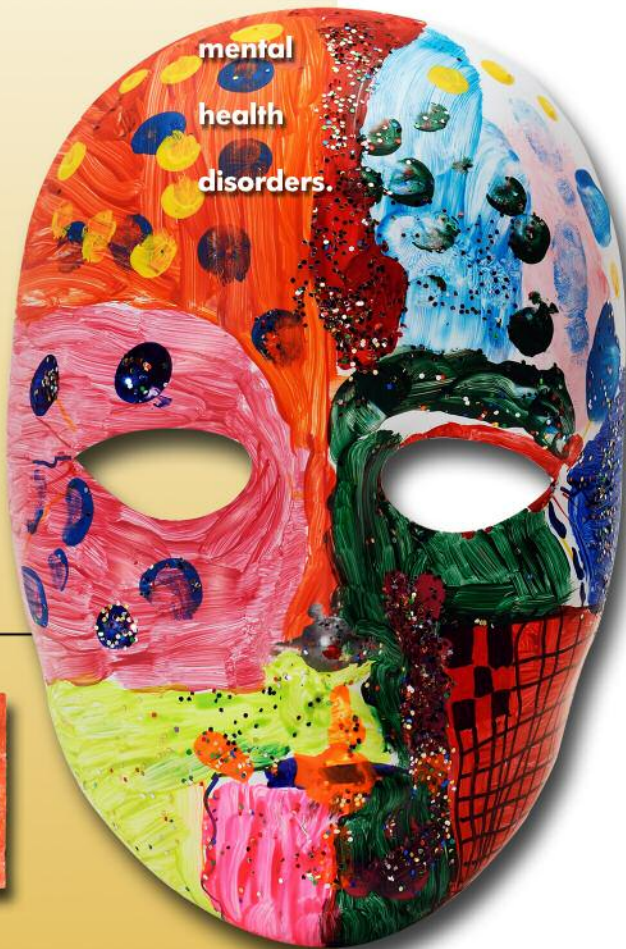


BUILDING ON EACH OTHER'S STRENGTHS



Impressions  
from the  
hearts and  
minds of  
children with

mental  
health  
disorders.



Alyssa, Age 15

Tyler, Age 15

# THE WORLD THROUGH OUR EYES.

**I**n the summer of 2005 the Idaho Federation of Families for Children's Mental Health, a support organization for families that have children with serious emotional disturbances (SED), launched an ambitious statewide art program entitled "Art from the Heart."

The goal was to provide children and youth an opportunity to express in pictures and words their feelings about themselves, their loved ones, and the world around them. Selected works from that art program were used in the creation of a traveling art display, "The World Through Our Eyes."

The goal in sharing these personal impressions is to foster a better understanding of mental disorders, which in turn will promote greater compassion and assistance for children and families in Idaho.



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## What you can do to help

### If you are an adult:

- Educate yourself and others about mental health disorders so you can help end stigma.
- Become involved in your local children's mental health council.
- Direct families that have children with SED to resources in your community.
- Become an advocate for children with SED and their families.

### If you are a student:

- Don't use hurtful or inaccurate words to label those who have a mental illness.
- Speak out and challenge those who stigmatize others.
- Promote understanding and respect.

### Display sponsors:

- Idaho System of Care
- Idaho Federation of Families for Children's Mental Health

### Additional Sponsors:

- Caldwell School District
- Idaho State University, Institute of Rural Health, *Better Today's, Better Tomorrows*

### Special thanks to:

- Children's Mental Health Councils
- Tribal Coordinating Council

- Students for Success program
- Graciela Froncesa, *Cultural events coordinator*
- Juliana Arriaran, *Local artist*
- Lisa Sanchez, *Local artist*
- Marcus Hunter, *Local artist*

All the volunteers, agencies, and community members that made this possible.



## Did you know...

- Mental health disorders are treatable.
- Stigma prevents parents from seeking professional help for fear the "mentally ill" label will cause their child emotional pain and embarrassment.
- Suicide is the third leading cause of death among youths ages 10-24. Evidence is strong that as many as 90% of those who commit suicide have a diagnosable mental health disorder. (*U.S. Surgeon General Report - 1999*)
- One in 10 children in Idaho has a serious emotional disturbance that makes it difficult to do well at home at school, or in the community.

### Resource definitions:

**Local children's mental health council:** A community partnership that includes child serving-agencies, schools, juvenile justice, businesses, citizens, and family advocates. It is designed to help families identify community resources, reduce stigma, and influence local public policy relating to mental health.

**Idaho Council on Children's Mental Health:** Supports mental health councils in communities across the state.

**System of care:** An approach to care that integrates community services and supports and allows the parents or caregiver to decide what's in the best interests of the child.

**Serious Emotional Disturbance:** SED includes a range of behavioral and emotional disorders severe enough to limit or interfere with a child's ability to function in the family, school, or community.

### Additional resources:

- Idaho CareLine's free referral service at 211 or 1-800-926-2588
- Children's Mental Health Councils at 208-334-5722
- Idaho Federation of Families for Children's Mental Health at 1-800-905-3436 or on the Web at [www.idahofederation.org](http://www.idahofederation.org)
- Idaho System of Care Web site at [www.idahosystemofcare.org](http://www.idahosystemofcare.org)



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