



A Student's Perspective

Like students everywhere, the students at Booker T. Washington High School deal with the stress of growing up, peer pressure and self realization.

That's why the Mental Health Association in Tulsa founded SafeTeam there. SafeTeam is an in-school program designed to help kids deal with these issues and prevent mental health problems. SafeTeam coordinators are there to help students with problems they feel they can't talk about with their parents or friends.

Marie was one of those students. During the school year she struggled with many issues - among them an eating disorder, sexual identity, and suicide attempts. SafeTeam was her safe harbor.

"I got involved in SafeTeam when I had a bad experience with a therapist. I came to school feeling really horrible, and just walked into (the SafeTeam counselor's) office and burst into tears. I felt like there was no one I could talk to about anything, and I didn't know what else to do. She listened to everything I had to say and promised me that she would help me. Throughout the year, I seemed to have one problem after another and the SafeTeam counselor was always there to help, especially when it was hard for me to tell my parents. Being able to talk to someone confidentially and knowing that they will try their hardest to help is an amazing thing to have in school."

The Mental Health Association in Tulsa

Founded in 1954 as one of the first Mental Health Associations in the nation, the Tulsa affiliate has dedicated itself to finding ways to promote mental health in the community.

Among its early programs were socialization activities for persons returning home after hospitalization, a suicide prevention hotline, a teen crisis hotline, and advocacy for the development of a community crisis unit where patients could be evaluated rather than being held in jail.

Today, the Mental Health Association in Tulsa offers a variety of programs including ones focused on housing, education, advocacy, support, and a mental health assistance center. The Association's programs work because of the professional staff who administer the services and the numerous caring and dedicated volunteers who provide insight to those who come seeking assistance.

Our Mission:

The Mental Health Association in Tulsa is dedicated to promoting mental health, preventing mental disorders and achieving victory over mental illness through advocacy, education, research, service and housing.

Mental Health Association in Tulsa

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The Mental Health Association in Tulsa is a non-governmental, community non-profit, United Way agency.

An Affiliate of Mental Health America



Tulsa Area United Way



Helping Teens & Children

SafeTeam® & Columbia TeenScreen®



The Statistics tell the story.

- Nearly one of every five American high school students thinks about killing themselves.
- Suicide is the third leading cause of death in people 15 to 24 years of age.
- 90% of young people who commit suicide had been suffering from depression or another diagnosable mental or substance abuse disorder.

It is often feelings of hopelessness or loneliness that result in these deaths. Teenagers sometimes feel like it is them against the world; and the world is winning.

But what if those same young people had been able to talk to someone?

What if there had been a support group they could have relied upon?

Or if their depression had been diagnosed and treated earlier?

The statistics would tell a different story.

SafeTeam and Columbia TeenScreen are programs designed to offer teenagers help and hope as they navigate the difficult period of adolescence. Providing the means for early detection of emotional problems and backed by a support network of counselors, teachers and peers these two programs offer hope for a brighter future for many of Tulsa's young people.

SafeTeam and Columbia TeenScreen are adaptable to the unique needs of any school. For more information on either of these programs, contact the Mental Health Association in Tulsa at (918)585-1213.



Creating a culture of safety by putting students first.

Established in 1997, SafeTeam is comprised of students, parents, teachers, administrators, counselors, security staff, and community members working together to foster trust, communication, and safety. It is an excellent tool for safeguarding our schools and our children.

Some of SafeTeam's® Goals are:

- Provide a forum for organized communication between students, school staff and parents
- Provide confidential counseling for students
- Offer referrals for assessment and treatment possibilities
- Assist students with emotional and mental health needs
- Organize and reinforce the school's safety guidelines
- Provide mental health and crisis intervention training opportunities
- Increase tolerance and diversity within the student body



Columbia TeenScreen®



Most mental health issues in young people go undiagnosed or unrecognized during the critical developmental period of adolescence. Early identification of these issues is vital to ensuring they will be dealt with in a timely and effective manner.

The Columbia TeenScreen program is a free and voluntary adolescent screening tool that assesses physical and emotional well-being. It is a reaction to growing concerns over high incidence of depression, violence, alienation, substance abuse, intolerance and daily stress in our schools today. The screening, conducted by a licensed mental health professional with the student's parental consent, detects emotional problems experienced by teens while the issues are still in their early stages. Columbia TeenScreen is a proactive step designed to ensure our students' safety and get them help when needed.

Some of Columbia TeenScreen's® Goals are:

- Ensure that all parents are offered the opportunity for their teens to receive a voluntary mental health check-up
- Early identification of mental health problems
- Confidential assistance in assessing appropriate services