Partner Build Grow: An Action Guide for Sustaining Mental Health Promotion

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Mental Health is a Good Thing; Schools Should Promote It

“The successful performance of mental function, resulting in productive activities, fulfilling relationships with others, and the ability to adapt to change and to successfully cope with adversity.”

Child and adolescent mental health is defined by “achievement of expected cognitive, social, and emotional milestones; secure attachments; satisfying social relationships; and effective coping skills.”

Sustainability

Sustainability is the continued use of program components and activities for the continued achievement of desirable program and population outcomes.*

Action Guide: Four Prongs

- Mapping assets
- Building an action team
- Connecting with the policy environment
- Communications