

# It's Okay to Not Be Okay Student Exhibit

**Exhibition April 30 — May 6, 2022**

**Gallery at the Center**

**West Plains Civic Center**



*Behavioral Health Center*






The West Plains Council on the Arts (WPCA) and Ozarks Healthcare Behavioral Health Center (OZH) have partnered to bring a themed collection of submissions by area high school and middle school students to the West Plains Civic Center. The Gallery, on the mezzanine, is open to the public during regular Civic Center hours.

The 2022 Children’s Mental Health Week theme is “It’s Okay to Not Be Okay”. This area competition invites area 9-12 grade students to provide their artistic interpretation of what that means. An additional display of grades 5-8 students will be featured. All media types are accepted. Participating schools include Licking, Lutie, Mansfield, Mountain Grove, Skyline, and West Plains.



# History of Children's Mental Health Week Started in Missouri

Compiled by Barb Scheidegger, Director of Missouri Families 4 Families 

**1988** – Missouri received the Federal Child and Adolescent Service System Project (CASSP) Grant Award in October of 1988. \*1

**1990** – Child and Adolescent Service System Project (CASSP) Coalition of families and professionals in the Greater Metro Kansas City areas deciding that they needed to do something to educate people about the fact that although children with Mental Health issues looked healthy on the outside they were hurting on the inside. So this Coalition (including Keys for Networking and the CASSP parent effort in MO) got the Majors of Kansas City, MO (Mayor Cleaver) and Kansas City, Kansas to sign proclamations declaring a certain week in May as “**Children's Emotional and Behavioral Awareness Week**”. This event took place in Kansas City, MO. The next year it went statewide in both States. \*2

**1991 – May 17, 1991 – Declaration of Children's Mental Health and Behavior Disorder Week.** . General agreement that the State Parent Advisory Panel (SPAP) would support such a week, but it was the Panel's feeling that support should come through the school systems. If the P.L. 99-142( \*3). Board will support such a proclamation then the SPAP will also. \*3

**1991 – Summer/Fall CASSP Kansas City Area Coalition.** The Coalition sponsored by Kansas Keys for Networking and the Missouri CASSP Project planning toward a jointly sponsored Children's Emotional and Behavioral Disorder Awareness Week to be held during the first week of May, 1992. This will be a statewide event in both Kansas and Missouri and will not be limited to the Kansas City area. Local Community Mental Health Centers, Schools, not-for-profit and private agencies, advocacy groups and businesses will be asked to plan activities during this week which will assist in providing information and education about these disorders and in reducing the stigma attached to them.

Children's Emotional and Behavioral Disorders Awareness Week Vision:

A growing number of children are recognized as having emotional, behavioral and mental disorders. At the same time members of the community lack information and understanding of these disorders. The purpose of this week is to disseminate information to the community about the needs of these children and their families. \*4

On November 26, 1991 - at the CASSP Statewide Parent Advisory Panel meeting decided not to have the poster contest this year because of the time elements and the lack of manpower on the committee to

do it. The Kansas City Committee decided to ask Virginia's Parent's and Children Coping Together to use their poster. We will be developing information packets to send out regarding the week. \*5

**1992** – First Stateside “Children's Emotional and Behavioral Awareness Week” Poster with Theme “Healthy On The Outside Hurting on the Inside” Poster reference to contact Missouri Department of Mental Health Division of Comprehensive Psychiatric Services (CPS) or Kansas Keys for Networking. This year the first Missouri Governor Proclamation declaring the first full week of May (May 3-9, 1992) as “Children Emotional and Behavioral Awareness Week” signed by Governor John Ashcroft. \*6

**1994** – The first year that the Family Organization Missouri Statewide Parent Advisory Network took Posters, Information Packets and Green Ribbons to the Federation Children Mental Health National Conference to share with other States where they could put their State's information on the poster and information. Later the poster and information became available electrically. \*7

**1994** – Robyn Boustead, MO Director of CASSP left Missouri Department of Mental Health and went to Ohio and took Children's Emotional and Behavioral Awareness Week to Ohio and then to Maine. \*2

**1995** – The name of “Children's Emotional and Behavioral Awareness Week was changed to “**Children's Mental Health Week**” The posters then read co-founders Missouri Statewide Parent Advisory Network and Missouri Department of Mental Health Comprehensive Psychiatric Services. \*2, 6

**1996** – First year that Children's Mental Health Week was celebrated nationwide May 5-11. 1006. \*8

**1998 & 1999** – Children's Mental Health Week in the Congressional Record signed by Missouri Senator John Ashcroft. \*6

**2000-2005** – Posters with Themes were distributed statewide along with information packets by Missouri Statewide Parent Advisory Network, Department of Mental Health, Community Mental Health Centers and NAMI. \*6

**2006-2010** – Missouri Families 4 Families and Families 4 Families SW Region continued observing Children's Mental Health Week with a theme and Statewide Award Ceremony. In 2006 the Award Ceremony was held in Monett and the next years in Jefferson City. \*8

**2010-2019** - Missouri Families 4 Families designed a poster with Theme for Children's Mental Health Week. The Posters along with information were disseminated statewide with support from Department of Mental Health and NAMI MO. \*9

**MO Governor's Proclamations declaring the first full week of May as "Children's Mental Health Week"  
1992-2005**

- 1992 -Signed by Governor John Aschoff
- 1993, 1994, 1995, 1996, 1997, 1998, 1999, 2000 - Signed by Governor Mel Carnahan
- 2001, 2002, 2003 - Signed by Governor Bob Holden
- 2009, 2010, 2012 - Signed by Governor Jay Nixon

**Mayor's Proclamations of "Children's Mental Health Week"**

2009 First year of Mayor's Proclamation

And the number of Mayor's Proclamation have increased each year since

**Children's Mental Health Week Award Ceremony**

1996-2005 Missouri Statewide Advisory Network held Children's Mental Health Week Award Ceremony, the first years the event was held at the Capitol or the Governor's Mansion.

2006-2017 MO Families 4 Families and Families 4 Families SW Region have continued the Annual Award Ceremony

**Children's Mental Health Week Themes**

- 1992 Healthy On The Outside Hurting On The Inside
- 1993 It takes A Community To Raise A Child
- 1994 A Right To Belong
- 1995 We Do Fit In
- 1996 One Youth At A Time
- 1997 Putting Our Voices Together For Children
- 1998 Communities Need All Our Children "Give Them A Chance"
- 1999 In A Child's Life Everyone Is Accountable
- 2000 Remember Us In The New Millennium
- 2001 We're All In This Together
- 2002 Show Me Our System Of Care
- 2003 In A System Of Care Dream It Do It
- 2004 Our Child And Family Driven System Of Care
- 2005 In A System Of Care Nothing About Us Without Us
- 2006 Our Kids, Our Lives, Our Future, Creating Hope
- 2007 United Families Have The Power And Hope
- 2008 Joining Hands For Unity
- 2009 Stars Of Hope On The Horizon
- 2010 Where We Have Been Where Are We Going
- 2011 Looking To the Past To Create A Better Future
- 2012 Building With The End In Mind
- 2013 Show Me Children Mental Health Matters

- 2014 All of Me Healthy My Mental Health Matters
- 2015 It's Time Children's Mental Health Matters
- 2016 All Aboard For the Next 25 Years
- 2017 Putting Together Our Hopes and Dreams
- 2018 Supporting Families Changing Futures
- 2019 Great Communication Leads to Family Engagement

Mental Health is how we feel, how we think, and how we act. Sometimes we are well, and sometimes we're not. Sometimes we feel better soon and sometimes we need help to feel better faster.

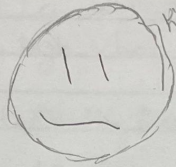
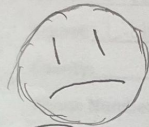
Jordan W

# Children's Mental Health Awareness Week



Confused

It's Ok Not to be Ok Because....



Kind of happy



really happy

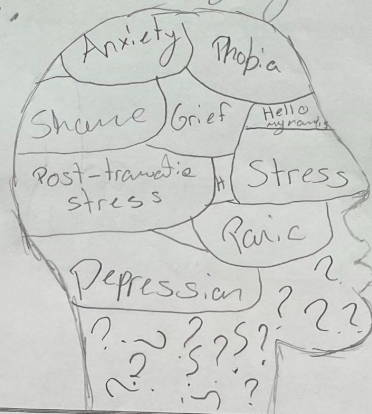


Angry

Laughing

Everybody has different feels  
to do with what is going on in  
your life.

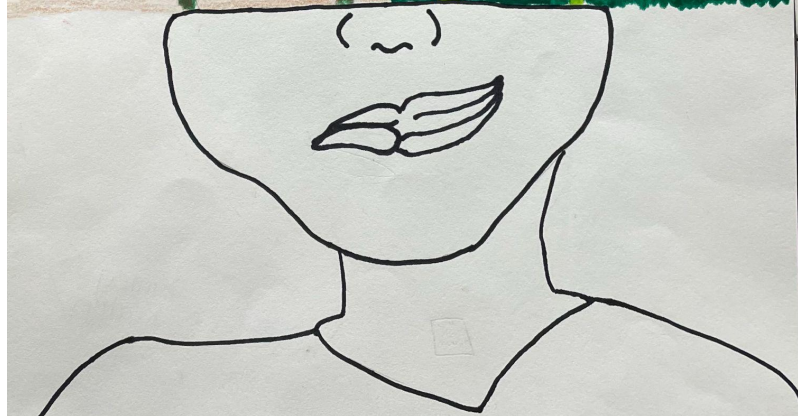
Mental  
health



I am good enough. I am perfect. I am loved! I am worth the effort.

I am not good enough. Why can't I be more like her? No one loves me. I'm not worthy.





you are enough!



"You Are Enough!"

Marker and Colored Pencil

Kinley Keaton, Freshman

Leah Sullins, Art 1 3<sup>rd</sup> Hour

Licking High School  
"NFS"

Youth.gov estimates 49.6% of youth are affected by mental illness and according to CDC.gov, 1 out of every 5 children will experience a severe mental illness. You are not alone.

It's Okay to Not Be Okay!

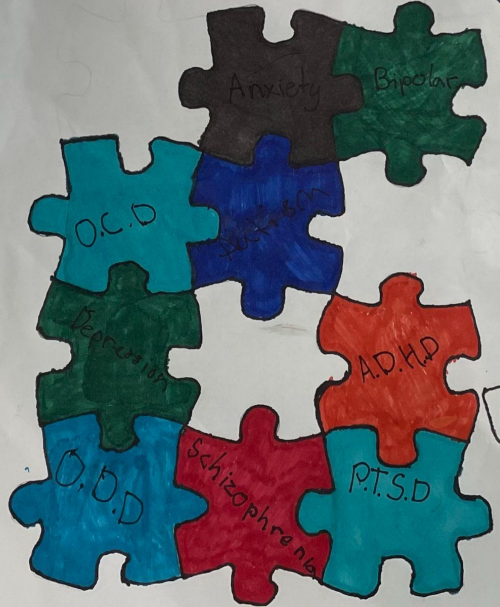


# Children's Mental Health Awareness Week

It's not your fault

It's Ok Not to be Ok Because....

We are all DIFFERENT



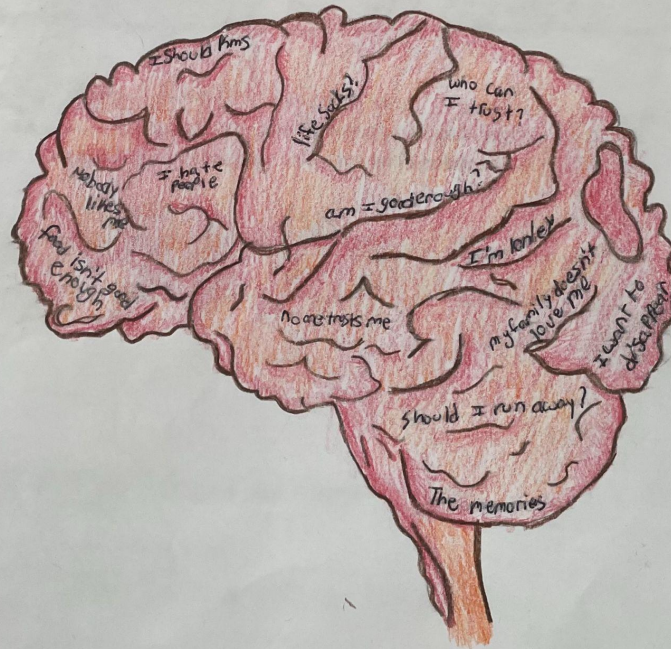
Everyone needs help sometimes

A lot can affect our mental health. What happens to us or around us, what happens to our body such as being constantly sick or having a severe physical illness, how our brain works, using drugs or alcohol, and feeling lonely or isolated are just a few things we can name.

# Children's Mental Health Awareness Week



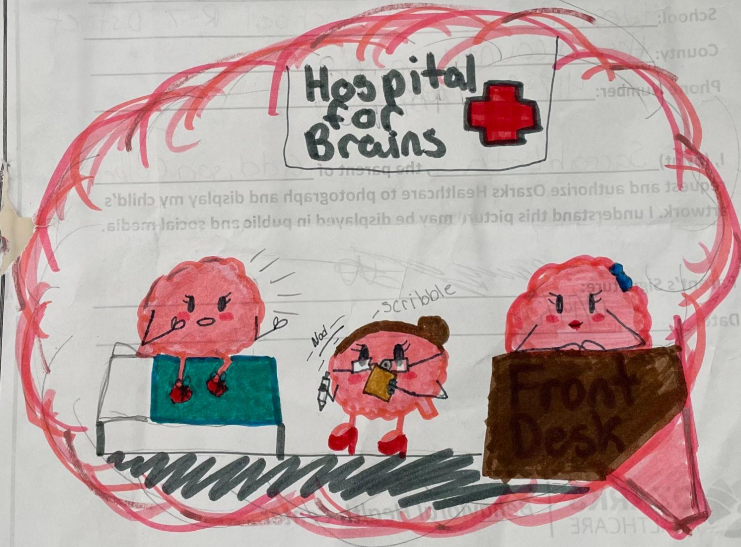
It's Ok Not to be Ok Because....It's all in your head



# Children's Mental Health Awareness Week



It's Ok Not to be Ok Because....



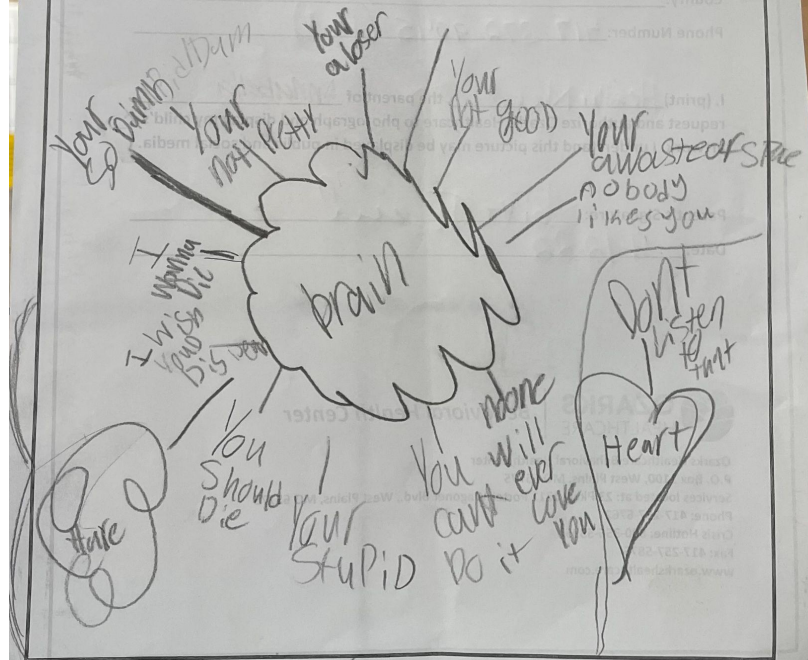
Ozarks Healthcare Behavioral Health Center  
P.O. Box 1100, West Plains, MO 65775  
Services located at: 23 Parkway 1211 Porter Wagoner Blvd., West Plains, MO 65775  
Phone: 417-257-5752  
Crisis Hotline: 800-350-5395  
Fax: 417-257-5755

Annabella

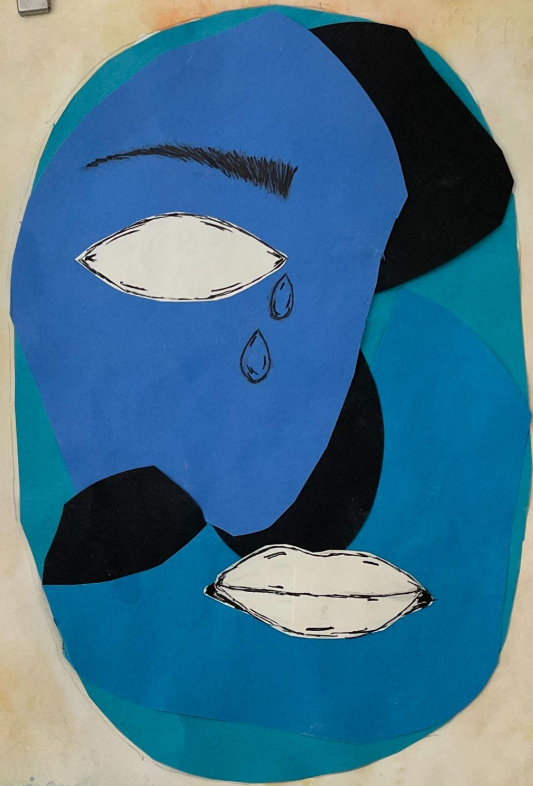
# Children's Mental Health Awareness Week



It's Ok Not to be Ok Because....







I'm not  
okay...

And that's  
okay

*Reda Or*

"I'm not okay, And that's okay"

Watercolor and Cut paper collage

Rakee Clayton, Freshman

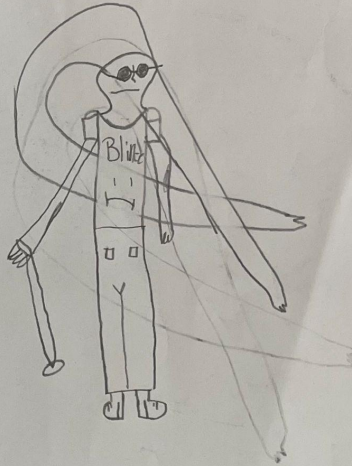
Leah Sullins, Art 1 3<sup>rd</sup> hour

Licking High School

"NFS"

# Children's Mental Health Awareness Week

It's Ok Not to be Ok Because....



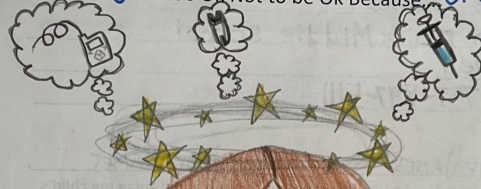
Children's Mental Health Week began in Missouri in 1990 (32 years ago!) to get people talking about how children who experience mental illness may look healthy on the outside but are hurting on the inside. The vision for this week was to help teach adults like teachers, juvenile officers, parents, doctors and others about what mental illness looks like, how it affects children, and what children need to feel better.

# Children's Mental Health

diabetes doesnt  
just come  
with needles, it  
comes with  
stress & anxiety

## Awareness Week

It's Ok Not to be Ok Because *of diabetes (type1)*



**OZARKS**  
HEALTHCARE  
Ozarks Healthcare Behavioral Health  
P.O. Box 1100, West Plains, MO 65757  
Phone: 417-527-6163  
Child Helpline: 800-252-2426  
Fax: 417-527-6815  
www.ozarkshc.com

Knowing about mental health and mental illness is important.

TalkSpace.com (a blog run by mental health professionals) says that knowing what mental illness looks like means that we will be more likely to ask for help when we don't feel good. The sooner we get help, the more likely our mental health will improve. Knowing also helps us feel confident about telling someone that we're not okay.

Remove  
Your Mask



"Remove your Mask"

Watercolor & Sharpie

Harlie Buchanan, Freshman

Leah Sullins, Art 1, 6th Hour

Licking High School

"NFS"

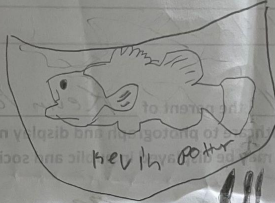


ll

# Children's Mental Health Awareness Week



It's Ok Not to be Ok Because....

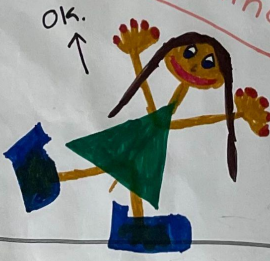
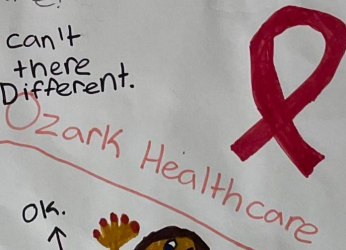


# Children's Mental Health Awareness Week

It's Ok Not to be Ok Because....

Because everybody deserves to feel normal and everybody is different it is ok because everybody has a nice personality and gorgeous & Handsome in thier own way! So thats why its ok to not be okay! Also, God is with you and he lets you know he's always there and he loves for who you are!

ok Lets go in!  
Mom I can't go in there I'm Different.



OK.  
It's ok to be Different & Unique!

# Children's Mental Health Awareness Week

It's Ok Not to be Ok Because....

*We are all Beautiful in our own way*



*Autism*

# Children's Mental Health Awareness Week

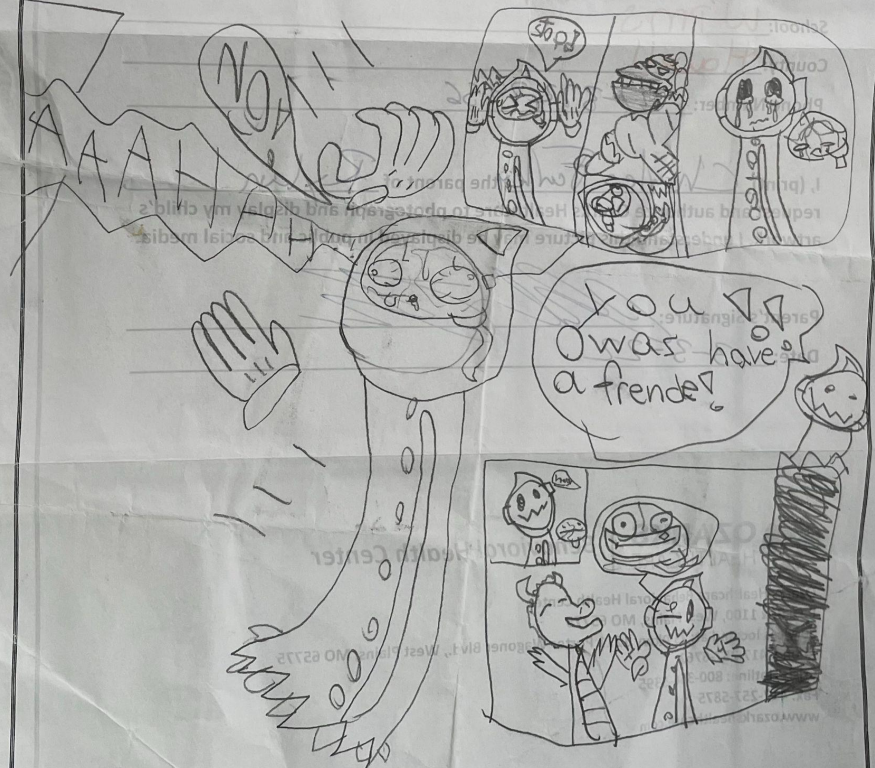
It's Ok Not to be Ok Because....  
*someone will still love you  
no matter what!*

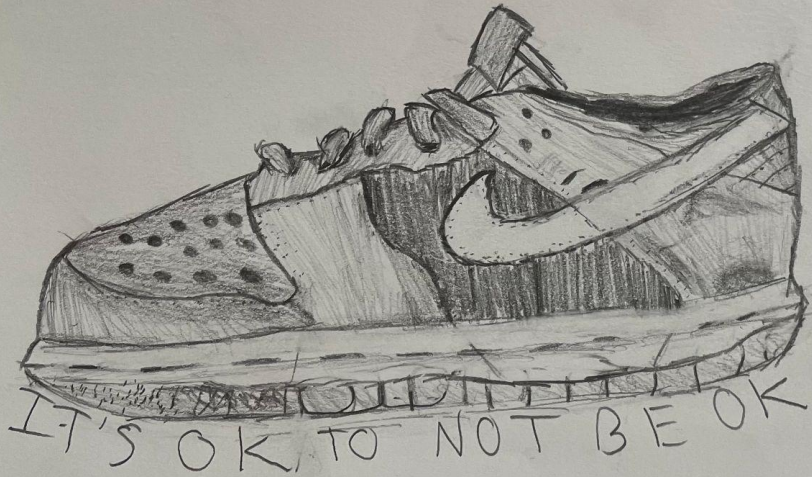


# Children's Mental Health Awareness Week



It's Ok Not to be Ok Because....





IT'S OK TO NOT BE OK

It's OK to Not Be OK"

~~Q~~ Pencil

Brady Hebblethwaite, Freshman

Leah Sullins, Art 1 3<sup>rd</sup> Hour

Licking High School

"NFS"

By 1996 Children's Mental Health Week became recognized across the nation. The efforts of all involved with creating Children's Mental Health Week started to really pay off. This was the first year that Children's Mental Health Week was celebrated by everyone.



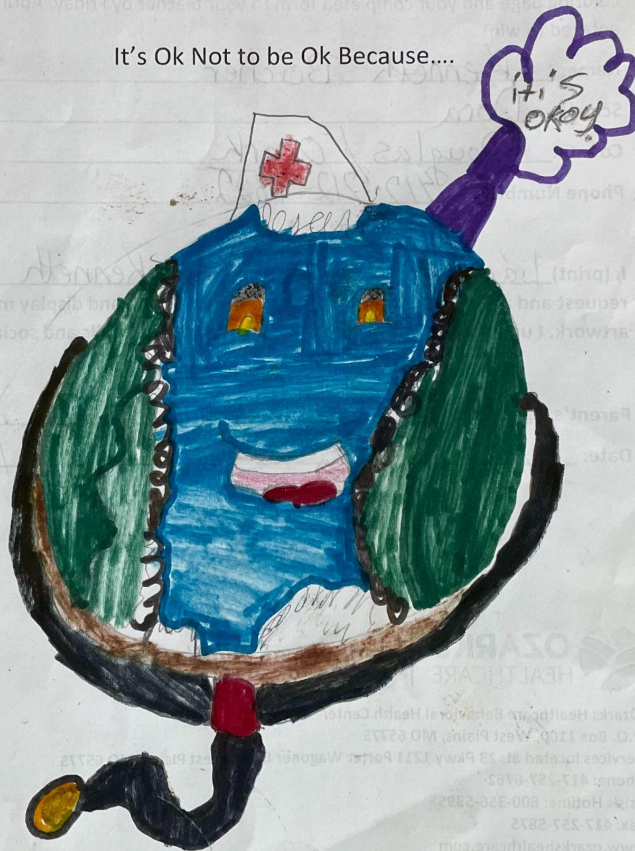
# Children's Mental Health Awareness Week

It's Ok Not to be Ok Because....



# Children's Mental Health Awareness Week

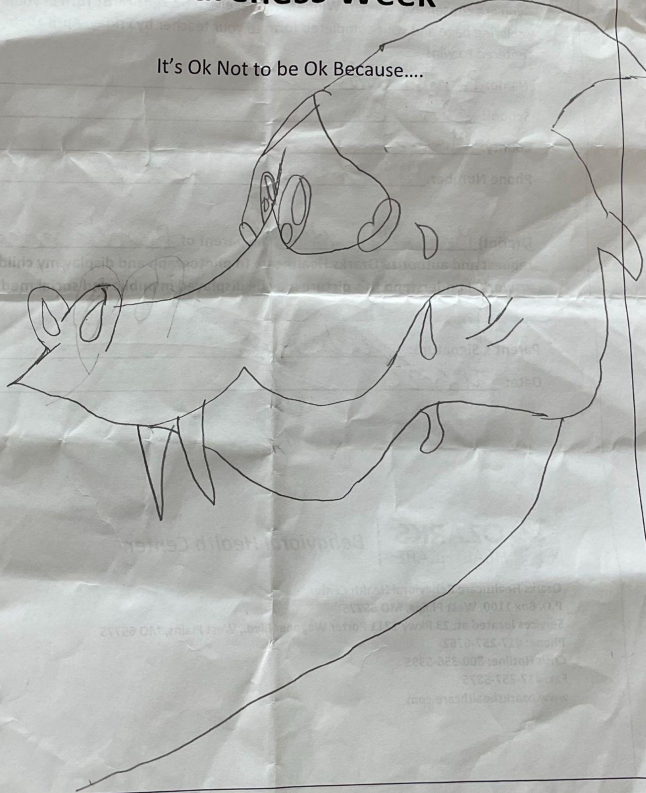
It's Ok Not to be Ok Because....



# Children's Mental Health Awareness Week



It's Ok Not to be OK Because....



16 years later, this week is still being recognized by the United States. Every year new conversations happen about mental health, what it looks like, and what to do about it. Why? Because this isn't something that happens sometimes or hardly ever, this is something that almost half of us experience at some point in our lives.

# Children's Mental Health Awareness Week

It's Ok Not to be Ok Because....

NO Body is Perfect, that's why flowers wilt, and pencils have erasers. @



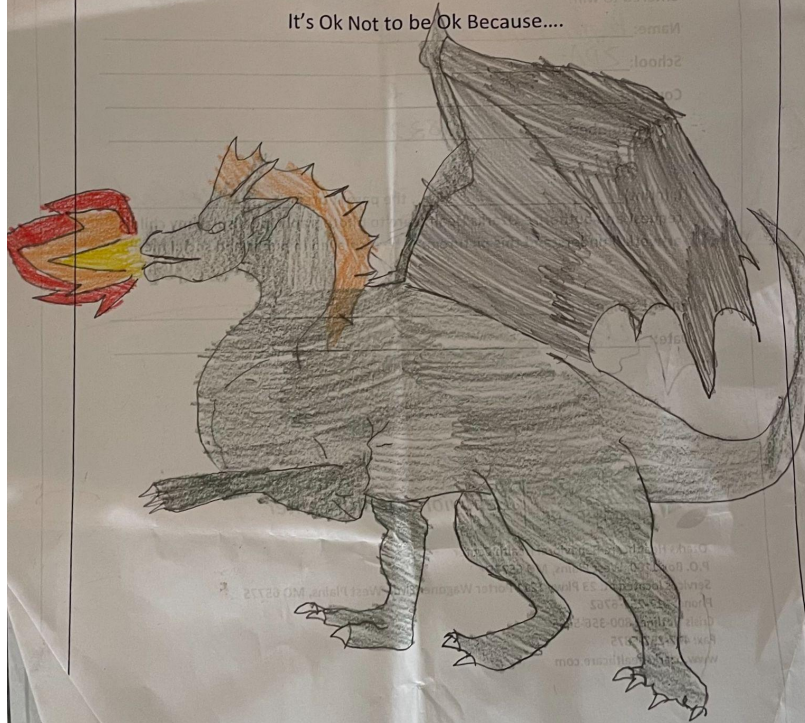
You are loved, and cared for

Stella N. Rhoads

# Children's Mental Health Awareness Week



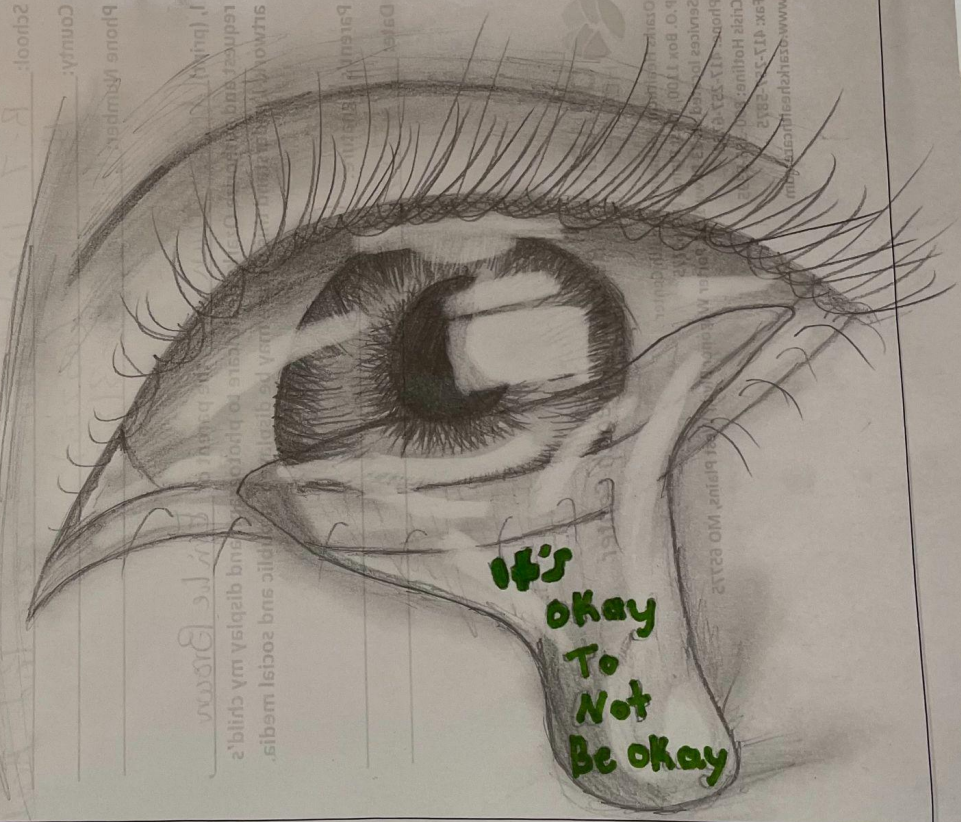
It's Ok Not to be Ok Because....



# Children's Mental Health Awareness Week



It's Ok Not to be Ok Because....



It's  
Okay  
To  
Not  
Be Okay

www.oxleyhealthtrust.nhs.uk  
Fax: 01235 252332

Child Helpline: 0800 111 111  
Phone: 01235 252332

Services for children  
P.O. Box 1700, Oxford  
OX1 1TQ





It's OK not to be  
OK.



Personal Growth

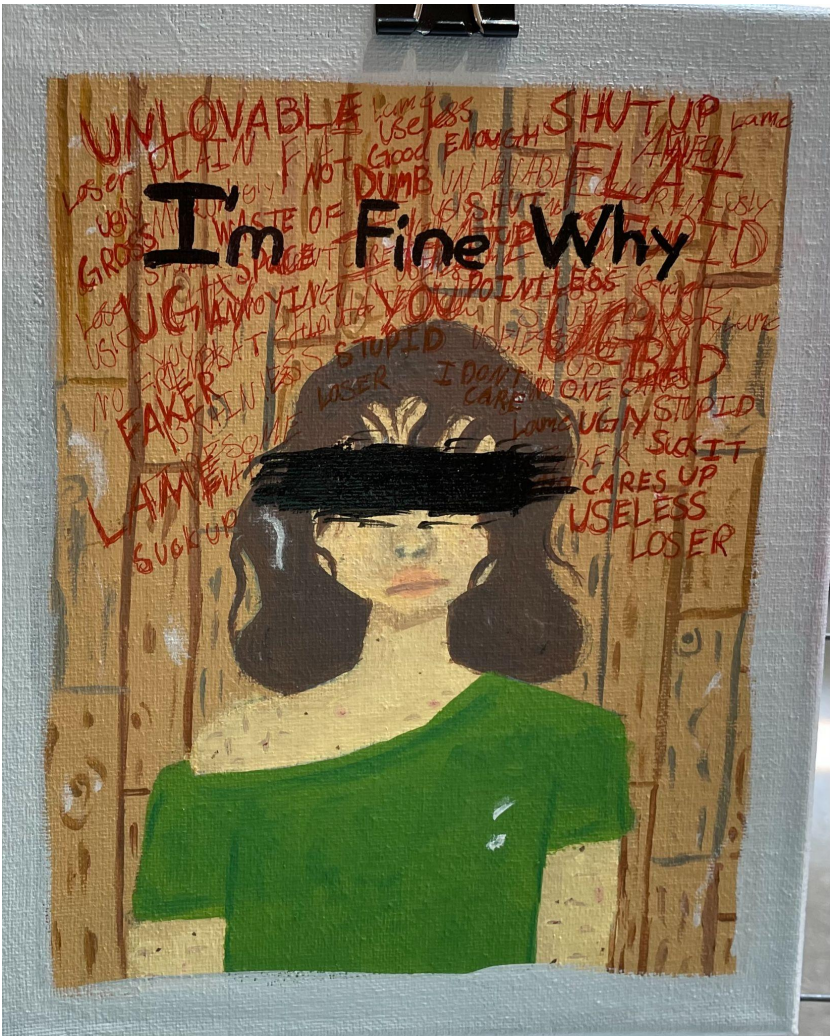
Acrylic on Canvas

Shelby Scott

Weyrauch, Art 2

Lutie R-VI

NFS



"I'm Fine, Why?"

Acrylic paint on canvas

Harlie Buchanan, Freshman

Leah Sullins, Art 1 6<sup>th</sup> hour

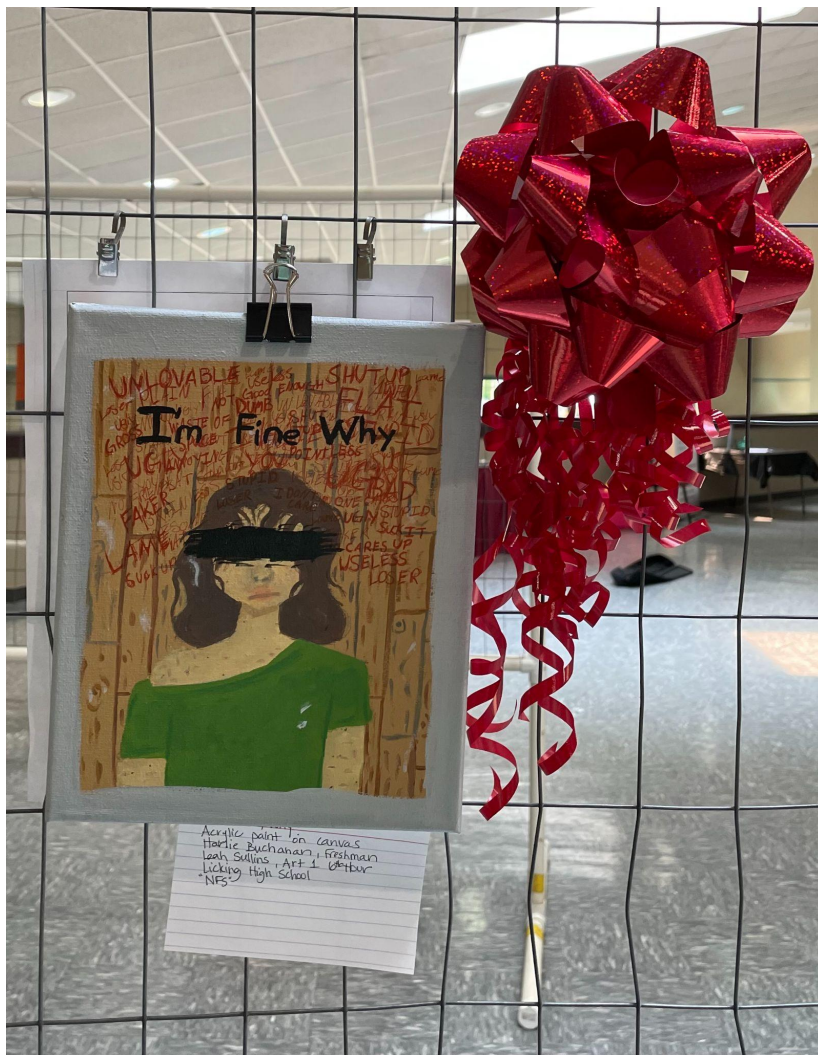
Licking High School  
"NFS"

By continuing the traditions of celebrating Children's Mental Health Week, we hope to continue the conversation. We want you to know that It's Ok not to be Ok, it's also Ok to tell someone. Sometimes we need help to feel better faster.



It's OK not to be  
OK.

Personal Growth  
Acrylic on Canvas  
Shelby Scott



UNLOVABLE SHUT UP  
WASTE OF TIME  
CARELESS LOSER  
DUMB  
LAME  
SUCK UP  
OVERSTUDIED  
SCOTT  
CARES UP  
USELESS

**I'm Fine Why**

Acrylic paint on canvas  
Hortie Buchanan, Freshman  
Leah Sullins, Art 1 teacher  
Licking High School  
NFS

Remove  
Your Mask



"Remove Your Mask"  
Watercolor & Sharpie  
Hailey Buchanan, Freshman  
Leann Sullivan, Art 1, 6th Hour  
Licking High School  
NFS

