



Young minds are our future. This county will thrive if our children grow up healthy, happy and educated. They are our children, and their wellbeing relies on a community that supports its families.



*Young Minds Matter is generously funded by the Methodist Healthcare Ministries*



A joint community effort with partners from:

- Baptist Health System • Bexar County Department of Community Resources • CHRISTUS Santa Rosa Health System • Community First Health Plans • Methodist Healthcare Ministries • Methodist Healthcare System • San Antonio Metropolitan Health District • Stephen Blanchard, Ph.D. • University Health System • WellMed Medical Management Inc • YMCA of Greater San Antonio•



## How to join

Interested in youth mental health issues?

### Call or email us!

(210) 481-2573

Trina.Roman@healthcollaborative.net

We meet every fourth Tuesday of the month from 3:00 p.m. to 5:00 p.m. at the Health Collaborative.



### The Health Collaborative

1002 North Flores  
San Antonio, TX 78212

[www.healthcollaborative.net](http://www.healthcollaborative.net)



**Young Minds Matter**

*A Program of the Health Collaborative*

A non-profit program



*The young minds of today are tomorrow's future*



[www.YoungMindsMatter.com](http://www.YoungMindsMatter.com)



## Young Minds Matter

### **Growing up isn't easy...**

In addition to food and shelter, children need love and security, recognition, education and respect to feel safe, happy and confident. They live in a society where values are constantly changing, and often encounter additional stresses – divorce, social pressures, death in the family, economic difficulties and other factors beyond their control. At a time when children are forming life-long values, attitudes and mental health, they may need help beyond the resources of the family and classroom.

### **Young Minds Matter Monitors and Identifies**

Young Minds Matter focuses on helping parents and youth in our city recognize youth mental health issues and identify resources for help. The Council is a multi-disciplinary group of community members with representatives from local agencies and organizations involved in supporting healthy young minds.

## The Youth Mental Health Council (YMHC)

The Youth Mental Health Council is a multi-disciplinary group of community members that focuses on helping parents and youth in our city recognize youth mental health issues and to help identify resources.

### **What is YMM?**

Young Minds Matter is a program developed by the YMHC, whose goal is to increase the early detection of children's mental and behavioral health by using a Pediatric Screening Checklist (PSC). YMM is also developing a referral network to increase access to children's services.



### **What is the PSC?**

The Pediatric Screening Checklist (PSC) is a one-page questionnaire listing a broad range of children's emotional and behavioral problems that reflect parents' impressions of their child's psychosocial functioning.

### **Why is youth mental health screening important?**

Without proper identification and help, over time, the mental health problems of these children can be expected to escalate to wide-ranging negative consequences, possibly including suicide.