

Though Parents Understand the Importance of Mental Health, Survey Finds Most Don't Know How to Start the Conversation

Newly launched Operation: Conversation encourages parents and caregivers to use tools that help start — and continue — a dialogue with kids

***Note: Embargoed until Wednesday, April 27, 2022 at 12 a.m. Eastern**

Nationwide Children's Hospital

Produced by: MediaSource www.mediasourcetv.com Package Length: 1:49	To download broadcast-quality video and other multimedia elements: http://onoursleeves.multimedia-newsroom.com/?p=1874 Content provided by: Nationwide Children's Hospital
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NEWS PACKAGE

<p>SUGGESTED TEASE</p>	<p>MOST PARENTS UNDERSTAND THAT IT'S IMPORTANT TO TALK TO THEIR CHILDREN ABOUT MENTAL HEALTH. BUT WHAT'S THE BEST WAY TO BROACH THAT TOPIC? COMING UP, HOW CHILDREN'S MENTAL HEALTH EXPERTS SUGGEST PARENTS AND CAREGIVERS START AND CONTINUE THOSE CONVERSATIONS.</p>
<p>ANCHOR LEAD</p>	<p>MOST PARENTS AND CAREGIVERS KNOW TO ASK THEIR CHILDREN ABOUT THEIR DAYS OR WHAT THEY LEARNED AT SCHOOL. BUT HOW CAN THOSE CONVERSATIONS LEAD TO DEEPER TALKS ABOUT CHILDREN'S MENTAL HEALTH? A NEW SURVEY FINDS THAT ALTHOUGH NEARLY EVERY PARENT OF KIDS UNDER 18 THINKS IT'S IMPORTANT TO TALK WITH KIDS ABOUT MENTAL HEALTH, MOST NEED HELP STARTING THAT CONVERSATION. BARB CONSIGLIO HAS THE DETAILS ON HOW PARENTS AND CAREGIVERS CAN NOT ONLY START, BUT KEEP THE CONVERSATION GOING.</p>
<p>(PACKAGE START) ----- CG: Courtesy: Nationwide Children's Hospital :00 - :03 Shots of Zenniere talking to Chesne</p>	<p>FROM A QUICK CHAT ON THE WAY HOME FROM SCHOOL TO A QUIET CONVERSATION BEFORE BED, ZENNIERE (zen-EAR) BOWRY-THOMAS MAKES TIME EVERY DAY TO KEEP THE LINES OF COMMUNICATION OPEN WITH HER TWO KIDS. :07</p>
<p>CG: Zenniere Bowry-Thomas Mother</p>	<p><i>"I think it's important to have those conversations with your children so they have a forum to share how they're feeling."</i> :08</p>
<p>Shot of Chesne talking to mom</p>	<p>SEVEN-YEAR-OLD CHESNE (CHEZ-NEE) APPRECIATES THEIR TALKS, TOO. :03</p>



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<p>CG: Chesne Thomas 7-year-old</p> <p>Wide shot of parent-child conversation (blur for graphic)</p> <p>Graphic: 93% of parents think it's important to talk to their children about mental health 59% need help starting the conversation</p>	<p><i>"It feels good to tell my mommy if I had a good day or a bad day."</i> :07</p> <p>A NEW NATIONAL SURVEY FROM ON OUR SLEEVES FINDS THAT NINETY-THREE PERCENT OF PARENTS WITH KIDS UNDER 18 THINK IT'S IMPORTANT TO TALK TO THEIR CHILDREN ABOUT MENTAL HEALTH. FIFTY-NINE PERCENT, HOWEVER, SAID THEY NEEDED HELP STARTING THAT CONVERSATION, A CRUCIAL FIRST STEP. :12</p>
<p>CG: Ariana Hoet, PhD Nationwide Children's Hospital</p> <p>Shots of Dr. Hoet going through On Our Sleeves resources</p>	<p><i>"Unfortunately, there's a lot of things that kids carry inside, and we don't know what they're thinking, we don't know what's going on at school. And so it's important that we go to them."</i> :11</p> <p>ON OUR SLEEVES, POWERED BY THE BEHAVIORAL HEALTH EXPERTS AT NATIONWIDE CHILDREN'S HOSPITAL, HAS LAUNCHED OPERATION: CONVERSATION TO PROVIDE PARENTS AND CAREGIVERS WITH CONVERSATION STARTERS, EDUCATIONAL RESOURCES AND TIP SHEETS TO OPEN LINES OF COMMUNICATION AND KEEP THE CONVERSATION GOING. :11</p>
<p>CG: Ariana Hoet, PhD Nationwide Children's Hospital</p> <p>Shots of Dr. Hoet talking to teen, doing coping exercises</p>	<p>"First we have to create the habit with our children of just talking, feeling comfortable, talking with each other, making it normal." :07</p> <p>WHEN THOSE CONVERSATIONS BECOME ROUTINE, KIDS FEEL MORE COMFORTABLE TALKING ON A DEEPER LEVEL, WHICH IS WHY ON OUR SLEEVES PROVIDES RESOURCES TO HELP BROACH TOPICS FROM EVERYDAY TROUBLES AT SCHOOL TO RACISM, POLITICS OR MENTAL HEALTH. AND IN A WORLD WHERE KIDS DEAL WITH MORE AND DIFFERENT PRESSURES THAN EVER BEFORE, IT'S CRITICAL TO UNDERSTAND WHAT THEY'RE GOING THROUGH. :16</p>
<p>Ariana Hoet (CG'd earlier)</p> <p>Shots of family playing game together</p>	<p><i>"Nowadays, you have social media too. So children are comparing themselves to others, or they're aware when they're being excluded, or they're just consuming things that they don't know how to process yet."</i> :10</p> <p>JUST FORTY-THREE PERCENT OF RESPONDENTS SURVEYED SAID THEY GREW UP IN A HOUSE WHERE FAMILIES TALKED OPENLY ABOUT MENTAL HEALTH. BY BEING PROACTIVE, OPERATION: CONVERSATION AND PARENTS AND CAREGIVERS</p>

<p>Zenniere Bowry-Thomas (CG'd earlier)</p> <p>Shots of family playing game together (PACKAGE END) -----</p> <p>ANCHOR TAG</p>	<p>LIKE ZENNIERE HOPE TO IMPROVE THE NEXT GENERATION'S RELATIONSHIP WITH SHARING THEIR FEELINGS. :11</p> <p><i>"There's a stigma in our Caribbean community about men not showing emotions. And I want to curb that stigma."</i> :08</p> <p>IN COLUMBUS, OHIO, THIS IS BARB CONSIGLIO REPORTING. :02</p> <hr/> <p>EXPERTS NOTE THAT, AT EVERY AGE, THERE ARE STEPS TO TAKE THAT CAN HELP KIDS FEEL HEARD, SUPPORTED AND LOVED.</p> <p>PARENTS AND CAREGIVERS WHO FEEL OVERWHELMED OR FEEL THEIR CHILD NEEDS IMMEDIATE HELP CAN CALL THE NATIONAL YOUTH CRISIS HOTLINE AT 800-442-HOPE.</p> <p>TO ACCESS RESOURCES THAT WILL HELP YOU HAVE THESE IMPORTANT CONVERSATIONS, VISIT ON OUR SLEEVES DOT ORG.</p>
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SOCIAL MEDIA

<p> Share it! Suggested tweet:</p>	<p>The vast majority of parents of kids under 18 understand the importance of talking to kids about mental health, but less than half say they know how to start. To give parents and caregivers the resources they need, @OnOurSleeves have launched Operation: Conversation, a place for caregivers to find resources that help support that conversation. #OnOurSleeves</p> <p>http://onoursleeves.multimedia-newsroom.com/?p=1874</p>
<p> Suggested post:</p>	<p>Do you know the importance of talking to your kids about mental health? According to a new national survey, 93 percent of parents with kids under 18 do, but less than half say they know how to start. Parents and caregivers can find the resources they need thanks to a new program by On Our Sleeves called Operation: Conversation, a place for parents to find resources that help start and continue the conversation supporting mental health.</p> <p>#OnOurSleeves</p> <p>http://onoursleeves.multimedia-newsroom.com/?p=1874</p>

EXTRA BITES

<p>CG: Ariana Hoet, PhD Nationwide Children's Hospital</p>	<p>Dr. Hoet on teaching children to understand emotions: <i>"When kids are young, they don't have the language to talk about what they're feeling or they may not even know that they're feeling something. So we have to start at square one from the moment they're born, just like we're teaching them the ABCs, 1, 2, 3, teach them happy, sad, angry, teach them those emotion words."</i></p>
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CG: Ariana Hoet, PhD
Nationwide Children's Hospital

Dr. Hoet on the current childhood mental health crisis:
"For the past 10 years, we've been seeing increasing concerns for children's mental health symptoms of hopelessness, thoughts of suicide, and then a pandemic happened. 1:28 And so of course it's just even gotten worse than the trends we were already seeing that led pediatric organizations in the US to declare national health emergency and the Surgeon General to talk about children's mental health as a health crisis. 1:42 And so it is important that we talk about it because the trends will only continue unless we start doing something to change."

Dr. Hoet on the goals of Operation: Conversation:
"Operation: Conversation is all about showing caregivers, adults, teachers, how to have conversations with children. But really, there's three steps. First is start the conversation, how do I even get them talking? The second step is, well, now that they're talking, how do I respond? How do I talk to them in a way that makes it fun and comfortable and rewarding so that they'll keep talking and coming back? And then the third part is, how do I give advice? How do I ask more questions? And how do I set limits and boundaries?"

Zenniere on the importance of kids opening up:
"You have to give kids a forum to share how they're feeling. And if you don't do that, they keep things bottled up. And there comes a time when that may explode. And you also want your children to be able to know that it's okay to not be okay. And that is why I think it's important to start very early so that they can have the tools and the strategies as they grow, as the world gives you a lot to manage."

CG: Zenniere Bowry-Thomas
Mother

Zenniere on talking about difficult topics:
"I'm a parent who feels as though I don't want to isolate my children. They're going to go out into the world. And I think bringing topics around what's happening in our country, across the world, is bringing down to a level that they can understand."

Zenniere on her childhood experience with sharing feelings:
"I'm originally from the island of Saint Kitts in the Caribbean, and I never saw my dad cry. If I saw him cry, it had to do with death. And he never showed a lot of emotion when he was sad. And I think similarly, my husband is also from Saint Kitts, and I tell him, up until this day, I have never seen him shed a tear. I know he's sad, I know he could be down, but I've never seen him shed a tear."

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