“Our School district in Risingsun, Ohio has presented the Red Flags Program for approximately 10 years. We have found the program to be valuable to our students. I would recommend this program for any school district interested in helping their students deal with mental illness.”

Joyce Mueller, RN
Lakota Local Schools

“The nurse from the school using Red Flags contacted me about my son. It was good to hear from the nurse that she thought there might be a problem. I’m so glad this program was available to help my son.”

A thankful parent

“The Red flags program is an excellent program that compliments the work we are doing. This instructional unit of study on depression in youth is one of the best that I have seen. It is so wonderful to find something that I feel comfortable in recommending to our teachers.”

Linda P. Dunlap
The Jason Foundation, Inc.

Although designed primarily for middle school health classes, Thick ‘n Thin can be used in a variety of settings involving youth and their parents:

Boys and Girls Clubs, Scouts, Big Brothers/Big Sisters, and youth groups of any nature can benefit from learning about adolescent depression and how to deal with it.

Red Flags is made possible through the generous support of the Ohio Department of Mental Health and The Margaret Clark Morgan Foundation.
**What is Red Flags?**

Red Flags is a health program designed for the entire school community: parents, teachers, staff, and students aimed at promoting mental wellness and the primary prevention of mental illness.

The Red Flags program is designed to be implemented yearly at a designated grade level to assure that all students receive this primary prevention education.

Red Flags not only provides information regarding mental illnesses in children, it promotes the development of appropriate coping mechanisms including accessing help. Children learn how to recognize their feelings and act on the information they have received in the classroom.

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**Red Flags Study Results**  
*University of Akron Study, 2003-2006*

**Findings:**

Red Flags was found to be an inexpensive, comprehensive, flexible, prevention program working effectively across a variety of dimensions that included:

- Increased knowledge of mental health
- Stability of knowledge over time
- Direct application of knowledge
- Willingness to make referrals
- Improved academic performance
- Reduction of disruptive behaviors
- Positive change in school climate

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As with all illnesses, the sooner mental illnesses are recognized and treated, the better the prognosis for recovery. *(CDC, 2004)*

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**Program Objectives:**

- To alert students, parents, and faculty to the dangers of adolescent depression.
- To clarify the source and treatment of depression and other mental illnesses.
- To recognize the behavioral symptoms of depression in adolescents and to seek evaluation and treatment.
- To encourage school personnel to develop a policy for recognizing, referring, and accommodating at risk students.
- To assist parents in getting help for children who may be depressed.

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**Red Flags Materials Kit**

- Thick ’n Thin: Understanding Teen Depression Curriculum & 2 DVD’s
- 200 Red Flags in Children’s Behavior Booklets
- “I feel GOOD!” Stickers
- Everyday Heroes
- PowerPoint Presentation
- Clair’s Story DVD

To order a Red Flags Kit, go to [www.redflags.org](http://www.redflags.org) or contact Mental Health America of Summit County at (800) 991-1311