

TIP SHEET

Clementine Gets UNSTUCK!



This book is needed NOW.

- **At least 1 in 6** U.S. children aged 2–8 years (17.4%) has a diagnosable mental, behavioral, or developmental disorder (CDC).
- **At least 1 in 5** U.S. youth aged 9–17 years has a diagnosable mental health disorder that causes some degree of impairment; **1 in 10** has a disorder that causes significant impairment (ACOG).
- ADHD, anxiety disorders, behavior problems, and depression are the most commonly diagnosed mental disorders in children. According to the CDC, most recent data suggests:
 - ADHD 9.8% (approximately 6.0 million)
 - Anxiety 9.4% (approximately 5.8 million)
 - Behavior problems 8.9% (approximately 5.5 million)
 - Depression 4.4% (approximately 2.7 million)
- Depression and Anxiety continue to increase over time (CDC).
- "In a 2020 survey of 1,000 parents around the country facilitated by the Ann & Robert H. Lurie Children's Hospital of Chicago, 71% of parents said the pandemic had taken a toll on their child's mental health, and 69% said the pandemic was the worst thing to happen to their child. A national survey of 3,300 high schoolers conducted in spring 2020 found close to a third of students felt unhappy and depressed much more than usual." (American Psychological Association)

As a community, what do we do?

Through story, practice and play, children learn resilience and the importance of community. Licensed Professional Counselors **Christine Corrigan Mendez** and **Jen Monika McCurdy** offer a solution-focused opportunity based on empirical data for children to learn self-care strategies in response to daily stressors and uncertainty. They also provide adults with tools to open productive dialogue about mental health and the importance of self-care at any age.

What is Clementine Gets UNSTUCK! about?

Clementine Gets UNSTUCK! is a story about a frustrated but determined third grader named Clementine, who feels STUCK because she has too many thoughts and ideas Zipping, Zinging and Tangling in her brain all at once. She believes there has to be a way to slow her thoughts down and make them clear. Clementine searches and searches, and eventually finds a simple solution at school that works! And she gets UNSTUCK!

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What is the Kids Can Club™?

The Kids Can Club™ is a Helping Group for kids, supported by the participation of trusted adults– parents, teachers and counselors. In the club, friends find fun and creative ways to help other kids, animals, the environment, and even grownups. And they learn how to help themselves when they face challenges–starting with BIG and sometimes tough thoughts and feelings!

What is KidsCanClub.com?

The book series is accompanied by the KidsCanClub.com program. On KidsCanClub.com, kids, parents and trusted adults will find free activities, games, additional wellness exercises and interaction with the Kids Can Club characters. Readers will also learn how to start their own Kids Can Club!

What is the age range of the intended readers?

Elementary-aged children (and their trusted adults)

What inspired this book series?

In light of current mental health needs among children who have been strongly impacted by the pandemic and increasing social stressors, Christine and Jen were inspired to help. By engaging and empowering young readers through a connection with the Kids Can Club kids, who face emotional challenges, find solutions through simple wellness tools and then share them with others, young readers can learn that they are not alone with their feelings and that they can take action to find solutions to help themselves, and others, too.

Are the authors willing to offer additional support?

Yes! Christine and Jen are active members of the St. Louis community who advocate for mental health. They look forward to connecting with parents, schools and other networks!