Hello,

This is certainly a time of unpredictability, flexibility, and change that is difficult to comprehend. Planning has been difficult for all administration, staff, students, families, and communities. Below is our first quarterly newsletter and the Student Wellness Department hopes you find some useful tools, resources, and information for prevention awareness dates, to aid in this time of transition.

The ESC of Northeast Ohio’s Student Wellness Department and Communication Consultant have been busy this summer developing the “Start Smart. Stay Smart.” Campaign. You may have seen or heard this promotion on Channel 3 or one of the many iHeart radio stations. The campaign helps connect you to schools and community resources as students start the new school year as well as offering an opportunity for students to win a Chromebook and video call with Josh Cribbs.

The Student Wellness Department would also like to welcome our two new School Climate Consultants, Linda Blanch, M.Ed and Meghan KanagaRaj, M.A, M.Ed. They both come with years of experience working and supporting diverse educational populations and providing a variety of trainings around tiered frameworks and other topics. Meghan and Linda will be supporting districts and PBIS teams as they audit their strengths and challenges of their current tiered framework, especially in a time of remote leaning! They will be exploring providing networks for parents on reinforcing the district’s/staff’s tiered framework, whether in-person or at home.

We wish you all the very best year ahead and look forward to working together this coming school
The Student Wellness Department

Save the Date - Upcoming Virtual Events

PAX Training is available for districts in Cuyahoga County:

- **PAX Network Meeting:** August 31, 2020 from 9:00-11:00 AM
  - The ESCNEO is forming a Community of Practice (CoP) for PAXGBG teachers and other teams members currently trained and implementing PAX in the classroom. The focus will be to share successes, challenges, and lessons learned from current educators/teams with new PAX users. We also intend to have PAXIS Institute International trainer, Mike Muempfer, to speak about some strategies for those of you starting remote/virtual, hybrid, or in person. The group will set the dates for future times to meet and share experiences.

- **More Information to Follow:**
  - **PAX Partners** - September 3-4, 2020 from 9:00-2:30 PM
  - **PAXGBG and Sustainability** - September 14-15, 2020 from 8:00-3:30 PM
  - **PAX Heroes** - September 18, 2020 from 8:00-3:30 PM

- **Tentative Suicide Prevention Training** - September 2020

Transitioning Back to School: Hybrid, Virtual, Home-school

See What Cuyahoga County School Districts are Doing for Classes Following Health Board’s Remote Learning Recommendations

Start Smart. Stay Smart.

As part of the U.S. Dept. of Education grant, Project Prevent, the ESC of Northeast Ohio is working in partnership with WKYC TV3 and iHeart Radio have created a public service campaign to engage students, families, and staff and connect them to resources as they transition back to school.

Follow along for the latest news, tips, and resources for families and students as we navigate this new normal and what returning to school looks like this fall, or contact us with any questions you may have.

216-910-HELP (4357)

Win a Chromebook & Video Call with Josh Cribbs, Courtesy of the ESC of
The coronavirus outbreak has caused major disruptions to daily life and children are feeling these changes deeply. While the start of school will not only be welcome but exciting for many students, others will be feeling anxious or frightened. Here are resources to help children navigate some of the complicated emotions they may be facing with going back to school - whether it be hybrid, virtual, or home-school.

Connecting for Kids is offering 3 FREE online seminars for any parent, guardian, or caretaker. Serving all families with children younger than 13 in Cuyahoga and Lorain counties.

- CFK Virtual Zoom Speaker Series: Ask Us! Planning for School in Fall
  - 04 Aug 2020 7:00 PM
- CFK Virtual Zoom Speaker Series: Helping Your Anxious Child Prepare for the School Year
  - 12 Aug 2020 7:00 PM
- CFK Virtual Zoom Speaker Series: Ask Us! Finding Resources this Fall
  - 19 Aug 2020 7:00 PM
September 2020: National Suicide Prevention Month
September 6-10, 2020: National Suicide Prevention Week
September 10, 2020: World Suicide Prevention Day

Community Resources

Suicide is the second leading cause of death for young people between 10 to 24.

#BeThe1To

#BeThe1To is the National Suicide Prevention Lifeline’s message for National Suicide Prevention Month and beyond, which helps spread the word about actions we can all take to prevent suicide. The Lifeline network and its partners are working to change the conversation from suicide to suicide prevention, to actions that can promote healing, help and give hope.

1. ASK
2. KEEP THEM SAFE
3. BE THERE
4. HELP THEM STAY CONNECTED
5. FOLLOW UP
**Never, Never Give Up. You Matter.**

You Matter is a safe space for youth to discuss and share stories about mental health and wellness, created and administered by the National Suicide Prevention Lifeline. You Matter blog posts are written by a rotating Blogger Council of individuals between the ages of 13-24 that are passionate about suicide prevention and mental health.

You Matter is a movement to spread the word that your problems, your worries, your fears, and above all you—unique and real you—matter. And because just about everyone—at some point—hits the wall, we’re here to help.

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**Lifeguard Workshop**

Are you an educator, school counselor, social worker, school nurse, or youth group leader?

The Lifeguard Workshop video is a learning tool specifically designed for you to help young people:

- Identify the challenges faces by LGBTQ people
- Recognize the warning signs of suicide.
- Respond to someone whom may be in crisis.

This video training and curriculum is based on Trevor’s in-person workshop that is listed in the SPRC/AFSP Best Practice Registry for Suicide Prevention and is free of charge to educators and youth service providers.

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**October 2020: National Bullying Prevention Month**

**Ohio Anti-Bullying Resource List**

**2 Strong 4 Bullies**

- One out of every five (20.2%) students report being bullied
- 41% of students who reported being bullied at school indicated that they think the bullying would happen again
- School-based bullying prevention programs decrease bullying by up to 25%

**Pacer’s National Bullying Prevention Center**

More than one of every five students reports being bullied. They are scared to go to school. That means those students lose the opportunity to learn. It is every student’s right to be safe in school.

Students who are bullied may also have lower self-esteem and less self-confidence. They might also struggle to concentrate in school because they’re afraid of being bullied.
It’s not just the targets of bullying who are hurt by it. Students who bully sometimes have problems with the law when they’re older. Students who see bullying happen often feel afraid or angry and even though they want to help, they don’t know how.

Pacer’s National Bullying Prevention Center
Pacer Center’s Teens Against Bullying
Pacer Center’s Kids Against Bullying

Parents/Guardians
Elementary Students
MS/HS Students

October 2020: Domestic Violence Awareness Month

Ohio Domestic Violence Network - Hotel Assistance Program

- One in three adolescents in the U.S. is a victim of emotional, physical or sexual abuse from a dating partner, a figure that far exceeds other types of youth violence
- Only 33% of teens who were in a violent relationship ever told anyone about the abuse
- Dating abuse affects around 1.5 million teens annually.

Healthy Relationship Middle/High School Educators Toolkit

As an educator, you are in a position to influence, motivate and lead children and youth. As a mentor and role model to your students, you play a critical role in shaping their attitudes and behaviors. You have the ability to help them get an understanding of healthy relationships and learn to recognize the signs of an unhealthy or abusive relationship.

loveisrespect.org
Throughout Ohio, you can text the keyword “4hope” to 741 741 to be connected to a trained Crisis Counselor. Data usage while texting Crisis Text Line is free and the number will not appear on a phone bill with the mobile service carrier. People of all ages can use Crisis Text Line.

www.crisistextline.org

Additional Resources

1. Project AWARE (ESCNEO) - Mental Health Awareness Resources
2. Project PREVENT (ESCNEO) - Violence Prevention Resources
3. Domestic Violence & Child Advocacy Center - 216.391.4357
4. National Domestic Violence Hotline - 800.799.7233
5. National Suicide Prevention Hotline - 800.273.8255
6. Ohio Suicide Prevention Foundation (OSPF) - 800.273.8255
7. National Alliance on Mental Illness (NAMI) - 800.950.6264
8. Substance Abuse and Mental Health Services Administration (SAMHSA) - 877.726.4727
9. Alcohol, Drug Addiction & Mental Health Services (ADAMHS Board) - 216.241.3400

CLICK HERE to subscribe to our newsletter.

If you would like certain topics highlighted in future newsletters, please contact Kristine.Kozlowski@escneo.org with information.