



News & Updates

February 2020

Student Wellness Department

A lot has happened since our last newsletter! The Student Wellness Department has begun to expand in 2020. We welcome two additional staff as Student Wellness System Navigators to support the districts, *Cathy Papp, LISW*, who has an extensive background in behavioral health and schools and *Heather Corcoran, JD*, with an extensive background in juvenile justice as well as program development. They will be transitioning from their current positions to the Educational Service Center of Northeast Ohio (ESC of Northeast Ohio) in the upcoming months.

Governor DeWine has increased the budget to provide multiple funding opportunities for schools and communities to address the need for increased access of mental health services for Ohio's youth. The Ohio Department of Education and Ohio Mental Health and Addiction Services (OMHAS) have partnered together in structuring the utilization for these funds. The ESC of Northeast Ohio Student Wellness staff have been meeting with multiple districts to partner and provide support on their plans for both Student Wellness and Success, and The Alcohol Drug Addictions and Mental Health Services (ADAMHS) Board of Cuyahoga County K- 12 Preventions Services funds and completing district Self-Assessment Surveys. The ESC of Northeast Ohio, in collaboration with other ESCs across the region was just awarded the Prevention Education Professional Development grant to increase capacities of ESC in districts for prevention education. More to come on this opportunity.

The ESC of Northeast Ohio congratulates the Mental Health Network for School Success, Miami University, and Mental Health America grant award to provide YMHFA and MHFA to all Ohioans! *To expand the number of individuals trained in Mental Health First Aid with a focus on information participants can use to help adolescents and transition-age youth 12-21, minority, older adult, and faith-based communities.* The ESC of Northeast Ohio, Student Wellness Department will collaborate with them to promote and offer upcoming trainings.

The current Student Wellness Coordinator, Mary Wise and Denise Pietrzak, LISW-S, System Navigator Consultant, continue to provide consultation and support to districts. The requests from districts have been on a specific topic or resource needed (ie; trauma, universal screeners, professional development opportunities), to addressing barriers for mental health access and resources, tiered frameworks, navigating and linking county and local systems/providers, attendance, Social Emotional Learning resources, assisting in the development of guidelines and protocols such as: suicide, threat assessments, bullying, and re-entry transition processes.

Upcoming ESCNEO Trainings, Workshops, and Events

Registration is required:
Go to www.escneo.org
Click on Professional Development
Click on Calendar of Events
Find date and follow the prompts

[2019-2020 Dates - Northeast Ohio School Counselors/Social Worker Network](#)

Presented by: Michelle Pruchinicki - School Counselor and Social Worker

This free network is for Elementary, Middle and High School Counselors and Social Workers who are interested in networking and discussing issues as they relate to advocating for students at each level.

[2020 Dates - Youth Mental Health First Aid \(YMHFA\) Training](#)

Become a First Aid Responder and learn skills to identify, understand, and respond to youth with signs of behavioral/mental health concerns and crisis action steps to take to connect them to the resources available in our communities.

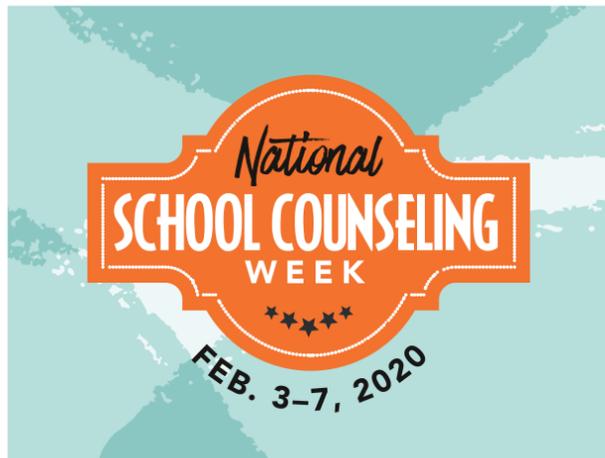
[ODE Stop School Violence: Threat Assessment Training](#)

(Register through ODE - more information below)

Safety Assessment & Intervention is designed for multidisciplinary school-based teams that receive and respond to reported threats of violence in their school buildings. Each member of a team has expertise in administration, safety or mental health. This means every school in the district should send an administrator, as well as a security expert and mental health expert to the training.

[2019-2020 National Educational and Health Awareness Dates](#)

February 3-7, 2020: National School Counseling Week



National School Counseling Week 2020, "School Counselors: Helping Build Better Humans," will be celebrated from Feb. 3-7, 2020, to focus public attention on the unique contribution of school counselors within U.S. school systems. National School Counseling Week, sponsored by ASCA, highlights the tremendous impact school counselors can have in helping students achieve school success and plan for a career.

- [Roles of the School Counselor](#)
- [School Counselor Infographic](#)
- [National School Counseling Week](#)
- [Promotional Toolkit](#)

March 1, 2020: Self-Injury Awareness Day

Recent studies have found that one-third to one-half of adolescents in the US have engaged in some type of non-suicidal self-injury, although some studies put the rate at 13 to 23 percent.

For some people, when depression and anxiety lead to a tornado of emotions, they turn to self-harm looking for a release. Self-harm and self-injury are any forms of hurting oneself on purpose. Usually, when people self-harm, they do not do so as a suicide attempt. Rather, they self-harm as a way to release painful emotions.

[READ MORE](#)

SELF-INJURY
AWARENESS



Crisis Text Line

Throughout Ohio, you can text the keyword “4hope” to [741 741](tel:741741) 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:

- [Mental Health America: Self-Injury and Youth](#)
- [Information Brief: Non-Suicidal Self-Injury](#)
- [National Alliance on Mental Illness \(NAMI\): Self-Harm](#) (800-950-6264)
- [Suicide Prevention Lifeline](#) (800-273-8255)
- [Ohio Suicide Prevention Foundation](#) (800-273-8255)

March 2-6, 2020: Sandy Hook Promise: Say Something

Program Details



Say Something is designed to be delivered in an in-person presentation or digital format for students in grades 6 through 12. During this 30- to 45-minute training, they'll learn to look for warning signs and threats – especially on social media – of someone at risk of hurting themselves or others. What's more, they'll become empowered to “say something” before a tragedy can occur.

[READ MORE](#)

April 2020: Child Abuse & Prevention Month

Child abuse or neglect affects more than 3 million children annually and causes the deaths of about 4 children every day.

[Cuyahoga County Children Services](#) receives almost 50,000 reports of child abuse each year.

The Department of Child and Family Services (DCFS) has contracted agreements with ten organizations operating 13 collaboratives county-wide. These neighborhood -based organizations provide resources and support for families in order to prevent their involvement with DCFS. They also work with families that are already involved with our agency by offering support to stabilize family dynamics and return or maintain children safely at home.



[READ MORE](#)

Report Child Abuse and Neglect

Call the 24 hour Child Abuse Hotline at 216-696-KIDS (5437)

OR

Come to Jane Edna Hunter Building located at 3955 Euclid Avenue, Cleveland , OH 44115

Additional Resources:

- [Providence House \(216-651-5982\)](#)
 - protects at-risk children and supports families through crisis, strengthening communities to end child abuse and neglect.
- [Cuyahoga County DCFS Resource Guide \(216-431-4500\)](#)
- [Cuyahoga County DCFS Contact Information](#)
- [County Children's Service Agents Hotline](#)
- [Division of Violence Prevention: Preventing Child Abuse and Neglect](#)
 - A Technical Package for Policy, Norm and Programmatic Activities

April 2020: Sexual Assault Awareness & Prevention Month

- 12 million women and men are victims of rape, physical violence or stalking by an intimate partner each year
- 1.5 million high school students nationwide experience physical abuse from a dating partner in a single year
- 900,000 children were confirmed to be victims of abuse or neglect annually

Prevention & Education for Students

It is never too early to educate children and young adults about the effects their words and actions have on others and what they should do if someone hurts them, a sibling or a friend.

Age-appropriate programs developed for schools and youth service organizations. Cleveland Rape Crisis Center presents at



Cuyahoga County schools and after-school organizations on topics related to prevention of rape and sexual abuse, healthy relationships, warning signs of abuse and where to seek help.

[READ MORE](#)

24-Hour Crisis and Support Hotline

Cleveland Rape Crisis Center:

Supports survivors of rape and sexual abuse, promotes healing and prevention and advocates for social change.

Call/text 216-619-6192 or 440-423-2020

or chat online at clevelandrapecrisis.org/contact

Additional Resources:

- [24-Hour SANE Unit Hospitals](#)
- [Cuyahoga County Sexual Assault Response Team \(SART\)](#)
- [Domestic Violence & Child Advocacy Center \(216-391-4357\)](#)
- [Family Justice Center \(216-443-7347\)](#)
- [Ohio Alliance to End Sexual Violence \(888-886-8388\)](#)
- [Ohio Sexual Violence Helpline \(844-644-6435\)](#)
- [National Assault Telephone Hotline \(800-656-4673\)](#)
- [Love is Not Abuse: A Teen Dating Violence and Abuse Prevention Curriculum \(High School\)](#)
- [Safe Dates: An Adolescent Dating Abuse Prevention Curriculum](#)
- [Teen Relationship Violence: A Resource Guide for Increasing Safety](#)
- [Love is Respect: Healthy Relationship High School Educators Toolkit](#)
- [Love is Respect: Healthy Relationship Middle School Educators Toolkit](#)
- [Safe Schools Model Policy: A Comprehensive Approach to Addressing Dating Violence and Sexual Violence](#)
- [Shifting Boundaries: Lessons on Relationships for Students in Middle School](#)
- [Break the Cycle: Building Safe Schools](#)

ODE Stop School Violence: Threat Assessment Training

The Ohio Department of Education is offering free, evidence-based school violence prevention trainings to school personnel and students statewide using U.S. Department of Justice grant funding allocated through the STOP School Violence Act.

Ohio's strategic plan for education, [Each Child, Our Future](#), declares the Department's commitment that every child will

learn in an environment that is physically and emotionally safe. Governor Mike DeWine recently announced a [proposal](#) to reduce gun violence and increase mental health prevention and treatments. That proposal includes offering school safety assessment and intervention programs through a partnership of the Ohio Department of Education and [Sandy Hook Promise](#).

[READ MORE](#)

Ohio

Department of Education

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 Resource Center on Domestic Violence](#) - 800.799.7233
5. [National Domestic Violence Hotline](#) - 800.799.7233
6. [National Suicide Prevention Hotline](#) - 800.273.8255
7. [Ohio Suicide Prevention Foundation \(OSPF\)](#) - 800.273.8255
8. [National Alliance on Mental Illness \(NAMI\)](#) - 800.950.6264
9. [Substance Abuse and Mental Health Services Administration \(SAMHSA\)](#) - 877.726.4727
10. [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.