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## January 2021

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# Student Wellness Department Project Prevent Grant

Funded by the Ohio Department of Education



Happy and Healthy New Year!

The winter months may be a time when adults and youth can fall into a slump - the skies are gray, the temperature is frightful, and the long holiday break is over.

The beginning of a new year can also be a time for new motivation - setting new goals and creating positive change. Our January/February newsletter is filled with resources, professional development, and ideas to share with you.

### [Mental Health and the Changing Seasons](#)

The Student Wellness Department

## Upcoming Events & Trainings [\(calendar of events\)](#)

### ESCNEO Student Wellness Department Free Prevention Series

January 20, 2021  
11:30 AM - 1:00 PM  
[Introductory Strategy Building in Restorative Practice](#)

March 16, 2021  
11:00 AM - 12:30 PM  
[Strategies & Considerations: Aligning School Programs within a Multi-Tiered Framework](#)

May 6, 2021  
11:30 AM - 1:00 PM  
[QPR & Suicide Prevention Coaching](#)

**Past Prevention Series Trainings**  
**Pre-Recorded Webinars (available 24/7)**

[Prevention 101 - Exploring K-12 Prevention Initiatives: Aligning Social-Emotional Learning & Prevention](#)

[Trauma-Sensitive Practices for Schools](#)

## Free KOGNITO for Cuyahoga County

45 min. online role-play simulation / self-paced & private  
[Trauma-Informed Practices for K12 Schools](#)

## Starr Commonwealth and Ashland U

Trauma & Resiliency Online Trainings  
[Click here to register on website](#)

## School Safety & Threat Assessment Training

Provided by: ODE & Sandy Hook Promise  
[Click here to register on ODE website](#)

## ADAMHS Board of Cuyahoga County

Training Institute  
[Click here to register on website](#)

## Suicide in Ohio: Conversations



Ohio Suicide Prevention Foundation has partnered with the Ohio Department of Mental Health and Addiction Services (OMHAS), VA Northeast Ohio Healthcare System, Nationwide Children's Hospital, and others to create this four-part video series on suicide prevention. These videos will give a closer look into the mental health crisis and the impact it has on our state.

[Please help us share out these videos with your local communities, papers, and partners to keep the conversation going.](#) This effort ties in with The Suicide Prevention Plan of Ohio, a statewide collaboration meant to define and build a service system that helps us all to recognize signs of suicide and get help immediately.

## February 2021: Black History Month

***"The function of education is to teach one to think intensively and to think critically. Intelligence plus character – that is the goal of true education." MLK Jr.***

February brings an opportunity to shine a spotlight on contributions to our country made by African-American inventors, artists, explorers, educators, scientists, leaders, laborers, soldiers, and poets.

[Black History Month Resource Guide for Educators and Families – Center for Racial Justice in Education](#)

[Diversity Center of Northeast Ohio: School & Youth](#)

[The Diversity Center of Northeast Ohio - Connected Through Literature](#)



## February 2021: Teen Dating Violence Awareness and Prevention Month

**1 in 3 teens in the US will experience physical, sexual, or emotional abuse from someone they're in a relationship with before they become adults.**

**43% of college women report experiencing violent or abusive dating behaviors.**

Every February, young people and their loved ones join together across the country for a national effort to raise awareness about the issue of teen dating violence through Teen Dating Violence Awareness Month (TDVAM). This annual, month-long push focuses on advocacy and education to stop dating abuse before it starts. [Learn more at Love is Respect.](#)

## Support Students Experiencing Dating Abuse

If you work for an educational institution that receives federal funding, you have certain requirements under Title IX to report abusive situations once you're made aware of them. **Title IX** is a federal civil rights law that prohibits sex discrimination in K-12 schools, online schools, colleges, and universities that receive funding from the federal government.

- [High School Educator's Toolkit](#)
- [Middle School Educator's Toolkit](#)



## February 1-5, 2021: National School Counseling Week

Upcoming School Counselor & Social Worker Network: February 2, 2021 ([Register Here](#))

National School Counseling Week 2021 will be celebrated from Feb. 1–5, 2021. This special week will focus public attention on the unique contribution of school counselors within U.S. school systems and will highlight the tremendous impact school counselors can have in helping students achieve school success and plan for a career. [Learn more at National School Counseling Week.](#)

As vital members of the education team, school counselors help students apply academic achievement strategies, manage emotions, and plan for post-secondary options. More information can be found at [www.schoolcounselor.org](http://www.schoolcounselor.org). Be sure to express your appreciation to the counselors in your district for all they do for students!



## February 14-20, 2021: Random Acts of Kindness Week



Random Acts of Kindness Week, celebrated from Feb. 14th - 20th, was originated by the Random Acts of Kindness Foundation with the intention of encouraging more harmony and kindness between people by offering thoughtful gestures of kindness, no matter how big or small. The Foundation's mission is to make kindness the norm in schools, workplaces, homes, and communities, and the myriad of resources on their website are all free. School leaders may be particularly interested in their CASEL approved, evidence-based social-emotional learning curriculum that offers a new focus on equity, teacher self-care, and digital citizenship. [Learn more at Random Acts of Kindness.](#)

Kindness At School: CASEL approved, highly effective, evidence-based Kindness in the Classroom® social-emotional learning curriculum.

- [Grades K-5](#)
- [Grades 6-8](#)
- [Grades 9-12](#)
- [Free Training Materials](#)

## PBIS - Acknowledgement in Virtual Teaching

Providing positive feedback for appropriate student behavior is one of the basic tenets of PBIS and is an important aspect of effective teaching. Motivating and encouraging student success looks different in online learning but is no less important. PBISrewards.com provides a comprehensive list of incentives to use with distance learning. The ideas range from hosting an art party to allowing students to use a Zoom filter for a day. While some of the suggestions come with a nominal fee, the majority are free and easy to implement. [We encourage you to check out the site here.](#)



## District Spotlight

In this month's newsletter, we are pleased to highlight positive initiatives that one district's staff member has implemented: Bay Village City Schools - Sarah Pavicic (7 Mindsets SEL Curriculum at Bay Middle School).



### 7 Mindsets SEL Curriculum - Sarah Pavicic

As a district, we believe in nurturing the whole child. Giving our students strategies for navigating life is just as important as the academic standards that we teach each day. Bay Village City Schools is excited to announce that we are embracing 7 Mindsets as our social-emotional learning curriculum this year. We chose this program for many reasons, but the most desirable attributes of the program are that it is extremely relatable and exceedingly uplifting!

Bay Middle School is in Phase 1 this year with a focus on Professional Development. We have hosted a 90-minute virtual training session for our staff which was broken down into 3 staff meetings. We have also offered an optional training session for the district during an in-service day and as always, the staff in the district has an open-ended and extended invitation if ever interested throughout the year. We really hope that we will all have a common language when referring to the 7 Mindsets program so we can easily motivate, encourage and support one another, staff, administration, students, and parents alike. The training really connects staff to each other. The trainings are fun, emotional, in the most positive way possible, and they allow staff to recognize one another for the wonderful things we do every day that may typically go unnoticed.

Lessons within each building are facilitated by the counselors, however, all staff members have access to the curriculum through the 7 Mindsets online portal. This year, our school counselors have led the implementation process with the support of our 7 Mindsets SELECT coach Kirk Jones. To say that Kirk has been approachable, helpful, supportive, and timely is an understatement. We reach out to him all the time for suggestions, ideas, and assistance, and he is there to help right away. He has truly made this program shine!

School Counselor at Bay Middle School Sarah Pavicic states, "this year, I have personally found that the information provided on the portal to be incredibly user friendly and helpful in my day-to-day activities with students in both in-building as well as e-learning. I utilize the book recommendations lists, games, inspirational videos to encourage staff, students, and families, ice breakers, morning mindsets, and daily announcements. These are just a few of the perks of the program! The motivating and thought-provoking posters and signage are great as well!"

## 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 the 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](http://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](#)



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If you would like certain topics highlighted in future newsletters, please contact [Kristine.Kozlowski@escneo.org](mailto:Kristine.Kozlowski@escneo.org) with information.