
News & Updates

May 2020

Student Wellness Department Project Prevent Grant

Funded by the Ohio Department of Education



THANK YOU to all those who continue to serve our students and support their families in a variety of ways during this time. We appreciate all your hard work and dedication. We will get through this together!

Hello,

Spring has brought unprecedented times for our nation and certainly our schools. Since March 2020, our schools have tirelessly worked to quickly transition from physical classrooms to remote learning, as Governor Mike DeWine and Dr. Amy Acton work with Ohio citizens to flatten the curve of the Coronavirus through social distancing.

We have many resources on the [Student Wellness/Project Prevent web page](#) to address various impacts of the virus on the mental well-being of students, families, and staff. In this edition, the Student Wellness Department wanted to provide resources that reinforce resiliency, balance, and hope. Over these past weeks our staff has heard many stories of district staff extending support to their students and families beyond the school walls. So many have gone that extra mile to bring a smile to their students faces, whether it is a silly song, a listening ear, or technology delivered home. School staff miss their students and students miss them and their peers.

As Governor DeWine announced this past week, school buildings will be closed the rest of the 19-20 school year, but the staff will continue to provide remote learning to their students and resources to their families through May/June. Many are juggling teaching students, their own children and running a household. Balancing all this can be difficult and many staff miss their colleagues and students, but please embrace the moments you have for yourself as well. This time can be a time of reflection and personal growth. Spring has started and then Summer will be here, we are uncertain what Fall will entail, for now, let us embrace the present, recognize one's ability to adjust quickly to new working

and learning environments, and appreciate those students and colleagues we can only see from a distance during these uncertain times.

Be safe and take care!

The Student Wellness Department

Upcoming May Virtual Training TBA: Stress, Chaos, and Self-Care When Juggling Work, Your Children, and Household

COVID CareLine

The Ohio Department of Mental Health and Addiction Services (MHAS) announced the launch of a new mental health COVID CareLine for Ohioans.

The CareLine is a toll-free number (1-800-720-9616) and emotional support call service staffed by Behavioral health professionals. The CareLine operates from 8:00 AM - 8:00 PM, 7 days/week. They will offer confidential support in times of personal crisis when individuals may be struggling to cope with current challenges in their lives. After 8:00 PM, the CareLine will forward to the National Suicide Prevention Helpline, allowing those calling to have access to someone 24 hours/day.



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Stress and Coping with Coronavirus (COVID-19)



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The outbreak of coronavirus disease 2019 (COVID-19) may be stressful for people. Fear and anxiety about a disease can be overwhelming and cause strong emotions in adults and children. Coping with stress will make you, the people you care about, and your community stronger.

If you, or someone you care about, are feeling overwhelmed with emotions like sadness, depression, or anxiety, or feel like you want to harm yourself or others:

- Call 911
- Visit the [Disaster Distress Helpline](#), call 1-800-985-5990, or text TalkWithUs to 66746
- Visit the [National Domestic Violence Hotline](#) or call 1-800-799-7233 and TTY 1-800-787-3224

Ways to Promote Children's Resilience to the COVID-19 Pandemic

The COVID-19 pandemic and its associated

social and economic stressors can undermine children's development and **well-being**. Not only must they cope with major changes to everyday life, such as **physical distancing** and home confinement, but their families may struggle to meet their **basic physical and emotional needs**.



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Behavioral Health Resources **For Coronavirus**

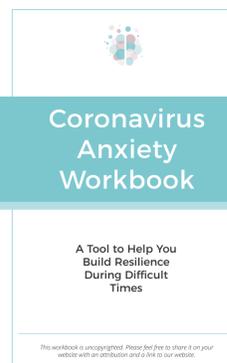
Kids pay attention to the news and what adults are saying. On Our Sleeves has expert resources and guides to help you manage life during COVID-19.

Coronavirus Anxiety Workbook

In this unprecedented period of global uncertainty, The Wellness Society felt it was necessary to put together this workbook to provide our community with much needed support.

The first thing to note right now is that it's completely normal to be experiencing a wide range of emotions. Accepting your feelings is an important first step to building resilience.

This workbook can be a tool to help you build resilience during difficult times.



[View Workbook](#)

[For more information, updates, and resources on Coronavirus \(COVID-19\), CLICK HERE.](#)

May 2020: Mental Health Awareness Month

May 9, 2020: Children's Mental Health Awareness Day

- 1 in 6 U.S. youth aged 6-17 experience a mental health disorder each year
- 50% of all lifetime mental illness begins by age 14, and 75% by age 24

A mental illness is a condition that affects a person's thinking, feeling, behavior or mood. These conditions deeply impact day-to-day living and may also affect the ability to relate to others. If you have — or think you might have — a



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mental illness, the first thing you must know is that you are not alone. Mental health conditions are far more common than you think, mainly because people don't like to, or are scared to, talk about them.

Call the NAMI Helpline at
800-950-NAMI
Or in a crisis,
text "NAMI" to 741741

NAMI Greater Cleveland Resources

We all experience emotional ups and downs from time to time caused by events in our lives. Mental health conditions go beyond these emotional reactions and become something longer lasting. They are medical conditions that cause changes in how we think and feel and in our mood. They are not the result of personal weakness, lack of character or poor upbringing.

With proper treatment, people can realize their full potential, cope with the stresses of life, work productively and meaningfully contribute to the world. Without mental health we cannot be fully healthy.



[National and Local Resources](#)



Do you know someone thinking about suicide?
For help call: 216-623-6888
Crisis Chat online at www.adamhsc.org
Crisis Text "FLS" to 741741



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Cuyahoga County Suicide Prevention Coalition

The Cuyahoga County Suicide Prevention Coalition is composed of organizations, community members and survivors dedicated to instilling hope, raising awareness, providing education and promoting resources in an effort to reduce the incidence of suicide and suicidal behavior in Cuyahoga County.

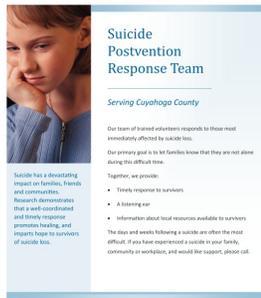
Coalition membership spans a broad range of community partners including mental health and addiction treatment and recovery agencies, social service, family advocates as well as representatives from the education, healthcare and faith-based community.

To join the Coalition or for more information, contact **Chardé Hollins**, LSW, Chair of the Coalition and the ADAMHS Board's Behavioral Health Prevention Specialist.

This brochure provides an alphabetical listing of provider agencies who provide treatment in substance use disorder (SUD), mental health (MH) treatment and recovery support services funded by or through the ADAMHS Board of Cuyahoga County.

- **FrontLine Services** 216-623-6888
- **OhioGuidestone** 440-260-8595
- **Applewood Centers** 216-696-5800

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216-509-3594
suicide_response@outlook.com

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Suicide Postvention Response Team

The **Suicide Postvention Response Team** serving Cuyahoga County responds to those most immediately affected by suicide loss. The team of volunteers will provide timely response to survivors, a listening ear and information about local resources available to survivors.

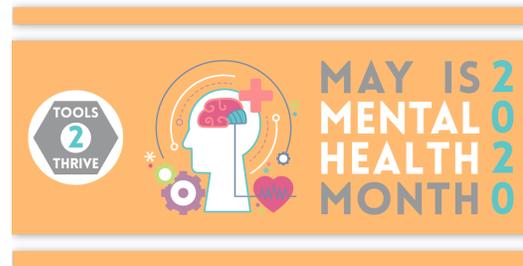
216-509-3594

suicide_response@outlook.com

May Is Mental Health Month 2020:

Tools 2 Thrive

While 1 in 5 people will experience a mental illness during their lifetime, everyone faces challenges in life that can impact their mental health. In 2020, our theme of Tools 2 Thrive will provide practical tools that everyone can use to improve their mental health and increase resiliency regardless of the situations they are dealing with. We now believe that these tools – even those that may need to be adapted for the short term because of COVID-19 and social distancing – will be more useful than ever.



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[Tools 2 Thrive Toolkit](#)

Crisis Text Line

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

PBIS Update - March 2020

**Getting Back to School after Disruptions:
Resources for Making Your School Year**

Getting Back to School after Disruptions: Resources for Making Your School Year Safer, More Predictable, and More Positive

Kent McIntosh, Brandi Simonsen, Rob Horner, Jessica Swain-Bradway, Heather George, & Tim Lewis

It goes without saying that students need to feel safe and have supportive relationships for their social, emotional, and academic learning to be optimized. Students experiencing trauma, such as from public health crises, weather disasters, or other upsetting events, may have been exposed to unpredictable schedules, inconsistent supervision, or food insecurity and desperately need school to be their safest, most predictable, and most positive setting, especially if they have been displaced or are without utilities or basic comforts.

Multi-tiered Systems of Supports (MTSS), such as PBIS, are ideal frameworks for implementing strategies to support students coming back to school and to prevent and address further challenges. A tiered approach focuses on attending to the whole school environment to help the vast majority of students be successful and providing a continuum of support for those who need more.

With this in mind, we recommend the following six strategies for school teams to ensure a safe, predictable, and positive school year. These strategies are beneficial for all students if the school has been closed, as well as for individual students returning from extended time away from school.

Re-teach, remind, and acknowledge positive school-wide expectations (<https://www.pbis.org/pbis/0>). You may have taught your school-wide expectations at the start of the year, but students coming back to school after an unplanned absence have been in different environments, with different expectations for their behavior. Hence, a strong focus on re-teaching and modeling expected school behaviors will help to re-establish and maintain a school culture where students can expect to see prosocial behavior from their peers and the adults in the building. It is also useful for us to keep in mind that students may have been practicing different behaviors while away from school and will benefit from re-teaching and opportunities for practice rather than exclusion.

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Safer, More Predictable, and More Positive

It goes without saying that students need to feel safe and have supportive relationships for their social, emotional, and academic learning to be optimized. Students experiencing trauma, such as from public health crises, weather disasters, or other upsetting events, may have been exposed to unpredictable schedules, inconsistent supervision, or food insecurity and desperately need school to be their safest, most predictable, and most positive setting, especially if they have been displaced or are without utilities or basic comforts.

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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