

News & Updates

November 2019

NEW Student Wellness Department at the ESC of Northeast Ohio

The Educational Service Center (ESC) of Northeast Ohio has established a Student Wellness Department to sustain the work implemented through Project AWARE Ohio as well as expand services and supports around social and emotional needs. The Student Wellness Department will be implementing a Consultative model to meet the needs of school districts, system partners, and communities through effective consultation, supports, and linkage and navigation to resources.

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Wellness Department Contacts:

Mary Wise - Student Wellness Coordinator <u>mary.wise@escneo.org</u> or 216-901-4201

Denise Pietrzak - System Navigator denise.pietrzak@escneo.org or 216-525-2524

Kristine Kozlowski - Administrative Assistant kristine.kozlowski@escneo.org or 216-446-3813



Upcoming ESCNEO Trainings, Workshops, and Events

Registration is required: Go to <u>www.escneo.org</u> 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.

12/13/19 - Youth Mental Health First Aid Training, 8:30AM-3:30PM

Presented by: Mary Wise - Student Wellness Coordinator at ESCNEO

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.

12/17/19 - Implementation of Trauma Strategies for Positive School Climate, 8:30AM-3:30PM

Presented by: Habeebah Rasheed Grimes, M.A., Psy.S., LSPSY - CEO at Positive Education Program Participants will explore the concept of "healing-centered engagement" as the next stage in the evolution of traumainformed care and gain exposure to research findings from the fields of neurodevelopment and education that inform the work of helping students who have experienced traumatic stress and adversity. Participants will also be introduced to an intuitive framework for supporting student healing and learning.

2019-2020 National Educational and Health Awareness Dates

ESC of Northeast Ohio receives 5 Year Project Prevent Grant



On September 27, 2019, the U.S. Department of Education (ED) notified the Educational Service Center (ESC) of Northeast Ohio that their grant proposal had been selected for funding over the next five years. Project Prevent is a five year, 5 million dollar federal grant. This was one of fourteen awarded the grant nationally.

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Domestic Violence Awareness

In the United States, an average of 20 people experience intimate partner physical violence every minute. This equates to more than 10 million abuse victims annually.

Domestic violence is a crime punishable by law. Often referred to as battering, relationship abuse, or intimate partner violence; it is a pattern of behavior used to establish power and control over someone through fear and intimidation. It often includes the threat or use of violence, and can include physical, emotional, verbal, financial/resource, and sexual abuse.

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Bullying Prevention and Awareness

In a national report, 1 in 6 students reported that they've either been the victim of some form of bullying or, witnessed others being bullied.

STOMP Out Bulying Change The Culture

Bullying is a problem that affects millions of students of all races and classes. 1 out of 4 kids is bullied and up to 43% of students have been bullied while online. Child and teen Bullying and Cyber-bullying are at an all-time high.

In a national report, 1 in 6 students reported that they've either been the victim of some form of bullying or, witnessed others being bullied.

There are many different types of bullying. Some are obvious, while others are more subtle. Types of bullying to look out for in your school and community include: hazing, cyberbullying and teen dating violence.

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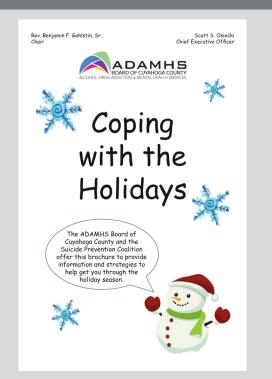
Managing Mental Health & Wellness During the Holidays

Coping with the Holidays

The holiday season is a busy time for most. There is so much to do, attend and plan, which can bring up feelings of being overwhelmed, anxious, stressed, and depressed. Conversely, this is also a time where people may feel acutely aware of the void left by the loss of a loved one, and their own personal loneliness.

Holiday depression, anxiety and stress can affect anyone at any age. Sometimes, these feelings are triggered by a specific event or life experience. There are many things happening around the holidays that can act as triggers.

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Crisis Text Line

Throughout Ohio, you can text the keyword "4hope" to <u>741 741</u> 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. Preventing and Responding to Teen Dating Violence
- 4. Domestic Violence & Child Advocacy Center 216.391.4357
- 5. National Resource Center on Domestic Violence 800.799.7233
- 6. National Domestic Violence Hotline 800.799.7233
- 7. National Suicide Prevention Hotline 800.273.8255
- 8. Ohio Suicide Prevention Foundation (OSPF) 800.273.8255
- 9. National Alliance on Mental Illness (NAMI) 800.950.6264
- 10. Substance Abuse and Mental Health Services Administration (SAMHSA) 877.726.4727
- 11. 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 <u>Mary.Wise@escneo.org</u> with information.

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