

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 trauma-informed 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 Bullying™

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.

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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, cyber-bullying and teen dating violence.

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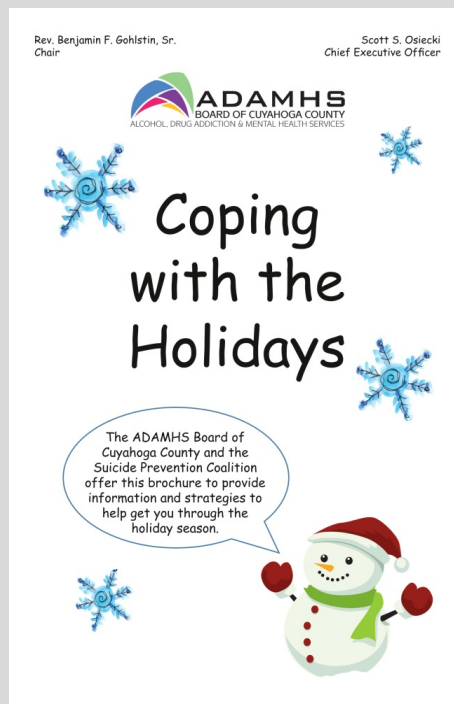
Managing Mental Health & Wellness During the Holidays

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 [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

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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