
News & Updates

November 2020

Student Wellness Department Project Prevent Grant

Funded by the Ohio Department of Education



Greetings!

Thank you for taking a peek inside our November/December 2020 newsletter. As of this writing, it has been over 7 months since the week in March when most of Ohio locked down in deference to the perils presented by COVID-19. Those of us in the Student Wellness Department are keenly aware of the challenges our Northeast Ohio school districts and community partners have faced during this time, but it has also presented us with opportunities to be resilient and creative in working with students and colleagues.

We have been witness to:

- Heroic efforts by schools to keep students connected (see our Spotlight articles on how 2 individuals are accomplishing this),
- Small, kind gestures to support first responders,
- An inordinate amount of neighbors enjoying family walks, and even
- Some winning football by the Browns!

November is Homeless Youth Awareness Month, and in this issue we share resources for supporting youth experiencing homelessness. You will also find ideas for how to celebrate World Kindness Day, and information on assisting families in developing a home PBIS matrix. In the days to come, we hope you can focus your attention on things that bring you happiness and well-being, for this is how we develop resilience during hard times. Please know that we are always available for consultative services on student wellness, community partnerships and the implementation of multi-tiered support systems. Our team can be reached by contacting Kristine Kozlowski at kristine.kozlowski@escneo.org.

Upcoming Events & Trainings

Save the Date!

ESCNEO Student Wellness Department - Free Zoom

Prevention & Tiered Framework Series: Trauma Sensitive Practices for Schools
Tuesday, November 24, 2020 from 11:00 AM - 12:30 PM

Upcoming ESCNEO initiatives that focus on addressing the needs of the Whole Child:

- [Disrupting Poverty in Ohio Series 2020-2021](#)
- [Executive Functioning: Keys to Learning Online Learning Workshop](#)
- [Online Childhood Anxiety](#)
- [LeadDIVERSITY Education Edition](#)
- [Introduction to Restorative Justice](#)

Ohio Department of Education Presents:

[2020 Ohio Trauma-Informed Schools Conference](#)

Please register prior to Nov. 7 at 8:00am. Registration will close at 8:00am on Nov. 7.

The Ohio Department of Education is excited to host its first Trauma-Informed Schools Conference for Ohio's educators and community partners so that, together, we can reach each child and help all students reach their fullest potential. This free event will be held virtually on Saturday, Nov. 7.

The conference will:

1. Provide information and tools that help educators and community partners better understand the impact of trauma on child development and learning
2. Help educators apply trauma-informed practices at the district, building and classroom levels to best support the whole child
3. Provide information and knowledge that supports educator self-care and whole child student well-being

Bellefaire's School-Based Counseling Program Presents:

[A Free Virtual Parent Support Series](#) (open to parents and school personnel)

- Socializing During the Winter Months and Managing Holiday Stress/Changes
 - Tuesday, November 17, 2020 at 7:00 PM
 - Zoom: <https://us02web.zoom.us/j/85469337850>
- Managing Your Child's Risky Behavior
 - Tuesday, December 15, 2020 at 7:00 PM
 - Zoom: <https://us02web.zoom.us/j/83183973193pwd=TEZUbHhVK1VIRnRUeE1IMVcrZFFxQT09>

November 2020: National Homeless Youth Awareness Month

[Bellefaire JCB - A National Safe Place Partner](#)

[Cuyahoga County Office of Homeless Services](#)

- Teens aged 12 to 17 are statistically more likely to become homeless than adults.
- More than 50% of homeless youth report that their parents told them to leave, or knew of their plans to leave and did nothing to stop them.
- 46% of homeless youth escaped a home where they suffered physical abuse and are

Homeless and Missing Youth

Bellefaire JCB's Homeless and Missing Youth Program was initiated in October 2006, through a grant from the U.S. Department of Health and Human Services, to establish a program for homeless, missing, and runaway youth who are in need of crisis intervention, possible respite and case management in Cuyahoga County. Today, the program serves approximately 4,000 teens, families and community members each year through initiatives including those listed below:

- On-call emergency staff available 24/7
- Triage services
- Assistance
- Ongoing counseling services
- Case management
- Linkage and referrals
- Coordination of alternative living arrangements
- Street Outreach

24/7 Homeless and Missing Youth Hotline: 216-570-8010
[Additional Community Outreach](#)

Safe Place Cleveland

[Safe Place](#) is a national youth outreach program that educates thousands of young people every year about the dangers of running away or trying to resolve difficult, threatening situations on their own. Participating locations throughout Cleveland can be identified by bright yellow Safe Place signs on display. These Safe Place sites, which include all 27 branches of the [Cleveland Public Library](#), [Greater Cleveland RTA](#) buses and trains, as well as participating schools, fire stations and other youth-friendly organizations, help connect kids and teens in crisis with youth service agencies or emergency shelters throughout the community.



TXT 4 HELP is a nationwide, 24-hour text-for-support service for teens in crisis. If you're in trouble or need help, text **SAFE** and your current location (address, city, state) to 4HELP (44357) for immediate help.

A Place 4 Me

A Place 4 Me centers on the idea that all youth will have a place, especially those with high risk of homelessness. This includes young people in Cuyahoga County who are transitioning from the foster care system. A Place 4 Me is an initiative that coordinates the planning and implementation of local efforts, including help with:

- Housing
- Employment
- Education
- Permanency
- Physical and mental health
- Financial capability
- Social capital

More information about [A Place 4 Me](#).



McKinney-Vento Homeless Liaisons

We are pleased to continue our monthly communication to support local homeless liaisons in their roles. This month the focus is on supports for high school unaccompanied youth experiencing homelessness.

Students that lack a fixed, regular, and adequate nighttime residence, and are not in the care of a parent or guardian, are considered unaccompanied homeless youth. These students must be provided the same rights, provisions, supports and services as homeless youth that are living with a parent or guardian. High school youth that are homeless and unaccompanied, must also work with the high school counselor to ensure there are planned opportunities for success. Credit recovery and partial credit for the highly mobile students must be offered to ensure a timely graduation. The liaison and high school counselor should work together to ensure that unaccompanied youth have the support and verification needed to complete the FAFSA. The local liaison needs to be prepared to support the need for subsequent year verification. The links below offer resources and supports for filing for federal financial aid.



[Sample Form Letters to Determine Independent Student Status of Unaccompanied Homeless Youth for the FAFSA.](#)

[Five Strategies to Help Homeless Youth Transition to College During COVID-19.](#)

[The FAFSA: Four Things You Can Do to Help Homeless and Foster Youth.](#)

[Removing Barriers to Financial Aid: Guidance on Verification of Non-Filing and Form W-2.](#)

November 13, 2020: World Kindness Day

[Toolkit: How to Help Promote Kindland](#)

[Simple Ways to Encourage Kindness in Students of All Ages](#)

[Random Acts of Kindness - December 2020 Calendar](#)

- **Kindness reduces produces the stress hormone in the body by 23%.**
- **Studies show that 3 people benefit from 1 act of kindness.**
- **Acts of kindness release endorphins which increase happiness & reduce pain.**
- **One act of kindness can create a positive ripple from person to person.**
- **100% of people should spread kindness.**

From Cleveland to Kindland

World Kindness Day is an international holiday that was formed in 1998 to promote kindness throughout the world. It is observed annually on November 13th as part of the World Kindness Movement. The purpose of this special day is to focus on the positive power of kindness and to help individuals understand that compassion for others is what binds us all together. On this day, we encourage you to take a moment to be still and reflect on the kindness you have experienced in your life and what it has meant to you. Next, think about some of the ways you can bring kindness to others. [The possibilities are endless, but here are some ideas:](#)

- ♡ Say "good morning" or "have a great day" to those around you
- ♡ Invite someone new to eat lunch with you
- ♡ Call a relative you haven't talked to in a while
- ♡ Spread positivity and humor through social media
- ♡ Donate spare cans of food to a local food bank
- ♡ Pay for the order of the person behind you in the drive-thru
- ♡ Say something positive about someone
- ♡ Bring coffee or a treat to someone who is having a hard day

- ♡ Share a compliment to someone.
- ♡ Volunteer your time at a local organization or for a friend.

To learn more and to take the pledge to be a citizen of Kindland, visit www.kindland.us.

FROM CLEVELAND TO

Kindland

IN 2020, CLEVELAND WILL BECOME KNOWN AS A COMMUNITY OF KINDNESS

Right now, our world is surrounded by uncertainty. Despite the unpredictability that has arisen, we are committed to spreading kindness to overcome widespread negativity. The **Just Be Kind** initiative is dedicated to making Cleveland a city known for kindness; a city known as Kindland. Citywide kindness will bring Clevelanders together and counteract the unpredictability we are facing.


JUST BE KIND

We are encouraging Clevelanders to become Citizens of Kindland and commit to changing their community with actions both big and small. After joining the movement, you will see stories on the psychological, physical and community-based benefits of simply spreading kindness to those around you. This movement will increase the well-being of individuals, schools, businesses and communities as we transition from this time.

THE WORLD NEEDS CHANGE.
 THAT CHANGE CAN HAPPEN, AND IT STARTS IN KINDLAND.

WHAT CAN KINDNESS DO?

- Kindness produces **23% less of the stress hormone** in the body
- **3** people benefit from **1** act of kindness
- Acts of kindness releases endorphins which **increase happiness & reduce pain**
- **One act of kindness** can create a positive ripple from person to person
- **100%** of people should spread kindness



The Just Be Kind movement is an initiative of Values-in-Action Foundation.
 Visit kindland.us to sign the pledge.

Facebook icon Instagram icon Twitter icon @justbekindusa #kindland

Staying Healthy & Safe During the Holiday Season



As many people in the United States begin to plan for fall and winter holiday celebrations, CDC offers the following considerations to help protect individuals and their families, friends, and communities from COVID-19. These considerations are meant to supplement—not replace—any [state, local, territorial](#), or [tribal](#) health and safety laws, rules, and regulations with which holiday gatherings must comply. When planning to host a holiday celebration, you should assess current COVID-19 levels in your community to determine whether to postpone, cancel, or limit the number of attendees.

READ MORE

Skills Corner

PBIS: The Home Matrix

[4 Tips for Trying PBIS at Home](#)

	Virtual Classroom	Mealtime	Bedtime
Be Respectful	Keep background noise to a minimum when engaged in lesson	Be kind to family members during conversation Put your dishes in the sink	Be polite when reminded about bedtime
Be Responsible	Do your best work Turn in your homework when it is due	Wash your hands before helping with meal preparation and/or eating	Go to bed on time
Be Safe	Keep open drink away from computer keyboard	Keep feet on the floor	Wash your hands before brushing your teeth

One of the foundational practices of PBIS in schools is the development of a behavior matrix - a simple chart that identifies desired behaviors and details how those behaviors look in various locations within the school building. With families spending more time within the confines of their homes, schools are encouraged to assist parents and guardians in the development of a home matrix.

As pictured here, families create their own charts by adopting the same behavior expectations as those developed by the school and then brainstorming rules to guide behavior in each setting. By identifying explicit expectations, families establish structure and routine for children, two essential elements for promoting prosocial behavior.

While it can be challenging to connect in person with families during this era of remote learning, the development of the home matrix is the perfect topic for a family Zoom meeting or webinar. Alternatively, blank matrices and instructions can be sent home in school newsletters and on school or district websites.

District Spotlight

This month's newsletter marks the return of our District Spotlight feature, and we are pleased to highlight positive initiatives that two districts' staff members have implemented:

Cuyahoga Heights School District - Rachel Meffe's virtual office
Lakewood Hayes Elementary School - Patricia Birch & Nicole Andregg's book mobile.

Cuyahoga Kids - Rachael Meffe



Rachel Meffe serves as a school social worker in the Cuyahoga Heights School District, and she is also co-facilitator of the Northeast Ohio School Counselor/Social Worker Network, which meets

monthly at the Cuyahoga Heights via Zoom. When Cuyahoga Heights transitioned to remote learning, Rachel knew she needed to find a way to connect with students and families. Through the creation of three different Bitmoji virtual offices, Rachel has been able to share valuable resources with parents, elementary students, and middle/high school students. Each item in her office is an active link that takes the user to a website with useful information. For example, in the office pictured here, which was created for parents, the framed picture on the bookshelf on the left takes the user to Cuyahoga Heights School District Parent Access Information Guide. This resource is critical for families as they assist their students in accessing classes and lessons.

The toolbox on top of the bookshelf on the right takes one to a live binder created by the Lorain County Mental Health, Addiction and Recovery Services board in partnership with other community service providers in Lorain County. This resource is full of information about COVID safety, tips for distance learning and links to community resources. Links embedded in Rachel's offices for students connect users to websites devoted to mindfulness, educational games, and social/emotional learning. Although her virtual offices will never adequately substitute for in-person meetings, Rachel feels they helped her stay connected to her school community while the District was participating in 100% remote learning.

All of Rachel's offices can be accessed [HERE](#), and by clicking the link, you will be able to explore the many resources she provides in each room.

Lakewood - Hayes Elementary School Patricia Birch & Nicole Andregg's Book Mobile



This year, the school year began very differently than in any other year. Many teachers and students were tasked with remote learning via zoom meetings and pre-recorded video instruction. The connections that were usually made during the first days of school seemed impossible. First grade teacher, Nicole Andregg, and third grade teacher, Patricia Birch, from Hayes Elementary School in Lakewood, Ohio found a way to make these connections to their students through their love of reading.

With the school year beginning remotely, Nicole and Patricia decided to start a Book Mobile delivery service. The plan was simple: deliver books from their classroom libraries to students every other week. With the help of Nicole's aunt, Susan Baker, and a former Lakewood resident, Christine Smith, they were able to provide each child with a labeled plastic bin to leave out on delivery days so that the books could be kept safe.

The children's reading levels were assessed at the beginning of the school year and both teachers carefully selected books for each child based on those assessments and conversations with the children about reading interests. Then, Nicole and Patricia set out with a van filled with bins of books, treats and learning materials for each student. They drove up and down the streets of Lakewood with music blasting and excited students waiting on porches for the first deliveries. Each stop was a chance for these teachers to chat with their students, share a love for reading and make those most important connections that foster relationships between students and teachers.

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 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

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

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with information.