

Douglass Unified Mental Health Team

NEWSLETTER

Quarter 1
2019-2020

An Introduction:

The purpose of the Unified Mental Health Team (UMHT) at Douglass is to promote and support the mental and behavioral health of all of our students.

Members of the Unified Mental Health Team meet at least monthly to discuss systemic issues pertaining to the delivery and evaluation of mental health prevention and intervention supports across the school. The Douglass UMHT works together to identify areas of need in our school and develop efforts to prevent any future social, emotional, and behavioral health concerns for our students.



Meet Our Team Members:

Stacie Ahrens-Mininberg, Principal

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Celia Benz, Counselor (students M-Z)

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Tammy Butler, School Psychologist

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Kandice Latimore, Counselor (students A-L)

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Megan Marshall, Student Assistance Specialist

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Rene' Pettit, School Nurse

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Michelle Robinson, Social Worker

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Amy Rosenbrock, Dean

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Suicide Prevention

September is National Suicide Prevention Awareness Month. Suicidal thoughts, much like mental health conditions, can affect anyone regardless of age, gender or background. In fact, suicide is often the result of an untreated mental health condition. Suicidal thoughts, although common, should not be considered normal and often indicate more serious issues

EMERGENCY: HOW DO I ACCESS HELP NOW?

In an emergency, call 911 and ask for a Crisis Intervention Team (CIT) deputy or officer.

There are resources available 24 hours, 7 days a week for youth experiencing depression, suicidal thoughts or other behavioral crisis in Loudoun County.

- Through Loudoun County Mental Health, Substance Abuse, and Developmental Services, help is available at 703-777-0320 for youth experiencing an immediate and severe emotional crisis.
- The Crisis Intervention Team Assessment Center, located at 102 Heritage Way, Leesburg, Virginia, is open from 7:00 a.m. to 11:00 p.m. daily, and mental health professionals are available for anyone in crisis. Non-emergency appointments can be made at 703-771-5100.
- Additionally, all Loudoun County emergency rooms can assess for suicide risk and make recommendations for appropriate follow-up care

Additional Resources

Society of Clinical Child and Adolescent Psychology's Effective Child Therapy

<http://effectivechildtherapy.org/>

Suicide Prevention Resource Center's Programs and Practices Database

<http://www.sprc.org/resources-programs>

Suicide-Proof Your Home

https://www.helplinecenter.org/wp-content/uploads/Suicide-Proof-Your-Home-Brochure_Financial.pdf

Virginia Department of Health's What Every Parent Should Know About Preventing Youth Suicide

<http://www.vdh.virginia.gov/content/uploads/sites/53/2016/11/Every-Parent.pdf>

Youth Suicide Warning Signs

<http://www.youthsuicidewarningsigns.org/>

Unity Day:

Wednesday, October 23rd is UNITY DAY!

October is bullying prevention month. On Oct. 23rd we will come together in one giant ORANGE message of hope and support. We will WEAR ORANGE to color our school, visibly showing that our school believes that no child should ever experience bullying. **Make it ORANGE** and make it end! Together we unite against bullying. UNITED for kindness, acceptance and inclusion.



Resources for Bullying Information and Prevention:

- Pacer's National Bullying Prevention Center: <https://www.pacer.org/bullying/nbpm/>
- End To Cyberbullying Organization: <http://www.endcyberbullying.org/>
- Cyberbullying Research Center: <https://cyberbullying.org/> and <https://cyberbullying.org/Top-Ten-Tips-Teens-Prevention.pdf>
- StopBullying.gov: <https://www.stopbullying.gov/>
- Stomp Out Bullying: <https://www.stompoutbullying.org/>

Community Mental Health Resources:

- Loudoun County Mental Health: 703-771-5100
- Loudoun County Emergency Mental Health Services: 703-777-0320 Available 24/7
- Suicide Prevention Hotline: 1-800-273-8255 or text “CONNECT” to 85511

Prevention Alliance of Loudoun Parent Seminar Series:

Free educational workshops for parents, educators, and community members.

- September 26th, 6:30pm - 8:30pm: **Beyond Academics: A Conversation for Parents and Teens About Substance Use.** Location: Ashburn Library.
- October 10th, 6:30pm - 8:30pm: **Bullying and Gang Prevention.** Location: Cascades Library.
- November 7th, 6:30pm - 8:30pm: **Vaping, JUULing, Internet Safety.** Location: Sterling Library.

For more information, please contact: Judith Romberg (Mental Health, Substance Abuse, and Developmental Services) at 703-777-0176 or Jennifer Wall (Loudoun County Public Schools) at 571-252-2885.