

# *Douglass Unified Mental Health Team*

## **NEWSLETTER**

Quarter 3  
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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Rene' Pettit, School Nurse

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Amy Rosenbrock, Dean

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## **National Slavery and Human Trafficking Prevention Month**

January is National Slavery and Human Trafficking Prevention Month. Even though slavery has been abolished in the United States, there are forms that still exist, like human trafficking. This can happen to anyone, no matter race, age or gender, and is a highly profitable crime. Every year millions of people are trafficked around the world, including inside the United States. There are many forms of human trafficking, but the three most common types are: forced labor, sex trafficking, and domestic servitude.

According to the International Labor Organization, there are approximately 40 million human trafficking victims worldwide. Through a variety of tactics including violence and threats, traffickers force their victims into forced labor or commercial sex against their wishes. While it seems victims would be the poor, weak or a minority, every gender, race, religion and social-economic background can be impacted by human trafficking. As a result, the issue belongs to every community in the country.

Resources to learn more:

[National Runaway Safeline](#)

[Office on Trafficking in Persons](#)

[Just Ask - To End Human Trafficking](#)

## **National Teen Dating Violence Awareness and Prevention Month**

February is National Teen Dating Violence Awareness and Prevention Month. This is an issue that impacts everyone – not just teens – but their parents, teachers, friends and communities as well.

- Nearly 1.5 million high school students nationwide experience physical abuse from a dating partner in a single year.
- One in three adolescents in the U.S. is a victim of physical, sexual, emotional or verbal abuse from a dating partner, a figure that far exceeds rates of other types of youth violence.
- One in 10 high school students has been purposefully hit, slapped or physically hurt by a boyfriend or girlfriend.

The effect of teen dating violence on physical health, mental health, and educational outcomes is significant. Youth victims of dating violence are more likely to experience depression and anxiety symptoms, engage in unhealthy behaviors like using tobacco, drugs and alcohol, exhibit antisocial behaviors, and think about suicide. Additionally, research suggests that teen dating violence patterns change rapidly over a short time period as adolescents grow older, thus dating violence services for young people need to be accessible, available, adaptable and safe.

Resources to learn more:

[Break The Cycle](#)

[Love Is Respect](#)

## **LCPS Department of Pupil Services Mental Health & Wellness Conference**

### **Navigating The Path To Student Wellness**

Saturday, January 11, 2020 at Independence High School, Ashburn, VA.

This event is free for parents and community members.

For more information visit [Navigating The Path To Student Wellness](#)

## **LCPS Department of Pupil Services Mental Health & Wellness**

### **Parent Seminar Series:**

All presentations will be offered at the LCPS Administrative Building, 2100 Education Court, Ashburn, VA 20148.

- January 22nd, 7pm - 9pm: **Managing Bumps in the Road: Building Resilient Relationships with Your Teen**
- February 6th, 6:30pm - 8:30pm: **Learn CPR!**
- February 27th, 6:30pm - 8:30pm: **Family Power: Engaging and Collaborating with Your Child**
- March 19th, 6:30pm - 8:30pm: **A Time to Connect in a Busy World**

For more information or to register, go to [lcps.org/ParentResourceServices](https://lcps.org/ParentResourceServices) or call 571-252-6540

## **Prevention Alliance of Loudoun Parent Seminar Series:**

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

- January 30th, 6:30pm - 8:30pm: **Protecting our Youth: A Conversation About Teen Trafficking for Parents and Teens.** Location: Briar Woods High School.
- February 20th, 6:30pm - 8:30pm: **Dating Violence and Healthy Relationships.** Location: Rust Library.
- March 12th, 6:30pm - 8:30pm: **Beyond Academics: A Conversation for Parents and Teens About Substance Use.** Location: Cascades 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 571-252-1885.

## **Depression and Suicide Prevention Resources**

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

- [Loudoun County Mental Health Emergency Services. Phone: 703-777-0320 \(24 hour-a-day, 7 days a week\)](#)
- [Loudoun County Crisis Intervention Team Assessment Center](#)
- [Suicide Prevention Resource Center](#)
- [How To Safeguard Your Home](#)
- [What Every Parent Should Know About Preventing Youth Suicide](#)
- [Youth Suicide Warning Signs](#)

## **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
- School Based Mental Health Services and Community Partners: [Brochure found here](#)