

Department of Pupil Services
Mental Health and Wellness Initiatives
Spring, 2016

❖ **Ongoing Activities: 2016**

- Depression Awareness and Suicide Prevention Presentations
Ongoing for 9th grade students
16,306 students in grades 10, 11 and 12 in over 400 classrooms received the Depression Awareness and Suicide Prevention booster presentations. Materials for students and staff are available in school counselor's offices.
- Mindfulness Project
Elementary: Counselors have been trained and are incorporating the *MindUp* curriculum in classroom lessons during the 2015-16 school year.
- Parent Resources – Print and Electronic: School-Based Mental Health Services and Community Partners, Substance Abuse Prevention & Suicide Prevention
Available on the LCPS website under "Parents" and "Students", on each school website under "School Counseling" and on the Pupil Services website under "Keeping All Students Safe"

❖ **Community Outreach: Consultation with Experts**

- Pupil Services staff meet periodically with staff from GMU, GWU and the Suicide Prevention Alliance of Northern Virginia to discuss expertise, research and training opportunities related to effective practices in suicide prevention.

❖ **Upcoming Activities: March - June 14, 2016**

- LEAP – Presentation on school counseling services and support "Beyond the Transcript"
Wednesday, March 9th, 7:00 p.m. School Administration Building, Room 100B. Presentation for parents from the Department of Pupil Services, Office of School Counseling to include the school counseling services such as screening for special needs, crisis support and school based mental health resources.
- PEER PSA Competition –Acknowledge, Care, Tell (ACT) framework. Students will submit 90 second PSA videos focused on mental health awareness and suicide prevention. Videos will be shown during announcements at participating schools.

❖ Mental Health Awareness Month – May, 2016

- Thursday, April 21, 2016, 4:30. School Administration Building Board Room. Mental Health and Addiction: Impact on the Child's Brain Health and Function. Dr. Elizabeth Stuller is from the Amen Clinics of Reston.
- Meet and Greet – Community Mental Health Providers
May 12, 2016. An open house for mental health professionals to provide information about their services and specialties for parents to expand and enhance information about community resources.
- May 19, 2016. An open house for mental health professionals to provide information about their services and specialties to LCPS Pupil Services staff to expand and enhance referral sources.
- May 18 and 26th, 2016. Anxiety and School Refusal. A licensed clinical psychologist from The Center for Anxiety and Behavioral Change CABC from Rockville, MD will present on best practices for students experiencing anxiety and school refusal.
- May 25, 2016. Mindfulness for Parents. The mindfulness project will be shared so that parents can learn about classroom lessons from the school counselor to enhance perspective taking, empathy and kindness as well as fostering complex problem solving skills to support academic achievement.
- Loudoun County Public Library Activities
Every year the Loudoun County Public Library presents programs to provide information, inspiration and to encourage open dialogue in recognition of Mental Health Awareness Month. See the Loudoun County Library site for details: <http://library.loudoun.gov/>

❖ Continuing activities

- Middle and High School: Curricular materials have been provided to school counselors and school social workers for initial implementation in small groups or by request for individual schools, classes or groups. The middle school curriculum is *MindUp* (grades 6-8) and high school is *Learn to Breathe* (grades 9-12). The curriculum will be used in small groups during the 2016-17 school year.
- Collaboration with the Health & PE Department to enhance health curriculum related to emotional and mental health is in progress.
- PEER Camp – Mindfulness Project: PEER to PEER
Summer, 2016. PEER students, teachers and sponsors will be invited for a half-day camp to learn more about the Mindfulness project that will begin in the secondary schools during the 2016-17 school year. The *Learn to Breathe* Curriculum will be introduced along with a presentation from Dr. Todd Kashdan, George Mason University. PEER students will learn how mindfulness strategies can be shared at school to promote problem solving and resilience.

School-Based Mental Health and Wellness Initiatives

Spring, 2016

❖ Elementary Schools

- Aldie/Banneker/Buffalo Trail Elementary: Small groups to support the development of children's whole self, including a balance of mental and social/emotional well-being; classroom guidance lessons that support the academic program and teach learning strategies, self-management skills, and social skills
- Arcola Elementary: "We are all Human" Be kind walk – Great Kindness Challenge
- Ashburn Elementary: Positive Parenting Workshop in April; ongoing classroom lessons; ongoing small groups
- Countryside Elementary: PBIS and CICO initiatives along with ongoing classroom lessons and groups
- Evergreen Mill Elementary: Classroom lessons and small groups focusing on self esteem and positive self image.
- Forest Grove Elementary: May 18 from 3:30 – 4:40, the Mental Health Awareness Community Walk
- Guilford Elementary: Parent Coffee on what local mental health resources are available to families
- Legacy Elementary: Individual and small group counseling to support the mental health needs of students. Classroom guidance lessons focusing on resiliency and coping strategies.
- Leesburg Elementary: Lessons based on the book, *The Anti-Test Anxiety Society* by Julia Cook for second and third grade students; mindfulness and cooperation lessons
- Liberty Elementary: PBIS Community Outreach Event on April 6, 2016 at 6:30 p.m.
- Lowes Island Elementary: Classroom lessons, small groups, meet with individual students; PBIS and CICO; seminar on Anxiety during May
- Mill Run Elementary: Character Word Lessons; Flyers provided on workshops and mental health related resources for all parents

❖ Middle Schools

- Blue Ridge Middle: Throughout the month of May, announcements will be made by PEER Helpers on different topics regarding overall mental health
- Harmony Middle: Parent Coffee on addiction and current drug trends in Western Loudoun; small group activities; supporting Woodgrove efforts "We Are Human" walk and assembly; bulletin boards in gym that focus on whole body health which also include mental health awareness apps available for help
- Harper Park Middle: Mentoring program; small group counseling to promote social skills and mental health awareness, individual student counseling; morning announcements that highlight mental health issues, student-made posters of encouragement displayed around school
- J. Michael Lunsford Middle: Ongoing support groups; Counselor training at the Wellness Center; Lions Pride Club; and Pride Day will be held on May 7, 2016 in support of LGBTQ Students; Exploring Mental Health presentations for 8th grade students

- Mercer Middle: May 6, 2016 Parent Workshop on Connecting with Your Child; Advisory lessons centering around mental health; small groups covering a number of lessons
- Sterling Middle: Parent Coffee on Internet Safety
- Stone Hill Middle: Parent Coffees on The Teenage Brain, Your Child's Emotions and Building Resiliency, and Improper Cell Phone Use and the Impact it Can Have on our Youth; Schoolwide Resource Circle in May on the topic of what the effects of name calling, racial/ethnic comments may have on a person
- Trailside Middle: Parent Coffee on Teenage Moodiness: What's Typical, What's Not? on April 22, 2016

❖ High Schools

- Freedom: 3/2/16: Physical Health topic in Advisory; 3/16/16: Nutritional Health topic in Advisory; 3/30/16: Relational Health topic in Advisory; 4/6/16: Hero in the Hallway School Assembly organized by PEER students and staff; 4/13/16: Mental Health topic in Advisory; 4/20/16: Emotional Health topic in Advisory; 4/18 – 4/25/16: "Health Week;" 5/14/16: Freedom's 3R5K (Respect, Recognition, and Responsibility) along with HERO Training open to all students in South Riding to teach them how their superpower can help unite and create a healthy community.
- Heritage: Pride Team Lesson: Walk in Our Shoes – destigmatizing mental health conditions; Highlight parent mental health resources available in the internet as well as printable resources available
- John Champe: May 2-6 is Social Well Being Week – positive affirmation cards to students from students; May 9-13 is Emotional Well Being Week – stress meter; May 16-20 is Mental Well Being Week – stress less and laugh more activities; May 23-27 is Physical Well Being Week – fun and games during lunch on Friday
- Loudoun County: April 25-29 is De-stress for Success week
- Loudoun Valley: Parents as Educational Partners Dinner; Parent Resource Night; Same Sky Assembly
- Potomac Falls: Panthers Have Heart 5K in mid-May; Ongoing activities: Listening Corner, Coloring/Painting Room, After-School Yoga, Positive Message Post-Its, Outdoor Study Area. March – April: SCA weekly videos; Speaker, robin Meyers of Navigate Empower; Green Out Day – students and staff wore shirts that read: "Don't let your story end. Acknowledge. Care. Tell." Mindfulness group; Speaker, Holly Chamberlain of The aMasonGrace Project; Suicide Prevention Speaker. Throughout May, various wellness activities for students.
- Riverside: May 23 at 7:00 p.m. The aMasonGrace Project presentation for parents, students, and community members.
- Woodgrove: 3/2/16: Depression Awareness training for Counseling Staff; 3/10/16: 12th grade Mental Health Awareness FLEX meeting; 3/10/16: Evening Mental Health Parent Meeting – 7 PM; 3/14/16: 10th grade Mental Health Awareness FLEX meeting; 3/15/16: 2 Faculty Meetings – staff training for Mental Health Awareness; 3/16/16: 11th grade Mental Health Awareness FLEX meeting; 3/17/16: Evening Substance Abuse Awareness Parent Meeting – 7 PM; 4/14/16: Acts of Kindness with Mountain View Elementary School; 3/30/16: School-wide Advisory session on Mental Health Awareness and Suicide prevention; 4/6/16: School-wide walk and assembly on Suicide Prevention and Mental Health Awareness; 4/13/16: School-wide Advisory session on Mental Health Awareness and Suicide prevention.

http://www.nbcwashington.com/news/local/Students-Walk-in-Hopes-of-Preventing-Teen-Suicide_Washington-DC-374825651.html?_osource=SocialFlowTwt_DCBrand

<http://wjla.com/news/local/principal-suicide-is-the-number-one-cause-of-death-among-teens-in-loudon-co>

<http://www.wusa9.com/mb/news/local/virginia/va-high-school-stands-against-teen-suicide/122893501>

<http://loudounnow.com/2016/04/06/students-walk-to-curb-suicide-countywide/>

https://www.washingtonpost.com/local/woodgrove-high-students-organize-walk-to-raise-awareness-of-teen-suicide/2016/04/01/ea1abec8-f816-11e5-a3ce-f06b5ba21f33_story.html

<http://wtop.com/loudoun-county/2016/04/loudoun-county-high-school-walk-highlights-problem-of-teen-suicide/>