



Loudoun County Public Schools Media Release

FOR IMMEDIATE RELEASE

February 1, 2024

ASHBURN, Va. - More than 550 attended or participated in One LCPS: United for Wellness, Loudoun County Public School's sixth annual Mental Health and Wellness Conference and Resource Fair on Saturday, Jan. 27 at Riverside High School.

Conference attendees had the opportunity to hear from more than 40 mental health and wellness professionals on topics such as improving communications with teens, daily wellness practices, eating disorders, healthy relationships and more. In addition, over 80 local businesses, Loudoun County agencies and LCPS offices provided information and resources to assist families as they support their students' mental health and wellness needs. A portion of the event was sponsored by The Williams Center for Wellness and Recovery.

Dr. Aaron Spence, LCPS Superintendent, opened the conference, saying that this conference is evidence of LCPS' commitment to student mental health and wellness and to providing families with resources to support their students.

Football Hall of Fame legends Ken Harvey and Charles Mann, both of whom are on the board of directors of The Williams Center for Wellness and Recovery, also offered opening remarks. Mann said the most important thing a parent or a community member can do to promote well-being is simply to be there and be available to support one another. Harvey commended teachers and administrators for helping make schools safe places for students.

Sheriff Mike Chapman, who also spoke, shared that he and the Loudoun County Sheriff's Office are doing everything they can to keep LCPS students and their families safe, including ensuring that all LCSO deputies receive Crisis Intervention Training, a program that provides guidance to law enforcement officers when addressing a situation that has mental health elements.

Jennifer Evans, LCPS' Director of Student Mental Health Services and lead coordinator of the event, said that the conference has grown in scope and attendance since it started in 2019. "I am very pleased with this year's participation. I hope that those who attended and participated

were able to find resources that will assist them in supporting their students, families and communities. At the end of the day, this type of information-sharing and support of one another is what makes a difference to our community. This event truly shows that together we can tackle the big issues in our communities and work toward improved outcomes.”

In addition to the resources provided at this conference, LCPS partners with organizations – such as those listed below – that provide support to students, their parents and the community.

- ParentGuidance.org: [ParentGuidance.org](https://www.parentguidance.org) provides parents with access to online courses and seminars that will help them support their child’s mental health. Parents/guardians can access ParentGuidance.org’s videos at any time to help find solutions to mental health, emotional or developmental challenges. Additionally, ParentGuidance.org parent coaches are available to work with parents/guardians individually for up to 30 minutes per week via Zoom. All of these resources are available at no cost to LCPS families, and parents/guardians remain completely anonymous when using them.
- Care Solace: [Care Solace](https://www.caresolace.com), a care coordination service, helps LCPS students, staff, and families find mental health and substance use treatment matched to their needs. Care Solace navigates the mental health care system on your behalf to find community-based providers and secure appointments as quickly as possible with the best care possible.

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