



Ohio School Wellness Initiative January Newsletter

Upcoming Events

January - Mental Wellness Month

Jan 17th - Martin Luther King Jr. Day

Jan 25th & 26th - [Digital Ecosystems for Student Security, Safety, & Wellbeing](#)
(Virtual, Invitation to Follow)

Jan 27th @ 9 am - Wellness 101: A Look at How Wellness in Schools Can Impact Families and Communities (Virtual, Invitation to Follow)

February - Black History Month

Feb 28th - [Deadline for School Safety Grants](#)



January Trivia

Which of the following are true? (select all that apply)

- A. Smelling Rosemary can increase alertness and improve memory.
- B. Chewing gum makes you more alert, relieves stress, and reduces anxiety levels.
- C. Getting lost in a book can lower levels of cortisol and other unhealthy stress hormones by 68%.
- D. Walking outside - or spending time in green spaces - can reduce negative thoughts and boost self esteem.



What's New With Our Pilot Schools?

Leveling Up Your SAP Continuum of Services

Interested in leveling up your SAP continuum of services? Connect with your regional team member to explore potential training opportunities for your school.

Youth Mental Health First Aid

Youth Mental Health First Aid classes are being offered to pilot schools, school districts, and communities. Available dates for these virtual events are January 19th, February 2nd, and March 11th of 2022. To register contact Kathy Oberlin at oberlink2@gmail.com, identify as OSWI with preferred date, and provide your name, email, phone, and county of residence. If you have any questions contact Kathy Oberlin.

Common Questions from You

How do I find and connect with resources near me?

You can find resources in your area easily using the School and Community Continuum of Services mapping resource [here](#). This link provides contact information and offered services for each resource listed!

I would like to connect with MindPeace, how do I do this?

MindPeace works with schools and community mental health agencies to create real partnerships to meet the mental health needs of schools. You can contact Susan Shelton via email at Sheltons@mindpeacecincinnati.com. A guidance document answering common questions received about MindPeace is coming soon!

Grab & Go Resource - How to Cope with Anxiety & Depression

An [infographic](#) that can help youth detailing in-the-moment and long term skills, strategies, and resources for coping with anxiety and depression. Strategies are broken down into detail on additional infographics, meant to be used in tandem. This set of infographics would be great as a poster or set where students may pass by or stop to read!

Mental Health Resources



Addiction Guide

A resource on addiction and the dangers of illicit substances. Covers how drugs/alcohol affect the body, identifying signs/symptoms, and where to find treatment near you.

[Explore resource here.](#)



Black Mental Wellness, Corp.

Providing access to evidence-based information and resources about mental health and behavioral health topics from a Black perspective to increase diversity and decrease mental health stigma.

[Explore resource here.](#)



Building Student Resilience

Help students adapt and grow academically, emotionally, and socially with 3 resilience-building skills. Two modules are provided covering both high school and 4th - 8th grade teachers/students.

[Explore resource here.](#)

January Spotlights



Affiliate Spotlight - Jessica Muhlenkamp (West Region)

Jessica Muhlenkamp is a Prevention Educator with Prevention Awareness Support Services teaching "The Blues Program" an evidence based curriculum using Dialectical Behavioral Therapy Concepts in students at risk for Depression. PASS coordinates local coalitions and education in eight counties focusing on curriculums for suicide, alcohol and drug prevention. Jessica has 8 years experience in non-profit administration and 10 years experience in grassroots Suicide Prevention. She is passionate about her community and is an active volunteer including the Wapakoneta Rotary Club, Downtown Wapakoneta Partnership and First on the Moon, Inc.

"West Region has a very diverse group of schools. From rural to urban, small to large we represent schools of all different kinds. I'm excited as we work through this project to see how each school is able to tailor a Student Assistance Program to their own population because just like each student is different, each school community is different."

Affiliate Spotlight - Mike Tornow (North East Region)

Mike has been in Education and Administration for over 18 years. Mike is currently the Director of Marketing, Business Development and HR for PSI for close to 500 schools throughout Ohio and Michigan and more than 900 employees. Mike's experience includes over 5 years as a Special Education Director and over 13 years as an Administrator for a residential and vocational center for adults with disabilities. Mike is a licensed professional clinical counselor and holds an Administrative Specialist License from ODE. PSI has been providing school health, education supports and behavioral health services to support the whole child for more than 44 years.



Partner Spotlight - Interpersonal Wellness Services, Inc.



Interpersonal Wellness Services, Inc. (IWS) will be overseeing the staff wellness program of the OSWI and training and certifying a team of wellness facilitators who will support the program going forward. We at IWS are excited to partner with OSWI and have created the program orientation and onboarding of all facilitators who are currently preparing to start supporting the staff wellness initiative. IWS provides the most inclusive and comprehensive wellness framework on the market. Our program teaches nine dimensions of wellness based on the Wellness Improvement System® concept. This includes a tool to assess how well you or your workplace are doing. We also provide the most comprehensive wellness competency teachings. This includes a competency-based curriculum to facilitate and simplify learning and to develop

wellness skills, habits, and daily practice. Joyce Odidison, President of Interpersonal Wellness Services Inc., released her 6th book, a comprehensive textbook on Wellness Competency teaching and coaching. This new textbook will serve as the foundation for the staff wellness facilitator training at OSWI. It can also be used as a model or textbook for other post-secondary institutions looking to expand their offerings in the area of wellness and workplace wellness competency teaching and coaching. We run the Global Workplace Wellness Summit annually and have launched the monthly Global Workplace Wellness Community of Practice that brings together wellness practitioners in work and life wellness. Pilot schools are welcome to visit our website at <https://interpersonalwellness.com/> to learn about what we are doing and reach out to us with questions or desires of attending any of our upcoming free training options. The possibilities from a project this size is immense. I hope to see this project as a resource behind various models for well-being in the Ohio community.

Do you have a success story in your school you want us to highlight? We want to hear from you!

Share your success stories with info@ohioschoolwellnessinitiative.com to have the chance to be highlighted in next month's newsletter and on our social media!

Using Abre



Abre Help

If you are new to Abre or need some help on how to use all of the features, check out Abre's YouTube channel filled with informational videos!

[Follow this link to explore the Abre information.](#)

Abre Learn Modules for YOU!

Available Now:

- ABC's of SAP
- Building Your Student Assistance Team
- How to Triage MH/BH Concerns
- [Intervention Think Rules Academy](#)
- Strong Voices, Smart Choices for Children Ages 15-18
- Strong Voices, Smart Choices for Children 6-8
- Taking Control: Supports Youth and Young Adult Mental Well-Being
- Toolbox of MH/BH Concerns

Coming Soon:

- Active Listening
- Example SAP Referral Form
- Students with MH/BH Concerns

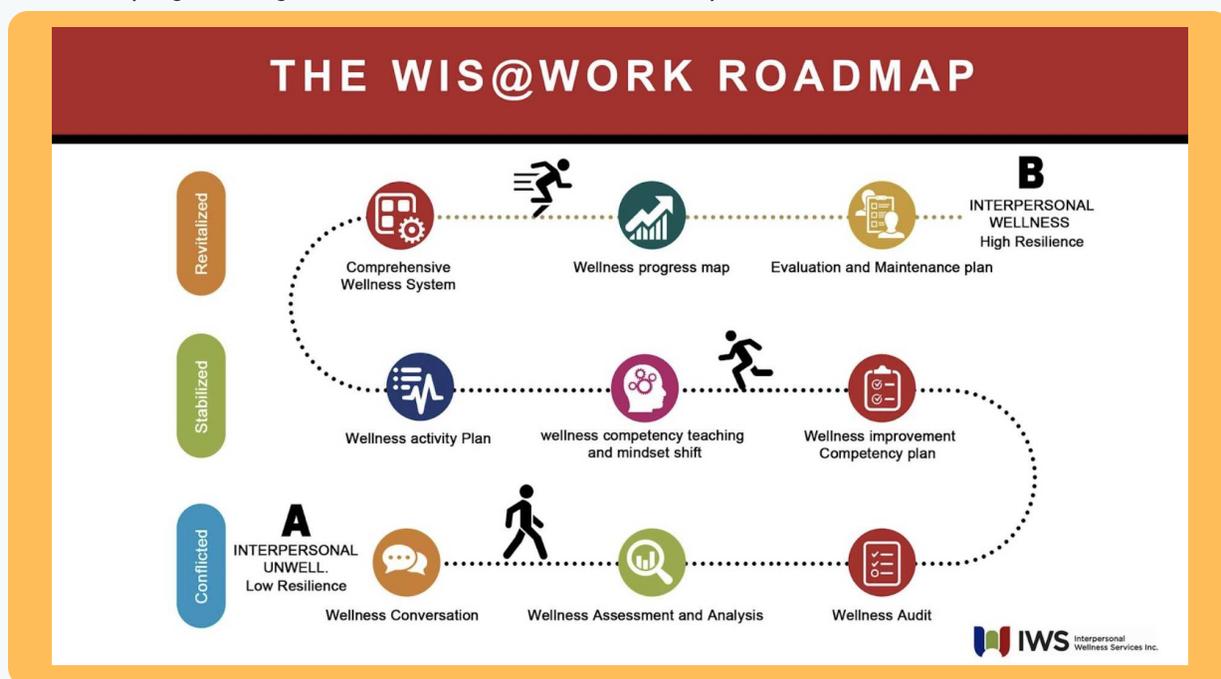
[If your school has not signed up for Abre, contact Zachary Vander Veen from Abre to set up a meeting here.](#)



Staff Wellness



This year, the OSWI team will be working closely with Interpersonal Wellness Services, Inc. to train wellness facilitators across the state. These individuals will be assigned to work with our pilot schools to help address the needs within the school and develop programming to match their needs. Their roadmap to wellness can be found below.



In addition to developing building or district programs, school employees also need support in achieving their own personal goals. A new year often means new ambitions for wellness. We often have visions for getting fit, reading more, starting a new hobby, or saving for that big vacation. A few key elements can make all of the difference in achieving and maintaining those goals.

Take the time to set meaningful and practical goals. Depending on what you want to achieve, there may be some online assessments available to help you prioritize your tasks.

- Consider working backwards from your ultimate goal and then create smaller steps. Instead of deciding “marathon or bust,” think of it as one mile at a time as you build up your endurance and stamina.
- Educate yourself on the options and possibilities. Financial planning with one method may have worked for your cousin, but you have different resources and needs.
- Shift your mindset and imagine the possibilities. Use vision boards, meditation, and other methods to help you see what the future can bring.
- Set up an accountability system at the individual level or with a group. Something as simple as only watching your favorite show only if you are on the treadmill can be what you need to get off the couch after a long day of work.
- Evaluate your goals as you go. Pivot and amend instead of giving up. Struggling to play Rachmaninoff’s Flight of the Bumblebee even after all of those lessons? Choose a different song, but keep on playing.
- Celebrate successes along the way with something important to you. Post those pictures on social media for recognition, eat that slice of chocolate cake, or take that day trip to visit friends from the past.

For more information related to goal setting, visit the Staff Wellness LiveBinder and follow us on Facebook for Wednesday Wellness posts.

Intervention Think Rules Academy

On December 9th, OSWI contracted partners Drs. Stephen (Steve) Elliott, Michele Demaray, and Christine Malecki facilitated an information session about two upcoming training opportunities. A recording of the session can be accessed [here](#). One of these training opportunities, the Intervention Think Rules Academy, is now available in Abre! This training opportunity will take roughly three hours to complete, and can be done at your convenience (i.e., it does not need to be completed in one three-hour session). CEUs (for counselors, social workers, and school psychologists) and/or a certificate of completion are available for those who complete the Academy and pass a quiz. For more information and instructions on how to access the Intervention Think Rules Academy, please see details below:

How to access Intervention Think Rules Academy if your school already uses Abre:

- Log into Abre
- Click on Learn app (on left side)
- Click on "Intervention Think Rules Academy"
- For help (if needed) click the question mark on the top right of the screen and type your question into the chat box.

How to access Intervention Think Rules Academy if your school does not already use Abre:

- Go to the following web address: [Sampleschool.abre.io](https://sampleschool.abre.io) ("Sampleschool" is your school's email extension without .org or .edu)
- Click "sign in"
- For Google-based schools click on "sign in with Google"
- For Microsoft-based schools click on "sign in with Microsoft"
- Click on Learn app (on left side)
- Click on "Intervention Think Rules Academy"
- For help (if needed) click the question mark on the top right of the screen and type your question into the chat box. In your request for help, it may be useful to let them know you are an OSWI school.

The second training academy discussed in the December 9th webinar should be available in the coming months, and focuses on a new 12-session Tier 2 social-emotional intervention for stress management, social supportive behaviors, and social-emotional life skills.

We hope you will consider participating in these learning opportunities!

Trivia answer: All of the above are true! For more information about healthy fun facts, visit - <https://www.thegoodbody.com/health-facts/>

