



# Ohio School Wellness Initiative

## October Newsletter



### Upcoming Events

National Depression and Mental Health Screening Month

Breast Cancer Awareness Month

OCT 6th - 8th - [2021 Ohio School Safety Summit](#) (Virtual)

OCT 12th @ 12:30 pm - [Family Engagement Strategies for English Learners](#) @ ESC of Northeast Ohio

OCT 20th @ 9 am - [Family Engagement Strategies for English Learners](#) @ ESC of Central Ohio (Virtual)

OCT 21st @ 10 am - [All OSWI Pilot School Meeting](#) (Virtual)



## October Trivia

Which of the following is NOT one of the eight dimensions of wellness according to SAMHSA?

- a. Environmental
- b. Psychological
- c. Occupational
- d. Financial

Find the answer at the bottom of this newsletter!



## What's New With Our Pilot Schools?

### What does it mean to be a pilot school?

Each pilot school was hand selected from over 200 applications across the state to participate in the Ohio School Wellness Initiative (OSWI) — a project receiving \$6 million from the Governor's Emergency Education Relief Fund. Pilot schools are helping the OSWI work towards creating a statewide model of a student assistance program (SAP), strengthening tier II and tier III supports, and promoting mental wellness among school administrators and staff. To be a pilot school is to be the front leaders of the project!

### Pacing Guide - Keeping Schools on Track

The pacing guide was developed to help keep pilot schools and affiliates on track while building their student assistance and staff wellness programs. Up-to-date pacing guides can be found on OSWI SAP Resources LiveBinder [here](#). The access code to this LiveBinder is OSWI. The updated version #2 of the pacing guide can be found under the "Pacing Guide and Related Resources" tab, titled "Pacing Guide V2".

### Common Questions from You

**Where do I find community resources for my school?** You can find resources in your area through the School and Community Continuum of Services and at [Findhelp.org](#); both are linked at the bottom of this page in the Mental Health Resources section!

**What if my school has not completed all of September's pacing guide tasks?** The pacing guide is a template for your school to help guide what you should be working on. As long as your school is making strides towards the tasks, you are making progress!

**How can my school use their stipend from OSWI?** Stipends can be used for anything that supports the work of the OSWI project. That can include purchasing curriculum, staff incentives, or providing staff release time to attend trainings. It is up to you and your team!

### Grab & Go Resource - SAP Brochure Example

Wondering what your school's Student Assistant Program brochure could look like? Access a customizable example of a SAP brochure for any school on the [OSWI SAP Resources LiveBinder](#) [here](#). The access key to this LiveBinder is OSWI; the example can be found under the "Pacing Guide and Related Resources" tab, within "Resources", titled "Example Brochure".

## Mental Health Resources



### School and Community Continuum of Services

A map of mental health services offered in your area.

[Explore resource here.](#)



### 211.org

Call or visit a local 211 to find resources such as food, housing, mental health services, healthcare, and more. Call 211 to speak with a live person to help. Conversations are confidential and can be anonymous.

[Explore resource here.](#)



### Findhelp.org by AuntBertha

Search resources offered in your area such as food, shelter, transportation, care, education, work, and legal services.

[Explore resource here.](#)

# October Spotlights

## Pilot School Spotlight - Hillsdale High School (Northcentral Region)



The staff at Hillsdale High School have been busy making efforts towards the OSWI! An activity that was completed with their staff to demonstrate meaningful relationships with students was printing photos of all the Hillsdale students and having staff place marks on each student who they had a personal relationship with. This activity helped show how deep their connections with the students in the school truly are.

Their SAP team continues to make it a priority to meet weekly and feel that although this time is filled with uncertainty and questions, they are making excellent efforts to address all levels and areas of safety concerns. They recommend to other pilot schools to keep communicating with one another, borrow good ideas or suggestions from pilot schools, and hang in there!

Any questions? Reach out to Davis Baker, the Principal of Hillsdale High School (dbaker@hillsdalelocalschools.org).

## Affiliate Spotlight - Kathy Oberlin

Kathy Oberlin has a Masters in Human Services, a Bachelors in Public Administration, and an Associates in Commercial Art. She has spent 37 years of her career in children's mental health, youth and family advocacy, mental health in schools, intensive home based services, and training and risk management. She has 20 years of experience with the Ohio Mental Health Network for School Success and 26 years of experience with the Ohio Department of Mental Health, Sagamore Hills Children's Psychiatric Hospital and Heartland Behavioral Healthcare.

"We value student assistance and wellness efforts as we build momentum to establish a statewide model for our school communities"



## Affiliate Spotlight - Keith Kline



Dr. Kline spent 34 years in public education as a teacher, assistant principal, principal, and superintendent in Greater Cincinnati. He is passionate about young people growing up to be safe, strong, and well prepared for their futures. Keith holds three degrees from Miami University and now teaches doctoral and administrative coursework at Miami University. Dr. Kline joined Grant Us Hope as Executive Director in July of 2018.

"Having spent 34 years in public schools as a teacher, principal, and superintendent, the work of the Ohio School Wellness Initiative is more important now than ever. As schools work to be in session and provide high quality instruction for all, it is critically important that educators have ready-to-implement tools to help students and staff with SEL, mental health and wellness needs as they arise. OSWI is building that infrastructure to make sure all students grow up safe, healthy and strong. To quote a former colleague of mine, 'you have to take care of Maslow if you want to get to Bloom's'. This project helps Ohio make that happen."

**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](mailto:info@ohioschoolwellnessinitiative.com) to have the chance to be highlighted in next months 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.](#)



### ABCs of SAPs

An Abre learn module to understand what Student Assistance Programs (SAPs) are, Ohio's model, and how to implement within your school.

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



### Student Assistant Teams (SATs)

An Abre learn module to teach you about Student Assistant Teams (SATs), providing guidance and resources to assist you in implementing SATs.



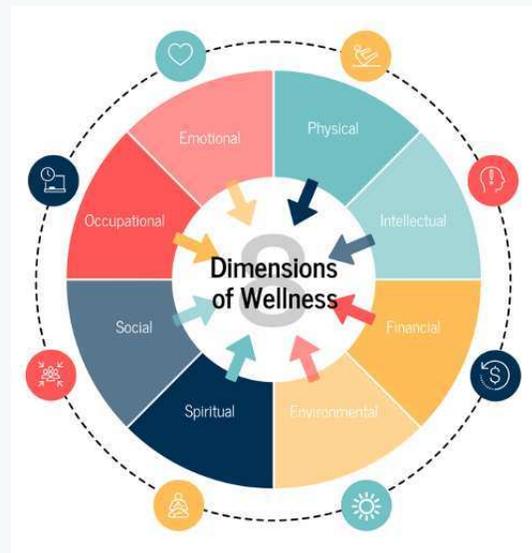
# Staff Wellness



## Wellness Is So Much More Than Fitness Goals

According to the National Association of Chronic Disease Directors (2018), employees who take care of their wellness needs across all dimensions are likely to feel energized and ready for work, have lower rates of absenteeism, and have less turnover. This ultimately impacts their students and their coworkers who feel the commitment and energy. Positivity is contagious!

It is not uncommon for people to associate being “well” with maintaining a healthy weight and engaging in proper exercise and diet. Some even bring emotional or mental wellbeing into the mix. And while these are two important areas, SAMHSA describes 8 different dimensions of wellness. The effects of each of these categories can blend into each other and overlap. For some people, spiritual or social wellness impacts emotional. For others, occupational can impact intellectual.



While wellness is a personal practice, school buildings and work settings can support employees with educational materials, incentives, team challenges, and implementing policies and practices to promote all of the dimensions. Taking time to learn about the different domains and reflecting on what areas are most important to you and other school staff is a great first step to developing a comprehensive Staff Wellness Plan. The Ohio School Wellness Initiative team will be sharing more information about Staff Wellness throughout the year.

## Helpful Abbreviations

### BH

**Behavioral Health** - Relationship between behavior, mental health, substance use disorders, and physical health.

### CSBMHP

**Center for School-Based Mental Health Programs** - The mission of The Center for School-Based Mental Health Programs (CSBMHP) in the Department of Psychology at Miami University is to help Ohio's schools, community-based agencies, and families work together to achieve improved educational and developmental outcomes for all children -- especially those at emotional or behavioral risk and those with mental health problems.

### MH

**Mental Health** - State of an individual's well-being including thoughts, emotions, and actions.

### OMHNSS

**Ohio Mental Health Network for School Success** - The Ohio Mental Health Network for School Success (OMHNSS) helps Ohio's schools, community agencies and families work together by providing Ohio-wide: promotions, evaluation, technical assistance, training webinars, and information briefs.

### OSWI

**Ohio School Wellness Initiative** - The Ohio School Wellness Initiative was designed to explore, implement, and sustain a full continuum of care including prevention, early intervention, and treatment practices for K-12 students within local districts who adopt student assistance programs, Tier II/III supports, and staff wellness frameworks.

### SAP

**Student Assistance Program** - A comprehensive, school-based framework designed to provide a variety of services, including building awareness, prevention, early identification, evidence-based intervention, referral processes, and guided support services across the multi-tiered spectrum for K-12 students, especially those most vulnerable.

## Connect with us on social media!

Social Media Contest coming in October! Anyone who follows the OSWI page will be eligible to win. Be on the lookout for more information on our Facebook page soon.



**Trivia Answer:** b. Psychological. Psychological is not considered one of the eight (8) wellness dimensions as noted by the Substance Abuse and Mental Health Services Administration (SAMHSA). Explore their step-by-step guide to wellness [here](#).

