



Ohio School Wellness Initiative December Newsletter

Upcoming Events

Nov 28th - Dec 6th - Hanukkah

Dec 3rd - International Day of Persons with Disabilities

Dec 9th - Intervention Think Rules Academy & Tier 2 Social Emotional Intervention (Virtual)

December - Supporting the Whole Child: Creating Trauma-Informed SEL Schools (Virtual; multiple dates see flyer)

Dec 25th - Christmas Day

Dec 26th - Jan 1st - Kwanzaa

Jan 1st - New Years Day



December Trivia

According to SAMHSA, which of the following was indicated among youth ages 12-17 years old in 2019?

- A. 7.5% of youth report the use of prescription stimulants in the past year.
- B. 1.7% of youth report the misuse of prescription stimulants in the past year.
- C. 0.3% of youth had a prescription stimulant use disorder in the past year.
- D. All of the above.



What's New With Our Pilot Schools?

Communication is Key

Communication between pilot schools, regional team members, affiliates and the Miami team is necessary for the growth and success of the OSWI pilot. We encourage pilot schools to share their fidelity checklists with their regional affiliate or designated regional team member. If you are unsure of who this is, please contact Kathleen Oberlin at oberlink2@gmail.com to find out.

New SAP Documents

New resources have been created and uploaded to our LiveBinder (explore here) as examples to use once a SAP referral is received. These include SAP Example Caregiver Script; Example Consent to SAP Process & Screening of Individual Student; Example SAP School-Based Service Plan and Consent Form; and Case Manager/Coordinator Checklist. These documents are intended to serve as tools to help schools/districts create a SAP but are not intended to serve as legal advice. Districts/schools can adapt the resources to align with their policies, procedures, and legal/ethical guidance.

Common Questions from You

Our staff are overwhelmed, what can we do to improve staff wellness?

Located in the 3rd page of this newsletter are some ways to create a staff wellness area with the space you may have in your school. This is a great way to bring awareness to staff wellness and help alleviate some of the stress school staff are facing in these hard times. We also would like to offer a mini toolkit for staff wellness that includes suggestions, support, and activities. You can find the mini toolkit resources in this LiveBinder here.

Is there a tutorial for navigating the LiveBinder?

Yes, the tutorial for navigating the LiveBinder can be viewed here. Our entire YouTube page can be explored [here](#); however, we are still working on getting videos uploaded to assist you. The LiveBinder can be found here.

Grab & Go Resource - Attendance Works

Are your students struggling with chronic absence in school? Check out Attendance Works, an online resource to take action on improving attendance rates in your school and classrooms. Explore their website [here](#) or at <https://www.attendanceworks.org>

Mental Health Resources



HeyImHere.org

A youth-led community dedicated to expanding the conversation on mental wellness. A space to share experiences, encourage others, and find resources in Ohio.

[Explore resource here.](#)



Prescription Stimulants Misuse Among Youth and Young Adults

SAMHSA's review on prescription stimulant misuse as a public health problem identifies associated risks and offers action steps for stakeholders to prevent misuse.

[Explore resource here.](#)



National Alliance on Mental Illness

A mental health organization dedicated to building better lives for the millions of Americans affected by mental illness.

[Explore resource here.](#)

December Spotlights



Pilot School Spotlight - Kinder Mound Elementary School (West Region)

The staff, students, and families here at Kinder have a heart for and a drive to implement social emotional learning, prevention, and wellness. Before becoming a member of OSWI, we had components of each in place, but have really worked towards putting the pieces together. We are excited to support our students and staff with wrap-around services and are feeling the positive effects on our climate. We examined the practices in place and spent a lot of time focusing on how to meld PBIS, RTI, MTSS, and our Community Outreach programs into one effective system. We used the timeline and checklists provided by OSWI to make sure we were on and stay on the right track. This includes building a team, identifying resources, revamping our referrals, creating a SAP process for in-school, and involving community organizations.

We saw that we had great needs, and not as much time as we wanted (isn't that always the way it goes?) so we decided to break into two teams in order to meet more often, provide supports for those going through the process, and ensure the fidelity of the interventions and strategies provided. We are currently working on ensuring documentation we require of those in-process is focused, meaningful, and not cumbersome. We have a good start, but recognize that we will always be a work in progress! We started having monthly "Family CARE Nights" where we provide dinner, learning, and child care for our Kinder Families. This is something that I have always wanted to do, but have never quite put together before; OSWI was the push I needed. Through these nights, we have helped 63 families feel more connected to the Kinder Community and build skills that will help their children for a lifetime. So far we have hosted three events: A Pax Tools Night, A Zones of Regulation Night, and More Calm, Less Chaos: the Science Behind Self-Regulation. OSWI funds have paid for dinner and takeaways for our families. Recommendations for pilot schools: use the checklists and timeline provided by the OSWI. Building an effective system is an overwhelming task, especially in these trying times. By trying to stick to the timeline, and giving ourselves some grace when we don't, we have been able to make great gains in our ability to provide quality wrap-around assistance with the ever-important follow-up for our students, staff, and families.

Affiliate Spotlight - Michele Timmons

Michele launched EnvisionEdPlus in 2014 to further her vision that all youth thrive, particularly in small and rural schools challenged by persistent gaps in community resources and funding. She drew on her previous experiences as the founding principal of one of Ohio's most successful drop-out recovery schools, as the leader of Muskingum Valley Educational Service Center's award-winning Care Team Collaborative, and as a trainer and coach for a national education foundation.

"The SE Regional Team has met with all 8 school teams, helping them begin to create their systems for starting their SAP programs. Schools are excited and look forward to working with their Regional Team coaches. In September, Melinda Norman trained the SE Regional Team on Prevention 101. During October, the team will share this overview with our schools so they can begin scheduling their training sessions with Prevention First!"



Partner Spotlight - Montgomery County ESC

The Montgomery County Educational Service Center is proud to be a contracted partner with the Ohio School Wellness Initiative! Our role as an Educational Service Center is to meet the needs of the public schools in our region. Montgomery County ESC serves the 16 public school districts in Montgomery County, as well as many schools in the Miami Valley region. We provide professional development, technical assistance, and contracted services such as curriculum directors, occupational therapists, and physical therapists. We also run learning centers that support students from all over Montgomery county including our newly opened Trauma-Informed Preschool. Our Social Emotional Learning Division is directly supporting the Ohio School Wellness

Initiative, and this division is made up of over 50 employees who are passionate about serving the Whole Child. We provide SEL Trauma Informed professional development and learning cohorts for districts as well as school psychology services and evidence based prevention programs. Our experiences with providing SEL and prevention services to schools align with the goals of the OSWI project and allows us to provide consultative support. We are supporting our local regional team, team West, and reviewing content across a variety of aspects within the OSWI project. Perhaps our largest contribution to the project is the Prevention Services in Schools training series that is being provided for each of the regional affiliate teams. Last year, through a grant from the Ohio Department of Education, we worked with several design partners to create the training series for educators. We are excited that the use of the training has broadened and will serve educators across Ohio. We hope that we can continue to provide support and connection for OSWI schools, particularly in the West region, in order to make this OSWI a sustainable model for student success.

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:

How to Triage MH/BH Concerns
Taking Control: Supports Youth and Young Adult Mental Well-Being
Strong Voices, Smart Choices for Children Ages 15-18
Strong Voices, Smart Choices for Children 6-8

Coming Soon:

ABCs of SAP
Active Listening
Intervention Think Rules Academy
Students with MH/BH Concerns
Toolbox of MH/BH Concerns

If your school has not got signed up for Abre, contact Zachary Vander Veen from Abre to set up a meeting here.



Staff Wellness



Struggling to implement staff wellness in your schools?

Here are a few guides on how to use the space you have and create a staff wellness area.

HOW TO CREATE A

STAFF WELLNESS CORNER With the Space You Have



Important First Steps:

- Get approval from administration and assign a leader to charge the project
- Be creative! If you don't have a break room, look for an unused space or corner that can be repurposed
- Ensure all staff members, including staff members with disabilities, will be able to access the space
- Seek input from school staff about what they'd like to see in the wellness space

If you have a **virtual space...**

Consider linking



- Wellness calendar
- Wellness resource guide
- Wellness newsletter
- Weekly affirmation
- Staff shout out notes
- Self-care plan
- Brain breaks
- Calming sounds
- 5 minute meditation
- Stress relief games
- Nature videos
- Wellness videos

* Underlined options are links to examples

Wellness Calendar

Calendar with upcoming wellness events in the area

Wellness Resource Guide

Information on the Employee Assistance Program, local resources, wellness apps, etc.

Wellness Newsletter

Staff wellness team newsletter outlining upcoming events, wellness tips, etc.



HOW TO CREATE A

STAFF WELLNESS CORNER With the Space You Have



Important First Steps:

- Get approval from administration and assign a leader to charge the project
- Be creative! If you don't have a break room, look for an unused space or corner that can be repurposed
- Ensure all staff members, including staff members with disabilities, will be able to access the space
- Seek input from school staff about what they'd like to see in the wellness space

If you have a **corner...**

Consider



- Soft lighting
- Wellness calendar
- Wellness resource guide
- Wellness newsletter
- Weekly affirmation
- Staff shout out notes
- Coffee and tea station
- Essential oils with a diffuser
- Sound machine
- Plants
- Wellness books and magazines
- Fidget tools
- Adult coloring books
- "Stress less" cards

Wellness Calendar

Calendar with upcoming wellness events in the area

Wellness Resource Guide

Information on the Employee Assistance Program, local resources, wellness apps, etc.

Wellness Newsletter

Staff wellness team newsletter outlining upcoming events, wellness tips, etc.



HOW TO CREATE A

STAFF WELLNESS CORNER With the Space You Have



Important First Steps:

- Get approval from administration and assign a leader to charge the project
- Be creative! If you don't have a break room, look for an unused space or corner that can be repurposed
- Ensure all staff members, including staff members with disabilities, will be able to access the space
- Seek input from school staff about what they'd like to see in the wellness space

If you have a **room...**

Consider



- Soft lighting
- Wellness calendar
- Wellness resource guide
- Wellness bingo wall
- Wellness newsletter
- Weekly affirmation
- Staff shout out notes
- Essential oils with a diffuser
- Coffee and tea station
- Sound machine
- TV with soothing sounds and pictures
- Plants
- Comfortable seating options
- Wellness books and magazines
- Fidget tools
- Adult coloring books
- "Stress less" cards

Wellness Calendar

Calendar with upcoming wellness events in the area

Wellness Resource Guide

Information on the Employee Assistance Program, local resources, wellness apps, etc.

Wellness Bingo Wall

Staff sign their name inside a bingo space (e.g., "I did something for me this week")



HOW TO CREATE A

STAFF WELLNESS CORNER With the Space You Have



Other Wellness Ideas

Lunch and Learn



Create opportunities for school staff to have lunch with a nutritionist, social worker, counselor, etc. to learn about different aspects of wellness.

Include amenities, such as soap, lotion, fragrance, feminine products, and mints in staff restrooms.



Restroom

AMENITIES



Plan wellness events such as pickle ball tournaments, water challenges, walking programs, etc. and offer prizes for participation.

Consider working with your local community wellness director to learn about and assist with local events.



You can download these images as a PDF [here](#).

OSWI Social Media Survey

Hi OSWI Community!

My name is Kristy Bemmes and I am conducting research for my graduate thesis on your level of satisfaction with and utility of the OSWI social media content. I am interested in knowing what you like the most, what you find most useful, and how we can make this content better for you. Please consider taking this 5-minute survey to reflect on your experiences with the OSWI social media content. You'll be entered for a chance to win an Amazon gift card!

Complete the survey [here](#) or at: https://miamioh.qualtrics.com/jfe/form/SV_9Ttc12gl4IWaLLE

Trivia answer: D. All of the above. Explore SAMHSA's Advisory: Prescription Stimulant Misuse in Youth and Young Adults [here](#) for more information. This specific information can be found on page 5.



Ohio School Wellness Initiative | info@ohioschoolwellnessinitiative.com | 513-529-2450

[Explore our website](#)