

# The Wellness Watch

## Coordinated School Health Team

Whole School, Whole Community, Whole Child



December 2018



# Network of Care for School Systems



In collaboration with McCall Center for Behavioral Health, RSD 10 is the recipient of a grant to fund an initiative that focuses on mental and behavioral health.

**Goal: Support mental health promotion, suicide prevention, intervention and response**

- Increase ability to recognize and respond to at-risk individuals
- Increase help-seeking behaviors
- Identify, promote/advertise and provide behavioral health services
- Develop & follow crisis management procedures
- Reduce access to potentially lethal means (prescription drugs & firearms)
- Develop life skills that enhance protective factors
- Promote connectedness

### How are we promoting connectedness?

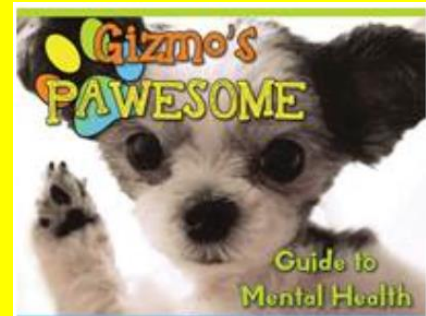
- Kindness Club
- Capturing Kids Hearts
- WEB (Where Everyone Belongs)
- Kids in the Middle
- PALS (Partnership, Assistance, Leadership, Support)
- Link Leaders
- Kindness Week
- Kindness Rocks
- Sandy Hook Campaign
- Youth Coalition
- Curriculum: Building Healthy Relationships, Communication Skills, Empathy
- Second Step- Research Based Social-Emotional Curriculum
- Safe Harbor

### What does it involve?

QPR Training-Question, Persuade, Refer  
90 minute training to inform participants about identifying suicidal behaviors through questioning and steps for referral

Signs of Suicide Training-30 minute webinar

Gizmo's Pawesome Guide to Mental Health-45 minute facilitation experience



**November 29, 7:30-11:30 a.m.**  
**Fall Showcase-Mental Health**  
**HB/LSM Media Center**  
**Enter at HB Front Entrance**

- Meet the new Library Media Specialists
- Exhibits
- QPR Training-see flyer for more information
- Signs of Suicide training
- Resources
- Tours
- Class visits
- Refreshments