

MAY 2021

MENTAL HEALTH

Spring Branch Independent School District



CELEBRATING MENTAL HEALTH AWARENESS MONTH

Partnering for Student Stability

Join us as we celebrate Mental Health Awareness Month this May!

Mental health awareness not only helps us to explore coping tools that are useful to improve overall wellbeing, but it helps us to better understand the signs and symptoms of mental illness, and find helpful ways to support others who may be struggling.

In support of Mental Health Awareness Month, Spring Branch ISD would like to recognize a few of our in-district community partners who are committed in supporting the varied social, emotional, physical, and mental health needs of SBISD students and families.



MARIA PETERS, PHD, LPC-S, CART, CCTP

Mosaic Tree Counseling

Mental health is very important to me. I strongly believe it should not be taken lightly, and my hopes are that soon it will be under the same umbrella as medical health.

At Mosaic Tree Counseling, we believe in **complete mental restoration** and **balance**. Our main purpose is to give parents, foster families, and children uniquely customized psychotherapy in the comfort of their own home, school, or in our comfortable office. This allows the Therapist to be in the client's true environment, enabling the Therapist to **experience each client's daily life and culture**, for the most effective therapy available.



JOSEPH GARZA, LPC

Spring Branch Community Health Center

Mental Health is a big part of my role as a Therapist/Case Manager. I see teens and their families to **assist in solving social emotional and behavioral issues, communication issues**, and at times am the link to referring to psychiatry when necessary or requested.

As the head (mind) goes so does the rest of the body. I support my own mental health and wellbeing by **practicing my faith, having accountability with family and friends, and engaging in lots of outdoor activities.**



TAYLOR BLUNSEN, LMSW

Council on Recovery (CHOICES)

I think my own mental health has a huge impact on my role. I have to make sure that I am **taking care of myself** and really utilizing self care, so that I can fully be present and help all of my students to the best of my abilities. This year has been especially tough and self-care, **compartmentalizing** and **keeping a positive mindset** has definitely played a role in **preventing compassion fatigue and burnout**.

I support my own mental health and wellbeing by making sure I take time to **decompress**, be surrounded by loved ones and utilizing **self-care**. I try to make sure I am **eating healthy**, staying as **active** as I can, **spending time with my family** and making time for **things that I enjoy in life**



AMANDA MATTHEWS-PACE, MED, RMHCI

Council on Recovery (CHOICES)

I am able to support my own mental health and well-being by using **heathy coping skills** such as journaling, prayer, being outside in nature, **applying healthy boundaries**, and using **positive affirmations/self-talk**. It's also important for me to take time to **disconnect from social media** throughout the year in order to **refocus** and **realign**.

I would describe mental health as **how we think, feel**, and **respond** to different life situations.



AMANDA THOMPSON LMSW-IPR

CIS Student Support Manager Stratford High School

I believe mental health is one of the essential pillars to people's overall wellbeing. If one does not take care of their mental health, it can impact other areas of their life including their **physical, emotional, and social wellness**.

I provide mental health **support** to the students and their families. A student's mental health needs have to be addressed to ensure they are **physically and emotionally healthy** and **academically successful**.

By taking care of my own mental health needs, I am able to **be present** for the needs of my students and their families.



JASON JONES

Community Youth Services (CYS)

Mental health is at the core of my role in Spring Branch – regardless of the situation that comes on my radar, mental health is impacted. I view one of the most significant responsibilities that I have is helping the members of our community understand how the experiences they've gone through have influenced their perceptions of themselves, others, and the world around them.

For my mental health, I make an effort to **take care of my body**, with the recognition that my body and mental health always influence each other. I take care of **eating nutritional food daily**, remaining cognizant of the amount of **quality sleep** I get, and **including exercise** in my weekly routines. I also make time to do some things that I enjoy, like **playing video games with my younger cousins**.



VERONICA PEREZ

Community Youth Services (CYS)

Mental health is important because it can determine your whole state of mind. It helps determine how we respond and relate to others, it determines your own stress level and your own ability to make every day decisions. We try to be that extra support for Spring Branch ISD community by meeting the needs of our students, staff, and families.

Personally I like to just **disconnect** after my day is done and find something to do that I enjoy doing. I love to go ride on my motorcycle, have my husband BBQ or take our dog to the dog park.



SERRA MOORE, MSW

Community Youth Services (CYS)

Our mental health affects how we **think, feel and act**. It helps determine how we handle stress, act towards others, and make choices.

My role as a Youth Support Specialist is to **link students and families with resources** such as counseling and help provide supportive counseling. I am there to **listen**, help **validate** their feelings, and help them put them into **perspective**.

Your **mental health** is a **priority**. Your **happiness** is **essential**. Your **self-care** is a **necessity**.

