



CCPS Mental Health Update

Cecil County Public Schools is committed to empowering our staff and families to meet the social and emotional needs of our students, with a focus on behavioral health and trauma-responsiveness, to assure that every student is ready to learn, achieve success, and experience positive relationships.

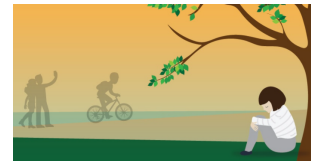
Did you know:

The National Alliance on Mental Health (NAMI) suggests that some people experience seasonal affective disorder (SAD) over the summer months. Seasonal Affective Disorder is typically only categorized with the winter months.



Strategy of the Month:

Staying Mentally Healthy During the Summer Months



* Adapted from The Kim Foundation, Mental Health Fitness, Discovery Mood and Anxiety Treatment

"Many people go through short periods of time where they feel sad or not like their usual selves. Sometimes, these mood changes begin and end when the seasons change. In some cases, these mood changes are more serious and can affect how a person feels, thinks, and handles daily activities."

- National Institute of Mental Health

Seasonal Affective Disorder

- millions may suffer from SAD, but may not know they have the condition
- depressive episodes that are related to changes in seasons
- starts and ends at the same time each year

Strategies for Staying Mentally Healthy During the Summer Months

Children

- Talk about goals or expectations during summer break
- Establish a plan to deal with changes in behavior or mood. Remember to discuss changes with non defensive communication
- Provide a consistent daily schedule: allows children to focus events of the day rather than the anxiety of not knowing what happens next
- Investigate your strengths and weaknesses

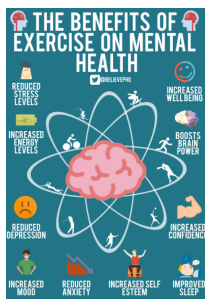
- symptoms start out as mild and progress to more severe over the season
- must be diagnosed by a doctor

Potential Triggers for Struggles with Mental Health Over the Summer Months

- **Lack of a consistent schedule:** even slight changes in scheduling can impact mental health, change in workflow- slowed or feelings of being overworked
- **Pre-existing Disorders (ADHD):** changes in medication
- **Vacations:** this can cause anxiety and stress about spending too much money, being around certain people
- **Psychosocial Issues:** examples could be divorce, familial problems, substance use/abuse
- **Daylight Patterns:** can cause changes in sleep patterns

Symptoms of Seasonal Affective Disorder

- Loss of interests in activities you typically enjoy
- Low energy; sluggish; agitated; anxiety
- Difficulty with sleeping: insomnia
- Changes in appetite or weight: poor appetite or weight loss
- Increase in challenges with concentrating
- Feelings of overwhelm and loss of control

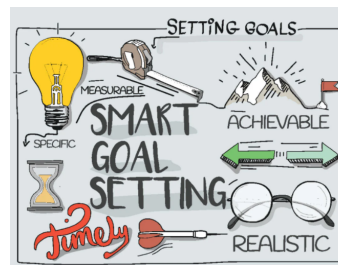


- Set up playdates
- Participate in sports or camps
- Sign up to participate in volunteer activities
- Limit time online, watching TV, or playing video games
- Maintain a consistent sleep schedule

Teens/Adults

- Investigate your strengths and weaknesses
- Identify when changes in mood typically occur and develop a plan to stop the problem before it begins
- Participate in sports or camps
- Teens can obtain a part-time job to reinforce the importance of work ethic
- Sign up to participate in volunteer activities
- Make time to be outside: increases in Vitamin D and serotonin boost mood
 - Start a new hobby: gardening, hiking, water sports
- Begin participating in an exercise routine or program: maintain 20-30 minutes of movement a day
- Get plenty of sleep
- Use vacation days appropriately: refrain from using vacation time as a time to catch up on daily household tasks (i.e. cleaning) that are neglected during the week

Talk with your healthcare provider or mental health specialist about major concerns



If you have a child in need of support and/or resources click on the following link.
[Student Support Request Form](#)

The Maryland Coalition for Families is available to provide the following supports

- Parents and caregivers of children with mental health needs
- Anyone who cares for a loved one struggling with substance use disorder
- Anyone who cares for a loved one struggling with problem gambling

Families and others can reach MCF by:

- Calling our statewide intake line at 410-703-8267
- Emailing info@mdcoalition.org