
Social Emotional Well-being and School Safety

— May 15, 2019 —

AGCS is committed to keeping our school safe!

Schools are one of the safest places to be in a community.

No school is immune to violence and threats.

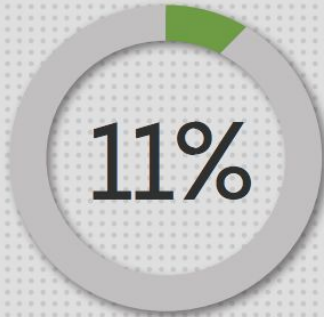
There is always room to improve and we need you to be a part of the movement!

Current Mental Health Trends

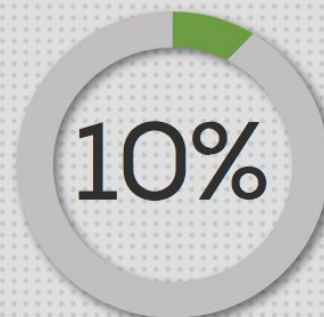
Fact: 1 in 5 children ages 13-18 have, or will have a serious mental illness.¹



20% of youth ages 13-18 live with a mental health condition¹



11% of youth have a mood disorder¹



10% of youth have a behavior or conduct disorder¹



8% of youth have an anxiety disorder¹

(National Institute of Mental Health)

Impact



50%

50% of all lifetime cases of mental illness begin by age 14 and 75% by age 24.¹



10 yrs

The average delay between onset of symptoms and intervention is 8-10 years.¹

37%



37% of students with a mental health condition age 14 and older drop out of school—the highest dropout rate of any disability group.¹

70%



70% of youth in state and local juvenile justice systems have a mental illness.¹

Suicide

3rd



Suicide is the 3rd leading cause of death in youth ages 10 - 24.¹



90%

90% of those who died by suicide had an underlying mental illness.¹

(National Institute of Mental Health)

Additional Statistics

- 80% of school shooters told someone their plans
- 50% of school shooters told more than one person their plans
- 70% of people who complete suicide told someone their plans
- **One Million** students reports being harassed, threatened or some other form of cyberbullied

Suicide Risk Factors

Risk factors refer to personal or environmental characteristics that are associated with suicide including, but not limited to:

- Behavioral Health Issues/Disorders: depression, substance abuse or dependence, previous suicide attempts, self-injury.
- Personal Characteristics: hopelessness, low self-esteem, loneliness, social alienation, isolation, lack of belonging, poor problem-solving or coping skills, impulsivity, risk-taking, recklessness.
- Adverse/Stressful Life Circumstances: interpersonal difficulties or losses, disciplinary or legal problems, bullying (victim or perpetrator), school issues, physical, sexual or psychological abuse, exposure to peer suicide.

Family Characteristics: family history of suicide or suicidal behavior, family mental health problems, divorce/death of parent/guardian, parental-child relationship.

Warning Signs



Feeling very sad or withdrawn for more than 2 weeks (e.g., crying regularly, feeling fatigued, feeling unmotivated).



Trying to harm or kill oneself or making plans to do so.



Out-of-control, risk-taking behaviors that can cause harm to self or others.



Sudden overwhelming fear for no reason, sometimes with a racing heart, physical discomfort or fast breathing.



Not eating, throwing up or using laxatives to lose weight; significant weight loss or gain.



Severe mood swings that cause problems in relationships.



Repeated use of drugs or alcohol.



Drastic changes in behavior, personality or sleeping habits (e.g., waking up early and acting agitated).



Extreme difficulty in concentrating or staying still that can lead to failure in school.



Intense worries or fears that get in the way of daily activities like hanging out with friends or going to classes.

(National Institute of Mental Health)

Recognize Bullying

Bullying means an intentional electronic, written, verbal or physical act or series of acts directed at another student or students, which occurs in a school setting and/or outside a school setting, that is severe, **persistent or pervasive** and has the effect of doing any of the following:

1. Substantially interfering with a student's education.
2. Creating a threatening environment.
3. Substantially disrupting the orderly operation of the school.

Bullying, includes cyberbullying.

School setting means in the school, on school grounds, in school vehicles, at a designated bus stop or at any activity sponsored, supervised or sanctioned by the school.

Recognize Bullying

Other things to consider include::

- **An Imbalance of Power:** Kids who bully use their power—such as physical strength, access to embarrassing information, or popularity—to control or harm others. Power imbalances can change over time and in different situations, even if they involve the same people.
- **Repetition:** Bullying behaviors happen more than once or have the potential to happen more than once.

According to the [National Center for Education Statistics](#) **28% of students aged 12-18 have been bullied, and 9% experienced cyberbullying.**

Together We Take Steps to Stop It

- Start early
- Teach your children how to be assertive and advocate for themselves.
- Stop bullying when you see it.
- Listen and support children who speak up.
- Recognize the signs of depression.
- Tell your children to take action when they see bullying behavior.
- Check your children's social media accounts regularly.
- Monitor all forms of media.
- Communicate clear policies and consequences at home and school.
- The parents of the bullied students are advised to report the incident directly to the school. If the bullying occurs away from school grounds, or if the victim has been threatened, contact the police at your discretion.

Prevent aggressors from bullying

Parents and administrators are encouraged to help the aggressor realize why they chose to bully, why it is a problem, the ramifications of their actions and appropriate restorative actions. Adults should also recognize that boys and girls tend to bully in different ways. Girls often use verbal and emotional bullying instead of physical aggression, and therefore require different types of management and support. Discipline and intervention is handled on a case by case basis and is multifaceted. Administration should not discuss another student's consequence(s) with other parents.

Safe to Say

Sandy Hook Promise

Three Essential Steps to Say Something

- 1) Recognizing warning signs, signals and threats.
- 2) Act immediately, take it seriously.
- 3) “Say Something” to a trusted adult.

What AGCS is doing

- Providing PD on suicide awareness and prevention
- Dedicated Mental Health Coordinators and Child Study Teams
- Universal Screening
- Implementing SWPBIS and utilizing new data software to identify problem areas
- Revised Suicide Awareness Policy
- Working with key stakeholders to develop a crisis response team and process
- [Safe2Say Program](#)
- Working with outside contractor to analyze current process and develop building wide crisis response procedures and trainings

4 Things Parents Can Do



Talk with your
pediatrician



Get a referral to a
mental health specialist



Work with
the school



Connect with
other families

What you can do?

- Talk to your child's pediatrician
- Find a therapist: [Psychology Today](#)
- Apply for [Medical Assistance](#) in order to access community agencies such as Holcomb Behavioral Health and Child Guidance Resource Centers
- If your child is in immediate crisis: Valley Creek Crisis Center or call 911
- Let the school know.
- Talk with your child about the warning signs presented here and if they have concerns about any friends they can report it to the school counselor. They will keep their name anonymous. If they don't feel comfortable they can email or use Safe2Say
- Educate your children about the severity of reporting false information

Resources

1. Pennsylvania Youth Suicide Prevention Initiative
2. National Suicide Prevention Lifeline - <http://suicidepreventionlifeline.org/#>
3. Crisis Text Line - <http://www.crisistextline.org/> or text 741-741
4. Pennsylvania Suicide Prevention Resource Center - <http://www.sprc.org/states/Pennsylvania>
5. Society for the Prevention of Teen Suicide - <http://www.sptsusa.org/>
6. PsychologyToday: PsychologyToday.com
7. Safe2Say for Parents and Educators: <https://www.safe2saypa.org/parents-educators/>



Parenting can be isolating. It doesn't have to be.

SILENCE YOUR INNER CRITIC

MONDAYS
5:30-7:00 PM
4/1/19-5/20/19

Community Mental Health Services

125 W. Rosedale Ave., Wayne Hall, 8th Floor

West Chester, PA 19383

Facilitators: Kenia Valdez, MS, & Caroline Guzi, BA

Fee: Free!

Call (610) 436-2510 for more information

Call or walk in to register

**FREE CHILDCARE AND
SNACKS PROVIDED**

**Feel more
successful as a
parent**

**Get support from
other parents and
experts**

**How do self-care
and parenting
relate?**

**Enjoy the time
you spend with
your child**

**How to address
difficult behaviors**

**Develop a routine
that works best
for your family**



Anxiety Boot Camp for Teens Ages 14-18

Struggling with anxiety? Fear of speaking in public?

Concerned about what others think of you?

Having difficulty managing worries about school or relationships?

- Join in games and group activities with teens just like you
- Practice managing fears in a safe space
- Learn why you have these thoughts and feelings
- Learn how to control your worrisome thoughts...and more!

Date: Monday – Friday, June 24, 2019 – June 28, 2019

Time: 9:30am – 1:30pm

Length: One week

Fee: \$150 (fee includes 2 booster sessions in August & September)

Please call 610-436-2510 for more information or to enroll!

Space is limited!



**Cope with sudden
surges of anxiety**

**Learn how to stay
grounded**

**Control
worrisome
thoughts**

**Improve
relationships and
interpersonal
skills**

You got this!!!

**COMMUNITY MENTAL
HEALTH SERVICES**

125 W. Rosedale Ave.
Wayne Hall, 8th Floor
West Chester, PA 19383

610-436-2510

www.wcupa.edu/CommunityMentalHealth



Presents...

Creating A Vision for A Good Life: Safety in Your Community

The LifeCourse Framework and Tools were created by families to help individuals and families of all abilities and ages to develop a vision for a good life & discover how to have an "Everyday Life" in their community. In this workshop you will also:

- Learn practical strategies to increase safety in the community;
- Use LifeCourse Framework to make a safety plan;
- Develop and/or identify supports from a variety of resources.

Join us to learn about PA's Community of Practice for Supporting Families and how to use the LifeCourse Tools in your life.

Wednesday May 22*, 2019 6:00 pm - 8:00 pm

**Chester County IU
455 Boot Rd.
Downingtown, PA 19335**

Please **RSVP** by calling 1-844-PAFamily (1-844-723-2645) or email PaFamilyNetwork@visionforequality.org

* Please submit all requests for needed accommodations and/or alternate formats at the time of registration at least 3 weeks prior to the scheduled session.



Supported by the PA Office of Developmental Programs

You CAN
communicate with your kids,
create a calm atmosphere,
and cope with stress.

**Learn how with a FREE
Youth Mental Health First Aid Class**



These questions and more answered —

What's the difference between everyday worries and mental health concerns?

What are the warning signs? How does mental health impact families?

Youth Mental Health First Aid is for everyone!

Become a Youth Mental Health First-Aider with skills to enhance your interactions & relationships!

Date: Friday, June 7, 2019
Time: 8:00 am to 5:00 pm
(Sign-in will commence at 7:45 am)
Location: The COAD Group
467 Creamery Way
Exton, PA 19341

Please note: Participants are required to attend the full training to receive certification.

**Register for this FREE
community training by sending
your name, cell phone number, and
session date to
ChescoMHFATrainings@gmail.com**

by June 5, 2019

An important note, neither breakfast nor lunch will be provided. Participants are required to bring a packed lunch with them, and are encouraged to bring a snack and beverage as well.