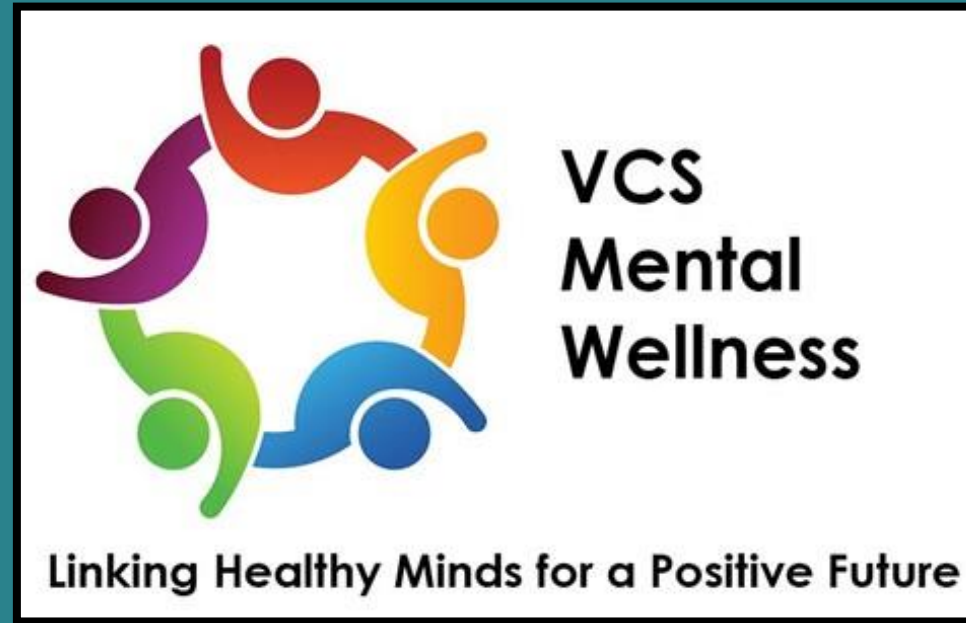




MENTAL HEALTH PROGRAMS

Jessica McIntyre MS, LMHC, QS

Coordinator, Mental Health Services – Student Services



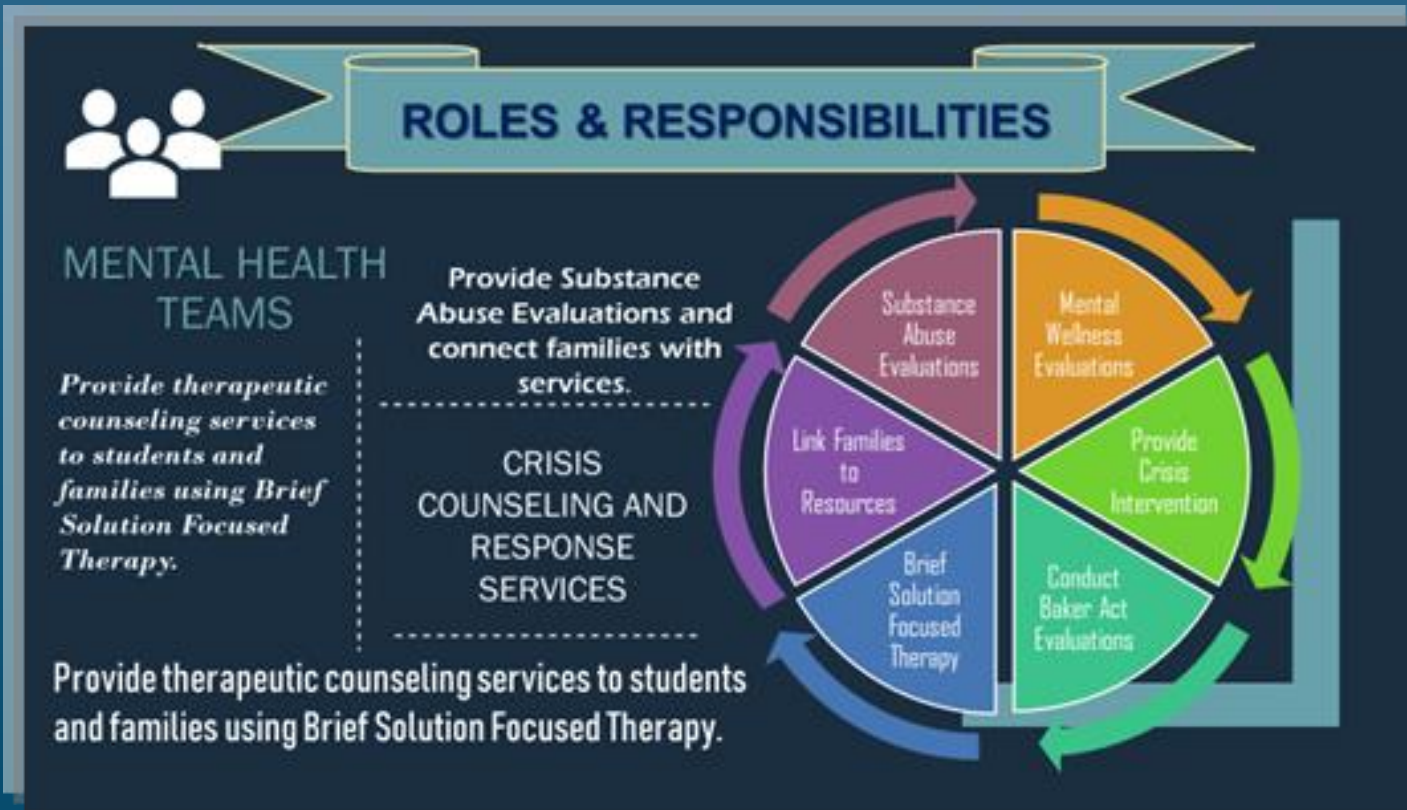
MENTAL WELLNESS UPDATES

- Student Support
- Expanding Staff Support
- Collaboration & Growth
 - Departments
 - V.A.P.E. Program
 - Resiliency Florida
 - State Attorney and 7th Circuit



STRATEGIES FOR SUPPORT

Student and Staff Supports



Additional Student Supports:

- Care Facilitator Positions
- Alternative Site/iAble Support
- Community Agency Partnerships
- Quarterly DJJ Presentations
- Monthly Resiliency Communication (Students, Parents & Staff)

Additional Staff Supports:

- Support Staff EAP Use
- Staff Crisis Support

STRATEGIES FOR SUPPORT

Collaboration & Navigating the Future

- Increase educational opportunities for staff to increase knowledge of mental health
- Increase support for students who transitioning from alternative placement, off campus
- instruction (OCI), outside programs and DJJ back to school.
- Department collaboration:
 - ESE/iAble
 - Law Enforcement & Safety and Security
 - Discipline
 - Threat Management
- V.A.P.E. Program
- Resiliency Florida
- State Attorney Collaboration – *Safety First, Success Always*

7 Things Mindful People Do Differently

1

Approach everyday things with curiosity
—and savor them

Forgive their
mistakes—
big or small

2

3

Show gratitude for
good moments—and
grace for bad ones

Practice
compassion and
nurture connections

4

5

Make peace with
imperfection—
inside and out

Embrace vulnerability
by trusting others—
and themselves

6

7

Accept—and
appreciate—that
things come and go



V.A.P.E.

Volusia Assistance & Prevention Education

PROGRAM



**SAFETY
FIRST,**



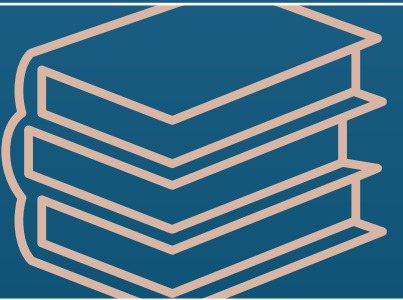
**SUCCESS
ALWAYS.**





Offer educational assistance and resources to students who have violated the Student Conduct Code through vaping or drug use on campus.

Enhance awareness among students and parents regarding the risks and repercussions of substance abuse.



Provide factual information about the lasting impacts of subs

Decrease recurrence of substance abuse through timely intervention.



OBJECTIVES

CRITERIA

1.

- Mandatory for first-time offenses involving possession of vape, use, or being under the influence of THC

2.

- Requires parental consent

3.

- Includes at least one counseling session with a school-based counselor at the school site, documented in Focus

4.

- Completion period of 9 weeks

5.

- Failure to complete coursework within the timeframe may result in Alternative Placement or Off-Campus Instruction (OCI)

FLORIDA STUDENTS ARE RESILIENT



FLORIDA STUDENTS ARE RESILIENT

Persevere

WE continue to try when things are hard.

Practice Grit

WE work consistently toward our long-term goals.

Express Gratitude

WE are thankful and share appreciation with others.

Act Responsibly

WE own our actions, use good judgment and practice self-control.

Make Responsible Decisions

WE think about all options and outcomes to make the best choice.

Think Critically & Solve Problems

WE gather information to think through and determine the best solution.

Build Self-Awareness & Self-Management

WE understand and govern our thoughts, actions and impact on others.

Value Mentorship

WE give or ask for support, guidance, training and expertise.

Take Pride in Citizenship

WE help our neighbors, community and nation.

Choose Honesty

WE tell the truth.

Cultivate Empathy

WE work to understand others' thoughts, feelings and actions.



RESILIENCE

11 Skills to Overcome Any Challenge

- 1 Perseverance:** Continuing to try when things are hard.
- 2 Grit:** Working consistently toward my long-term goals.
- 3 Gratitude:** Being thankful and sharing appreciation with others.
- 4 Responsibility:** Owning my actions, using good judgment and practicing self-control.
- 5 Responsible Decision-Making:** Thinking about all options and outcomes to make the best choice.
- 6 Critical Thinking & Problem Solving:** Gathering information to think through and determine the best solution.
- 7 Self-Awareness & Self-Management:** Understanding and governing our thoughts, actions and impact on others.
- 8 Mentorship:** Giving or asking for support, guidance, training or expertise.
- 9 Citizenship:** Helping my neighbor, community and nation.
- 10 Honesty:** Telling the truth.
- 11 Empathy:** Understanding others' thoughts, feelings and actions.



FLORIDA STUDENTS ARE RESILIENT

www.BuildResiliency.org



Learn More About Each Resiliency Characteristic

GRADES
3-5

GRIT

Parent Resource

What is grit?

Grit means working consistently towards long-term goals.

As your child gets older, he or she will probably face situations where grit is needed to keep working toward reaching goals, despite setbacks.

In grades three through five, children begin:

- ✓ Spending more time engaged in teamwork and building friendships.
- ✓ Deciding on favorite activities and ways to spend free time.

Below are some ways you can help your child learn, practice and build grit:

START THE CONVERSATION

Talk about a time when you had to use grit to reach a goal and describe your sense of accomplishment. Share with them some of the obstacles you had to overcome to reach your goal. By sharing your perspective, your child will gain an understanding of the importance of grit and what it feels like when you reach your goals.

ASK YOUR CHILD

Ask your child to describe a time when he or she was trying to learn something new and had to set a personal goal. What was the most challenging part? How did he or she overcome this challenge?

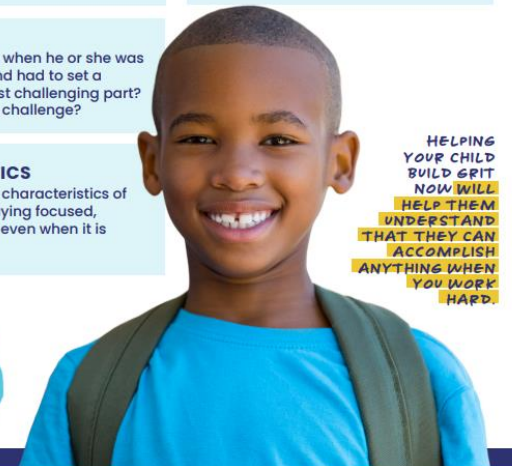
IDENTIFY CHARACTERISTICS

Encourage your child to identify characteristics of grit. Some examples include staying focused, having a plan, and trying again even when it is difficult.

SKILLS TO CONSIDER PRACTICING WITH YOUR CHILD:

Describe positive ways to deal with failure and learn from challenges.

Create a personal goal and track progress toward achievement.



HELPING YOUR CHILD BUILD GRIT NOW WILL HELP THEM UNDERSTAND THAT THEY CAN ACCOMPLISH ANYTHING WHEN YOU WORK HARD.



SAFETY FIRST, SUCCESS ALWAYS.



Identified Goals

Substance Use/Vaping/THC
Violence/Fighting/Threats/Guns

Mission

Empowering our Students and Community

Pillar I: Education

Pillar II: Awareness

Pillar III: Accountability

[Circuit Initiative PSA Link](#)



VCS
Mental
Wellness

Linking Healthy Minds for a Positive Future

THANK YOU

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