RURAL AREA MENTAL HEALTH PROFESSIONAL ENHANCEMENT AND DEVELOPMENT

RAMPED



September 2023 - Vol. 3

UPCOMING EVENTS:

9/18: Building Relationships-Pawnee
9/19: Emotional Backpack Training
9/19: Grow Your Own Meeting-RES
9/20: Building Relationships-Runge
9/21: International Peace Day
9/21: Data Systems Overview Webinar
9/23: Autumn Begins
9/25: Grow Your Own Meeting-KCJH
9/27: Tour de Counselors
9/27: RAMPED meeting w/UHV
9/30: Self-Care Challenge Due
10/4: RAMPED Grant Evaluator Meeting
10/9: Columbus Day
10/11: Counselor Roundtable
10/16: National Bosses Day

***RAMPED funding is made available through the U.S. Department of Education's Mental Health Service Professional Demonstration Grant.**

RAMPED Stakeholders:

Greetings! I am very happy to announce that we have seen many new developments in the RAMPED program since the last time I reported program status. Although we had been warned not to expect any graduate students to come our way, due to the late awarding of our grant, our team did not allow that to discourage us from aggressively seeking out multiple partnerships with esteemed institutions. As a result, we welcomed our first School Counseling Resident from Lamar University a couple of weeks ago, with two Social Work Graduate students from Our Lady of the Lake signing on to begin serving our students in October! From student and staff affirmation cards being distributed every 3-4 weeks, to Principals submitting requests for staff training, individual counseling with a student in crisis or debriefing on options for RAMPED Residents at their campuses, the resources are in much demand and are greatly appreciated when provided. As Director, I, in collaboration with our grant evaluator are readying an Interim Progress Report (IPR) to be turned in to the government offices by Oct 16th. Having established a fluid dialogue with our Federal Program Officer, I have been assured by her that our program is exceeding expectations! The RAMPED TEAM and consortium Superintendents and Campus Administrators look forward to what is to come!!!

Dr. Yvette Buehring

RAMPED Program Director

RAMPED I.S.D. PARTNERS

Karnes City

Superintendent:
Katherine Kuenstler
KCHS Principal:
Daniel Hutchins
KCJH Principal:
Kelly Ruiz
RES Principal:
Jennifer Foster
KC Primary Principal:
Kevin Hans

Kenedy

Superintendent:
Dr. Calvin Bowers
KS Principal:
William Bailey
KS Asst. Principal:
Brian Trees
KES Principal:
John Smith
KES Asst. Principal:
Melissa Leza

Pawnee

Superintendent:
Anthony Annis

EL-HS Principal:
Raymond Robinson

Pettus

Superintendent:
Dr. Katie Atkins

PS Principal:
Rickey DeLeon

PE Principal:
Laura Holder

Runge

Superintendent:
Hector Dominguez

EL-HS Principal:
Angelina Torres

EL-HS Asst. Principal:
Allison Wells

WHAT'S HAPPENING:

RAMPED School Counselor Resident Spotlight

The RAMPED team is so excited to welcome James Peralta, our very first RAMPED school counselor resident! Mr. Peralta is currently a graduate student at Lamar University. He has been in education for sixteen years and currently teaches English II, English II Honors, and English IV Honors at Skidmore-Tynan High School. Mr. Peralta is currently completing his practicum for school counseling in Pettus ISD. He is also a former resident of Pettus and graduate of Pettus ISD. Mr. Peralta lives in Beeville with his beautiful wife Ophelia and their two amazing children, James Jr. (8) and Molly (4). He pursued a career in education because he wanted to make a difference in the lives of his students. He decided now is the time to become a counselor because he wants to help students reach their optimal potential. His personal philosophy is ñlive life to the fullest and make the most of every opportunity.ò James says, ñI am happy to be part of the RAMPED program. Thank you to everyone who has been so welcoming, kind, and helpful in this process.ò We are so excited for Mr. Peralta. We welcome his expertise, experience, and passion for learning. The RAMPED team relishes in this opportunity to work with Mr. Peralta and is looking forward to a wonderful partnership. Welcome aboard, Mr. Peralta! - Patricia Huber, MSC





September Affirmation Bookmarks distributed to 6th-12th grade



September Affirmation Stickers distributed to PK-5th grade

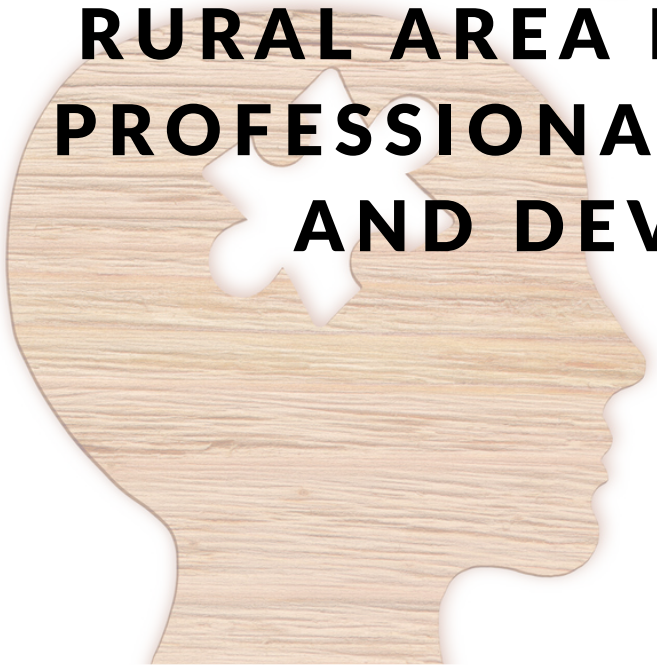
Students Matter!

Building Relationships:

Each month the RAMPED team will deliver a positive message or statement to every student at each campus. These affirmation statements will be shared on a card, bookmark, or sticker that will be handed out by RAMPED staff and regular school-day staff. How can a simple card make such an impact? Affirmation cards are a reminder to encourage positive thinking and create a sense of self-worth. It allows for the brain to rewire to connect and empower confidence to create a psychological truth about oneself. It's a visual reminder to inspire, motivate, and uplift. Just like we exercise our muscles to strengthen them, we use affirmations to strengthen our brain and slowly those positive thoughts become our reality. These cards/bookmarks might also deliver reminders of self-care to manage stress and increase energy, which promotes positivity as well. Last month during the first few weeks of school students were given a "You Matter" affirmation card. This month secondary students will receive a book mark with tips for making mental health a priority. Elementary students will receive an affirmation sticker. - Frances Ehrlich, LMSW

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The Heart and Mind Connection

Happy September! Thank you so much for an energetic beginning to the school year! The RAMPED team is thrilled about our partnership in serving as a resource for you and your students. One primary goal of the RAMPED grant is to increase the number of mental health professionals in rural schools by recruiting graduate students to complete their practicum and internship semesters in one of our five RAMPED districts. I am excited to announce that we have our very first RAMPED school counselor resident! He is currently a graduate student at Lamar University and is completing his practicum in Pettus ISD. In addition to this sensational news, the RAMED team is working on several projects including creating and hosting our very own RAMPED Counselor Roundtable. This unique opportunity will bring our RAMPED counselors together once a month to share thoughts, collaborate various ideas, and design counselor programs that meet the specific needs of each campus. Other tentative projects include hosting a mental health fair, recruiting candidates for our "Grow Your Own" component of the RAMPED grant, building partnerships with new universities, and continuing to support districts with innovative approaches in dealing with students or staff experiencing mental health challenges. Thank you for the incredible work you do for our students. Never underestimate the power of your influence. Please remember to take care of you and each other. - Patricia Huber, MSC

Social Work: Stories from the Field

Work continues to be an exciting adventure in the Social Work area. I met with two graduate student prospects from Our Lady of the Lake University. Both prospects expressed an interest in completing their internship with RAMPED and hope to begin mid-October. UTSA students are beginning to review Spring internship opportunities as I have been communicating with their field advisor. I also participated in Texas State's Field Instructor Training in hopes for their students this Spring. Professional Development opportunities expanded with PAX Good Behavior Game, Trauma Based Support Initiative, and Trauma Informed Classrooms. Our toolbag of knowledge and resources continues to grow through these opportunities and look forward to sharing this information with everyone. In the theme of resource building, Patricia and I took a morning to drive around to local community organizations to introduce ourselves as well as the RAMPED grant and its goal of increasing mental health professionals in our rural communities. We wrapped up our first Self-Care Challenge that took place with many of our districts. We hope to have another challenge soon to include all districts. Our first Counselor Roundtable met on September 11th, giving our district counselors an opportunity to network, learn, and re-energize. We hope to meet monthly to continue growing and supporting together. This month we are looking forward to building calming boxes for our campus counselors, another round of student greet opportunities, attending another professional development opportunity, preparing for social work resident students, and as always supporting our campuses. - Frances Ehrlich, LMSW

Any questions regarding this newsletter may be emailed to April Peralta at aperalta@kcisd.net or call 830-780-6225

National SUICIDE PREVENTION WEEK

SEPTEMBER 10 - SEPTEMBER 16, 2023



WHAT IS 988?

The 988 Suicide & Crisis Lifeline (formerly known as the National Suicide Prevention Lifeline) offers 24/7 call, text and chat access to trained crisis counselors who can help people experiencing suicidal, substance use, and/or mental health crisis, or any other kind of emotional distress. People can also dial 988 if they are worried about a loved one who may need crisis support.

WHAT HAPPENS WHEN I TEXT 988?

When someone texts 988, they are responded to by a group of 988 Lifeline crisis centers that answer both chats and texts. This service is currently expanding to increase local and state-level response. Once you are connected, a trained crisis counselor listens to you, works to understand how your problem is affecting you, provides support, and shares resources that may be helpful. Texting is available in both English and Spanish.

WHAT HAPPENS WHEN I CHAT VIA 988?

Chat is available in both English and Spanish through the 988 Lifeline's website at 988lifeline.org/chat. People seeking chat services are provided with a pre-chat survey before connecting with a trained crisis counselor, who identifies the main area of concern. If there is a wait to chat with a crisis counselor, a wait-time message will appear. If demand is high, people can access the 988 Lifeline's "helpful resources" while waiting. Once you are connected, a crisis counselor listens to you, works to understand how your problem is affecting you, provides support, and shares resources that may be helpful.