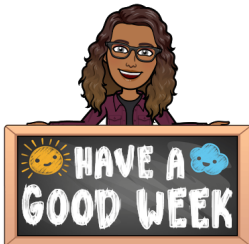


Mental Health Specialist Ms. Sydnor/Ms.S (She/Her/Hers)		
Contact Me Email: amara_sydnor@olsd.us Phone: 740-272-3724	Hello! I'm a Mental Health Specialist and I'm here to support you this year.	Get in Touch Send me on Schoology or PLP 😊
Parent Information Informed Consent Info Please reach out anytime, I enjoy connecting with families and supporting students	Office Hours Monday, Thursday, - - OASIS - 7:00 AM - 2:30 PM Wednesday - OA STEM - 7:00 AM - 3:00 PM Tuesday/Friday Alternating OASIS - 7:00 - 10:30 AM OA STEM 10:45 AM - 2:35 PM	
	Welcome! You can call me Ms. Sydnor or Ms.S. If you ever need to talk even just about a stressful day, I can be here for you. I am also able to provide and connect students, their families and staff to community resources.	
Classroom Lesson Topics: Healthy Boundaries Identify and manage stress Strengths identification and exploration Positive vs. Negative Consequences Positive Self Talk Locus of Control Helpful vs. Unhelpful Thinking The Cognitive Model - Good Decision Making Brain and body connection Time Management Emotion Regulation Mindfulness and body awareness Problem Solving Healthy Relationships (Middle & High) 		
Group Offerings: CBT (Cognitive Behavioral Therapy) DBT (Dialectical Behavioral Therapy) - General DBT Skills (Includes emotion regulation, distress tolerance, and interpersonal effectiveness) - Interpersonal Effectiveness (Building effective communication skills) - Emotional Regulation Skills - Distress Tolerance Skills - DBT with focus on Anxiety & Stress - DBT with a focus on Depression Self Esteem and Building Resilience Ruling Our Experiences (ROX)		