

STUDENT ASSISTANCE PROGRAM



JANUARY 2023

WE'RE HERE TO HELP!

ESD 113-Student Assistance Prevention-Intervention Services Programs are a comprehensive, integrated model of services that fosters safe school environments, promotes healthy childhood development, promotes positive Mental Health, and prevents alcohol, tobacco, and other drug abuse.

Amber Harris:
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Suicide Prevention Lifeline: Call or Text 988

The Trevor Project - Crisis Support for LGBTTQ youth: 866-488-7386 or Text START to 67867

Crisis Text Line: Text HOME to 741741

En español — Manda AYUDA a 741741

BRING ON THE NEW YEAR!

In the coming year, True North will focus on Mental Wellness. Yes, there are challenges and problems and disasters, and we will never ignore them. However, we will emphasize our strengths, develop resiliency, build our capacity to cope with stress, and shift our attention toward the positive.

“Sounds good”, you say, “but what does that all mean”? Mental Wellness is about living up to your potential, fulfilling your dreams, and not getting overwhelmed by daily stressors. It’s about looking out for yourself, your friends, and family and doing what you can to create a stronger community.

We have all struggled at one time or another, especially over the last few years. We may have heard of Adverse Childhood Experiences (ACEs) and how they can have chronic effects on our health and wellness. However, fewer of us are aware of the cutting-edge research into Positive Childhood Experiences (PCEs) and how they can combat not only ACEs but potentially protect us from developing future mental health challenges. We have had friends and family that maintain a light-heartedness and easy smile in the face of adversity choosing to “dwell on the positive”. What a profound shift!

Every day we face a thousand small but significant choices that collectively determine if we are supporting wellness or illness. Water with a lemon slice or sugary soda? Snapchat or help my niece with her math? Walk up two flights of stairs or take the elevator? Negative habits to cope or call a trusted

friend? Reruns on TV or volunteer once a month at the food bank?

None of us are even close to perfection. However, a wise birdie reminds us that progress, not perfection, is the ideal. We don’t need to be 50% better, but 5% makes sense. And perhaps “dwelling on the positive” is that 5%.

WHAT IS MENTAL WELLNESS TO YOU?

Mental wellness has many facets and is often interchangeable with self-care. Common components of both are physical, emotional, mental, spiritual and social well-being.

- Eating well
- Exercise
- Good sleep
- Mindfulness
- Managing stress
- Brain health
- Explore choices and make decisions
- Practicing compassion, kindness, acceptance and respect for others
- Resilience
- Connection and belonging
- Building healthy relationships
- Gratitude
- Coping skills and strategies
- Emotional awareness and self-regulation
- Growth mindset; goal setting, problem solving, reflection, self-efficacy
- Character strengths awareness
- Intentional use of social media, video games, and other technologies
- Source of support for others

TRUE NORTH
AT CAPITAL REGION ESD 113

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REGIONAL CRISIS SERVICES

Great Rivers BHASO Crisis services:
Grays Harbor, Lewis & Pacific county: 800-803-8833

Olympic Health
& Recovery Services:
Thurston & Mason Counties:
360-754-1338 or 800-270-0041

Children's Mobile Crisis
Thurston & Mason Counties: 360-480-5721

True North Adolescent Behavioral Health Services:

360-464-6867
esd113.org/behavioral-health

Resources to Support Children's Mental Health

