



School Newsletter

**CALLING ALL
SUPERHEROES!**

MENTAL WELLNESS IS CRITICAL

We are all adapting to a New Normal. Coronavirus has changed our jobs, our homes, our children and their schooling. Every parent is trying to adjust, to manage their changed work situation and changed home situation. We are all worried.

None of us know what's coming next. And nor do our kids. While we wrestle with how best to manage our changed day-to-day logistics and lives, our children are wrestling with the same things. And doing it without what keeps them grounded: school, sports, band, theater, clubs, or physical contact with friends.

We know that during times of stress mental wellness can decline, disconnection and loss of purpose can increase and our kids are experiencing all of these right now. Now, more than ever, we need to support our kids' mental health.

We have provided a few tips you can use at home and a list of resources if you feel you or your child could use additional support and/or services.

MHTTC Pathways



**Patience, Tolerance
and Reassurance**



**Continuation of
Routine**



**Encourage Healthy
Habits**



**Focus on the Positive
and Keep the Family
Connected**

From Helpless to Hero

Szabo, T. G. et al. Behavior Analysis in Practice, 2020

PROMOTE THE USE OF ACTIVITY SCHEDULES AND ROUTINES

- Verbal and visual reminders of rules
- Include children in creation of schedules
- Use of timers for fun challenges and/or activity transitions
- Give praise for engaging in positive behaviors

PROMOTE FAMILY VALUES AND NORMS

- Support empathic and perspective-taking behavior
- Use a 5 minute pause before responding to conflict
- Use a sentence starter at meals to increase conversation
 - "I dream of doing _____ with my friends."
- Use of daily visioning

INCREASE POSITIVE REINFORCEMENT

- target and reinforce patience and resilience
- Incorporate games to provide opportunities for reinforcement (e.g. clean up for 10 minutes to earn 25 minutes of computer time)

BE A DRIVING FACTOR FOR POSITIVE BEHAVIOR

- Periodic attention and displays of interest
- Designated activity spaces/rooms
- Present-moment exercises (e.g. 5 minute daily meditation)

Food Banks

- New Prospect Baptist
3rd Saturday 8am-11am
- Christian's Place Mission
3rd Saturday 10am - noon
- Dilworth Church of God
4th Saturday 9am-noon
- Mission of Hope
2nd & 4th Thursdays 7:30am-9am
- St. Mary's Episcopal
Tuesdays 8:30-10:30am
- Mt. Vernon Baptist
3rd Saturday 9am-11am
- Parrish First Baptist Church
3rd Saturday 8am-11am
- Sumiton Church of God
4th Thursday 7pm
- St. Cecilia Catholic Charities
3rd & 4th Tuesdays 9am-11am
- Westside Baptist
2nd & 4th Thursday 10am-12pm

Hot Meals

Day: Monday - Friday

Time: 11:30

Locations:

- Cordova City Hall
- Curry High School
- Sumiton Senior Center
- Jasper Civic Center
- Jasper Housing Authority
- Oakman Senior Center
- Sipsey Community Center
- Hope House Church @
11am

Pick-Up ONLY

info@myraisingarrows.com

Help Lines

Crisis & Suicide: 205-323-7777

Teen Line: 205-328-LINK

Kid's Help Line: 205-328-KIDS

Senior Talk Line: 205-328-TALK

Youth Peer Support: UTalk

- Text to 205-328-5465

Crisis Text Line:

text SHARE to 741741

Emergencies: 911

Local Resources:

CALL 205-302-0801

VISIT www.wacf.org

For more Information: Dial 211