



Mental Health Awareness Month & Resources

Greetings,

May is Mental Health Awareness Month!



HEALTH & WELLNESS

At Pine-Richland, we continue to foster growth and empower our students to build resiliency. We are committed to promoting the mental health and wellness of all students, staff, parents, and community members.

Prior to the pandemic, our youth have struggled with stress, trauma, anxiety, depression, and suicidality, and the stress of COVID-19 has exacerbated these mental health conditions. Additionally, social media has played a major role in triggering mental health concerns. With the concerning increase in youth identified with mental health needs, it is estimated that less than half have access to the necessary resources, while families continue to struggle with navigating the available supports.

The Pine-Richland school community is collaborating with community-based mental health partners to broaden the understanding of resiliency, protective factors, risk factors/warning signs, and the continuum of mental health resources available to our students and families. We encourage you to review the workshop held on April 26, 2022, *Understanding Mental Health and Wellness - Navigating Services for Students and Families via a Continuum of Support: Promoting Wellness and Mental Health*, as well as a video from the Mayo Clinic on how to talk to your teens about suicide: [Teen Suicide Prevention](#). Lastly, our Peer 2 Peer group and high school counselors will be celebrating Wellness Wednesdays during lunch through the month of May: [Mental Health Awareness Month and Wellness Wednesdays at the high school](#).

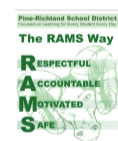
Emotional Health & Well-Being

Counseling, Psychological & Social Work Supportive Services

Our school counselors, psychologists, and social workers conduct check-ins and offer individual and group counseling services to help our students with academic, social, emotional, and behavioral needs. Contacts for these services are Mrs. Carolyn Welshonce, School Social Worker (7-12), 724-625-3111, ext. 2227; Dr. Tylour Kimmel, school psychologist (K-6), Dr. Missy Ramirez, school psychologist (7-12); and Dr. Maura Paczan, Lead Psychologist District-Wide, can be reached at 724-443-7230, ext. 6500.

Please [view a video](#) from our counselors on Support they provide to their students:

[PRSD Health & Wellness \(K-12 Counseling Services\)](#)
[PRHS School Counselors](#)
[PRMS School Counselors](#)
[Eden Hall School Counselors](#)
[Hance School Counselor](#), [Wexford School Counselor](#), & [Richland School Counselor](#)



RAMS Way (K-12)

Pine-Richland has a district-wide positive behavioral support and intervention program - **RAMS Way** - that encourages a positive school climate for both students and staff members.

Student Assistance Program (SAP)

Students in grades K-12 are supported through this systematic team approach to navigate school and mental health resources for families and remove barriers to a child's learning and mental health treatment. You can find information about Pine-Richland's SAP and team members for each school building along with resource numbers here: [Student Assistance Program/Overview](#).

Resources for Families

(Food Resources, Child Care, Shelters, Unemployment Compensation, Utility Assistance, Medical Assistance, & Internet Safety)

The Pennsylvania Department of Education has a list of [Resources to Support Families](#) for support, services, and information that can help children and families with their basic needs. PA 2-1-1 is an easy-to-remember telephone number and web resource for finding health and human services- for everyday needs and crisis situations.

How to Get Help

If you recognize or hear info raising concern:

- **As a first option**, we recommend our students to talk with **one trusted adult at home and school**.
- **Call 911** if there is any indication that danger appears immediately.
- **Do NOT leave the child alone** until his or her safety is made certain.

Directly report potential concerns to:

- The **Northern Regional Police Department (911)** or anonymously through the **Pine-Richland TIPS Line: 724-449-TIPS (8477)**.
- **Safe2Say: 1-844-SAF2SAY or Safe2SayPA.org**. Safe2Say operates 24/7 and allows one to report a secure and anonymous safety concern to help identify and intervene upon at-risk individuals before they hurt themselves and/or others.)
- **Resolve Crisis Network: 1-888-7-YOU CAN (1-888-796-8226)**: All calls are answered 24/7 by a mental health counselor.
- **National Suicide Prevention Lifeline: 1-800-273-8255** - All calls answered 24/7 by a mental health counselor.
- **Crisis Text Line: Text "HOME" to 741-741** to reach a crisis counselor 24/7. **The Crisis Text Line** is similar to the National Suicide Prevention Lifeline and other hotlines but allows those in crisis to text rather than call.

Suicide Prevention & Intervention (K-12)

We encourage all parents, school staff, and students to review the [Preventing Youth Suicide Tips for Parents and Educators Infographic Flyer](#). Students who are experiencing suicidal ideation often do not directly seek help. Parents, school personnel, and [Preventing Teen Suicide Infographic Flyer](#) can help recognize the warning signs and observe changes in behavior. More information on what to look for and do can be found at [Pine-Richland Suicide Prevention and Intervention](#), and [Immediate Crisis Help and Support](#).

School-Based Mental Health

Pine-Richland has an ongoing relationship with Holy Family Services. Holy Family has provided School-Based Mental Health Services for the past 7 years within the district K-12. Unfortunately, Holy Family will no longer be providing School-Based Mental Health Services due to staffing challenges preventing them from being able to ensure care to our students in a timely and ongoing manner. The district is actively in the process of interviewing School-Based Mental Health providers to ensure this support continues for all students. In the meantime, [here is a link of outside providers and supports](#).

Crisis Center North

The district has a partnership with [Crisis Center North](#) to provide support to our students and families counseling services and supports who experienced trauma and/or violence.

Grief Resources (K-12)

Pine-Richland partners with [The Highmark Caring Place](#) to provide support, grief resources and materials, consultation services, educational training, and peer support groups. Please reach out to your school counselor for assistance in getting started.

Website

