



Perrysburg Schools

Parent Safety Task Force

Newsletter



Mission

To share information and new ideas about school safety between the school district, local emergency services, city resources and families in order to ensure the highest level of education and understanding across the local school community.

May is Mental Health Awareness Month! The purpose is to increase awareness, reduce the stigma, educate the public and draw attention to strategies and available resources.

Everyone experiences stress in their lives. Stress impacts students of all ages, ethnicities and socioeconomic backgrounds. In order to maintain mental and physical health, youth must employ good coping strategies when dealing with stress and difficult situations.



There are various coping strategies students can utilize, including, but not limited to humor, seeking support, problem-solving, relaxation, physical recreation, adjusting expectations, animal companionship, and social connections. Effectively dealing with stress is an important component of wellness. Without this skill, chronic stress has the potential to contribute to physical health problems. It is important to understand that your child's mental health is just as important as their physical health.

In order to better support the growing mental health needs of Perrysburg students, school counselors not only provide preventative strategies and wellness education for students, but also connect families with community resources. They meet with students in groups, as well as provide individual intervention. Perrysburg School District has also added a full-time counselor and a part-time social worker from Children's Resource Center (CRC) to provide mental health counseling to students in need.

Questions for the Parent Safety Task Force: Contact

- Perrysburg High School - Thomas Shine - PHSsafetyparent1@gmail.com
- Perrysburg High School - Jamie Vaughan - PHSsafetyparent2@gmail.com
- Perrysburg Junior High School - Jennifer Helton - PJHsafetyparent@gmail.com
- Hull Prairie Intermediate School - Meghan Michael - HPIsafetyparent@gmail.com
- Fort Meigs Elementary - Kristen Kameen - fortmeigssafetyparent@gmail.com
- Frank Elementary - Ty Conger - franksafetyparent@gmail.com
- Toth Elementary - Vanessa Ayestaran - tothsafetyparent@gmail.com
- Woodland Elementary - Adam Cassi - woodlandsafetyparent@gmail.com

Task Force Objectives

- To facilitate and grow communication from the school district to families and from families to the school district.
- To develop ongoing community partnerships.
- To encourage school safety training and education.
- To offer ideas, action and policy recommendations.

Awesome Mental Wellness Apps You Can Download Today!



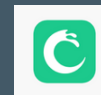
Calm: An awesome app for sleep, meditation and relaxation.



LifeArmor: A comprehensive learning and self-management tool to help individuals with common mental health concerns.



Virtual Hope Box: Includes simple tools to help individuals with coping, relaxation, distraction, and positive thinking.



Pacifica: Psychologist approved tools that include mindfulness meditation, relaxation, and mood/health tracking.



Happify: Different activities and games which help reduce stress, overcome negative thoughts, and build greater resilience by providing effective coping tools.



If you see something, say something!

If you know a student or family that would benefit from the School District's Mental Health Services, contact your local school counselor to discuss your concerns. Contact Information for Perrysburg School District Student Well Being and School Counselors:

Perrysburg School District Director of Student Services & Well-Being:

Sara Stockwell sstockwell@perrysburgschools.net (419-874-9131 ext. 2155)

High School School Counselors (419-874-3181):

A-F: Nicole Bihn

nbihn@perrysburgschools.net (ext. 5184)

G-L: Dawn Burks

dburks@perrysburgschools.net (ext. 5183)

M-R: Steve Pierce

spierce@perrysburgschools.net (ext. 5185)

S-Z: Rick Rettig

rrettig@perrysburgschools.net (ext. 5186)

Junior High School Counselors (419-874-9193):

7th Grade: Andrea Monheim

amonheim@perrysburgschools.net (ext. 4008)

8th Grade: Tom Przbyski

tpzbyski@perrysburgschools.net (ext. 4012)

HPI School School Counselors (419-873-6293):

5th Grade: Chris Harper

charper@perrysburgschools.net (ext. 6017)

6th Grade: Nicole Wagner

nwagner@perrysburgschools.net (ext. 6013)

Fort Meigs Elementary School Counselor (419-872-8822):

Christin Lee: clee@perrysburgschools.net (ext. 3712)

Woodland Elementary School Counselor (419-874-8736):

Nicole Ohms: nohms@perrysburgschools.net (ext. 3346)

Frank Elementary School Counselor (419-874-8721):

Alyssa Neumeyer: aneumeyer@perrysburgschools.net (ext. 3133)

Toth Elementary School Counselor (419-874-3123):

Jason Koval: jkoval@perrysburgschools.net (ext. 3525)

TIPS FOR: Spotting Mental Health Warning Signs and What Parents Can Do

Some statistics that help us understand the realities of mental health struggles in young people include that 1 in 5 children ages 13-18 have, or will have a serious mental illness; 37% of students with a mental health condition age 14 and older drop out of school (the highest dropout rate of any disability group); and the average delay between the onset of mental illness symptoms and intervention is 8-10 years.

Emotional Changes and Warning Signs in Children:

- * Mood swings that disrupt relationships (i.e. irritable, angry outbursts)
- * Sudden change in personality
- * Overly sensitive to criticism or correction
- * Sadness or withdrawal (crying regularly, fatigue, unmotivated)
- * Sudden onset of physical symptoms and fear (racing heart, physical discomfort, fast breathing, headaches, stomach pain)

Behavioral Changes and Warning Signs in Children:

- * Drop in school grades or attendance
- * Sudden change in sleep patterns or energy level (too much or too little)
- * Risk taking behaviors
- * Avoidance of previously enjoyable activities

What Parents and Care-Givers Can Do:

If you have a concern about a child's mental well-being, *you are not alone!* Talk with your child and be attentive to any major changes noted above. Talk to your child's doctor about symptoms and concerns; get a referral to a mental health specialist. Parents and care-givers are encouraged to collaborate and communicate with the school and connect with other families for support. *Help is ready and available!*

Local and National Resources on Mental Wellness

Wood County Crisis Line:

419-502-HOPE (4673)

National Suicide Prevention Lifeline:

1-800-273-TALK (8255)

Child Mind Institute: www.childmind.org

Articles, fact sheets, and resources about mental health and learning differences.

National Alliance on Mental Illness:

www.nami.org - Supportive tools, resources, and connections for individuals and family members struggling with mental health.

National Institute of Mental Health:

www.nimh.nih.gov - Detailed explanations, articles, and videos about mental health.

Upcoming Training:

3 Steps Anyone Can Learn to Prevent Suicide
May 29, 2019

6:30 PM - 8:00 PM

Way Public Library, Perrysburg, Ohio