

Roots of Resilience



September 2024

Nurturing Wellness in Students & Families

SUICIDE WARNING SIGNS FOR YOUTH



It's time to take action if you notice these signs in family or friends:

1. Talking about or making plans for suicide.
2. Expressing hopelessness about the future.
3. Displaying severe/overwhelming emotional pain or distress.
4. Showing worrisome changes in behavior, particularly in combination with the warning signs above, including significant:
 - Withdrawal from or changing social connections/situations.
 - Changes in sleep (increased or decreased).
 - Anger or hostility that seems out of character or out of context.
 - Recent increased agitation or irritability.

If you or someone you know is struggling or in crisis, help is available.

Text or call 988 or chat 988lifeline.org, or reach out to a mental health professional.

988

SUICIDE & CRISIS LIFELINE

988lifeline.org



September is suicide prevention month

2024 Theme:

CONNECT TO PROTECT

Ways to CONNECT:

- Seek out trained professionals such as your school counselor or social worker
- Know your local resources
- Contact a loved one

Ways to Protect:

- Learn the warning signs for suicide
- Be present either physically or via electronic means
- Offer ongoing support/follow-up/quick check-ins

Do Your Kids Have the Back-to-School Blues?

Tips for supporting students as a new school year begins.

- Talk it out.
 - Per The American Academy of Pediatrics (AAP), kids are often anxious or nervous by new experiences; like a new school, new teacher or new classroom.
 - "If your child seems nervous or anxious, rehearsing what to do in a new situation can be helpful.
 - Helping kids problem-solve by talking through those situations so they feel better and more confident.
- Stay calm and positive.
 - If your child reports they are having negative thoughts and/or feelings; validate what they are expressing to you.
 - Speak positively about situations they may bring up in conversation
 - Allow your child to bring small objects from home for reassurance.
- Establish a new routine.
 - Start the new school year off with an appropriate schedule.
 - Per AAP, younger children are at their best when they get 10 to 12 hours of sleep per night. Adolescent age children is at their best when they get 8 to 10 hours of sleep per night.

If you observe that your child/children are not adjusting well to the new school year; meet with their teacher, the school counselor or the school nurse.

Reference:

Resilience for teens: *10 tips to build skills on bouncing back from rough times.* (2011, May 1). American Psychological Association. <https://www.apa.org/topics/resilience/bounce-teens>

THIS MONTH

Suicide Prevention Month

Back-to-School Blues?

Hazel Health

Dates to Remember

Habitudes & Character Pillar

Myth Busters



HAZEL HEALTH

Hazel Health is continuing to offer teletherapy services for students during the 2024-2025 school year!

This service is being offered at NO COST to families.

For parents requesting counseling for their child, please visit : <https://my.hazel.co/alachua> to sign up!

OR

Scan the QR code to learn more!



DATES TO REMEMBER

Sept. 2 - Holiday: Labor Day

Sept. 17 - Interim Reports available in Family Access

Sept. 18 - Early release Wednesday for designated schools

Parent Guidance Mental Health Series



New webinars to begin Fall 2024.

Please visit the Parent Academy website for more information: www.sbac.edu/parentacademy

Habitudes

September's Education:

RESPONSIBLE DECISION-MAKING & CRITICAL THINKING AND PROBLEM SOLVING



These traits reflect the abilities to own one's actions, use good judgment, and practice self-control. Additionally, gathering information to think things through and determine the best solution is emphasized.

Character Pillar of the Month (Elementary School)

September's Character Pillar:

RESPECT!

Students will learn about elements of respect including treating others kindly, caring about the well-being of others, and using good manners.

INTRODUCING A NEW RECURRING SECTION FOR THE 2024-2025 SCHOOL

YEAR, IT'S:

MYTH BUSTERS!

Dispelling Resilience and Mental Health Myths

MYTH: Resilience focuses on managing negative emotions.

While everyone experiences negative emotions (anger, fear, disappointment, disgust, etc.) at some point, and it influences behavior, the idea of **resilience** is so much more!

Let's take a minute and look at various ways *resilience* has been defined:

- the ability of a person to adjust to or recover readily from illness, adversity, major life changes, etc.
- an ability to recover from or adjust to misfortune or change
- the process and outcome of successfully adapting to difficult or challenging life experiences, especially through mental, emotional, and behavioral flexibility and adjustment to external and internal demands
- the quality that allows people to be knocked down by the adversities of life and come back at least as strong as before

References:

Resilience. (n.d.) American Psychological Association. <https://www.apa.org/topics/resilience>

Resilience. (n.d.). Psychology Today. <https://www.psychologytoday.com/us/basics/resilience>

RESILIENCE Definition & Meaning. (n.d.) Dictionary.com. <https://www.dictionary.com/browse/resilience>

Stamper, J. (n.d.) Resilience Definition & Meaning. Merriam-Webster. <https://www.merriam-webster.com/dictionary/resilience>



Why is Habitudes being taught?

Pursuant to 6A-1.094124, F.A.C. and § 1003.42 Fla. Stat. (2024), students in grades 6-12 are required to receive a minimum of 5-hours of data-driven instruction related to civic and character education and life skills education through resiliency education using the health education standards adopted in Rule 6A-1.09401, F.A.C.

Habitudes is a curriculum adopted by our district that provides instruction on *healthy characteristics that reinforce positive core values and foster resiliency* such as perseverance, grit, self-awareness and self-management, etc.

Resources

Mental Health:

- Florida Suicide Prevention Hotline
 - [800-273-8255](tel:800-273-8255) **OR**
 - Dial 988
- Alachua County Crisis Center
 - [352-264-6789](tel:352-264-6789)
- Meridian Behavioral Health
 - [352-374-5600](tel:352-374-5600)
- Hazel Health - A teletherapy option.
 - my.hazel.co/alachua

Substance Use:

- Alcohol & Drug Addiction Hotline
 - Call or text 988 **OR**
 - [850-487-2920](tel:850-487-2920)
- Meridian-In-Patient Detox
 - [352-374-5600](tel:352-374-5600)
- UF Vista- In-Patient Detox
 - [352-265-5481](tel:352-265-5481)

Parent Coaching & Support:

- [Parentguidance.org](https://parentguidance.org)