

Understanding "stress"



Quarterly Newsletter of the APS Mental Health Committee

Did You Know?

Courteney Reed, a therapist from Solace Counseling, is starting to come every Monday to Evergreen Elementary to counsel students. This is not a school program, rather than a partnership between Evergreen, Solace, and our Community School Coordinator. It allows families to get their child the needed support without the barriers of transportation or securing "hard to come by" evening appointments.

Courteney has over 9 years experience providing therapy to adults, children and families. She has her Masters in Social Work from the University of Michigan (but supports green!) Her husband and her have 3 boys and her hobbies include making her own maple syrup and traveling.

Courteney is excited and states, "I have witnessed the incredible work that school teachers and staff do on a daily basis and I look forward to working together to increase student success and improve their social and emotional well-being.



Community Mental Health
Ottawa County

CHILDREN'S MOBILE CRISIS

- Parents have identified a crisis and are reporting they are unable to manage the crisis and need assistance
- Youth has potential to hurt self or someone else, intentionally, or unintentionally
- Youth has risk behaviors, including behaviors and/or emotional symptoms, which are negatively impacting behavior.
- Youth require immediate intervention to be maintained in the family home so as to avoid inpatient, crisis residential or other out of home placement.

1-866-512-4357
Hours: M-F / 2-10PM

We live busy lives and with that comes stress for both adults and kids. One strategy that we are trying in grades K-5 is to provide students with short breaks from their classwork with the use of a calm corner or safe spot. This can look a bit different for each age group and in each classroom, but the concept is the same. Students can elect to move away from their work space to a designated spot in the classroom for 5 minutes to clear their mind and refocus. Some teachers provide breathing exercises, fidgets or journaling activities for students to find calm. At home, this could be a break on the couch or in a bedroom. Give your child the opportunity to focus on only the present moment to recenter and move past a stress trigger.

- Meredith Bauder/Janene Schroeder



K-12 Parent Workshop: Helping your child learn to manage STRESS?

Come and Learn how stress impacts your student's brain & behaviors

Presenters: Andrew Jakobcic, APS Behavior Specialist
Krista Brower, ISD Behavioral Consultants

Panel with school officials & community professionals will also be there to help support in learning what to do with this information & how to support your child to have healthy stress management at home and at school.

Thursday, February 6th
HS Media Center
5:30 Dinner
6:00-7:00 Speakers/Panel

RSVP to wiersemakar@apsfalcons.net or via parent survey with # for dinner & childcare

The What and Why of Self Harm

"BEHIND THE CUT"

Information for parents presented by: **Solace Counseling**

Monday, January 13th

6:30-7:30 pm

Allendale Middle

School Library



APS Mental Health Committee Members

Andrew Jakobic, Behavior Coach
jakobicand@apsfalcons.net

Andrew VanderWal, Dean of Students-EG
vanderwaland@apsfalcons.net

Ashley Thompson- EG Teacher
thompsonash@apsfalcons.net

Brianne Blanksma, Student Services
blanksmbri@apsfalcons.net

Doug Bol, Principal- OW
boldoug@apsfalcons.net

Erin Pando, School Psychologist
pandoeri@apsfalcons.net

Gretchen Burk, EG Teacher
burkgre@apsfalcons.net

Jamie Curtis, Parent Rep
routre2@yahoo.com

Janene Schroeder, OW Teacher
schroederjan@apsfalcons.net

Kari Wiersema, OCSN Coordinator- EG
wiersemakar@apsfalcons.net

Liz Pellegrom, Counselor - HS
pellegromeli@apsfalcons.net

Marie VanFarowe, At Risk - EG
vanfarowemar@apsfalcons.net

Meredith Bauder, ECC/OW Counselor
baudermer@apsfalcons.net

Rhonda Wilson, Counselor- MS
wilsonrho@apsfalcons.net

Tamika Henry, Principal - New Options
henrytam@apsfalcons.net

Parent Resources

Links to resources on parenting kids with stress



As the nation continues to face high-levels of stress, families are susceptible to mounting pressures from finances and work. Raising a family can be rewarding and demanding even in healthy social and economic climates, so stressful times can make things much more challenging.

<https://www.apa.org/helpcenter/managing-stress>

Students are one of the most common victims of stress. Factors such as financial expenses, over commitment, family expectations, deadlines and workload all induce stress in students. While a mild amount of stress is very useful and acts as a motivation for students, too much stress can interfere with their daily lives.

<https://psychcentral.com/blog/stress-management-tips-for-students/>

Child traumatic stress is when children and adolescents are exposed to traumatic events or traumatic situations, and when this exposure overwhelms their ability to cope. When children have been exposed to situations where they feared for their lives, believed they could have been injured, witnessed violence, or tragically lost a loved one, they may show signs of traumatic stress. The impact on any given child depends partly on the objective danger, partly on his or her subjective reaction to the events, and partly on his or her age and developmental level.

https://www.nctsn.org/sites/default/files/resources/understanding_child_traumatic_stress_guide_for_parents.pdf

