



Paulding County School District | Prevention/Intervention News

DECEMBER 2019

Anxiety in Children & Adolescents

Stomach aches before a test. Headaches before school. Throwing up before a soccer game. These can all be signs of anxiety in a child or adolescent. It's important for parents to recognize the signs of anxiety because students may not know how to ask for help. Deep breathing, calming self-talk and working through the situation may ease anxiety but sometimes, professional help is needed. Talking to a pediatrician or school counselor is a great first step if you are worried about your child. For more information:

https://childmind.org/article/anxious-stomach-aches-and-headaches/?utm_source=newsletter&utm_medium=email&utm_content=READ%20MORE&utm_campaign=Weekly-11-26-19



**"Be honorable if you wish to
associate with honorable people."
~Welsh proverb**

Mental Health Care in Paulding Schools

The Paulding County School District has partnered with several agencies to provide mental health care in our schools. This means that therapists are seeing students in our schools during the school day. **ALL students in Paulding County have the option to see a therapist at school.** Here are the procedures if you are interested:

- Contact your school counselor for a list of participating providers and/or a referral. PCSD has partnered with agencies that accept self-pay, private insurance, Medicaid, and no insurance.



- Contact the provider of your choice to schedule an intake for your student.
- Return the notarized Parent Permission form to your student's school.
- Schedule the first visit with the administrator or counselor at your student's school.
- The therapist will need to bring the signed Confidentiality Form with an attached copy of their counseling license.

*If you attend Dallas or Poole Elementary Schools,
you can ask for a referral to the APEX therapist.*

Free Adolescent Drug & Alcohol Treatment Group

Free Evidence-based Adolescent Drug and Alcohol Treatment Group provided by Drug Free Paulding.

For more information or to enroll, call 678-202-5777 ext. 103 or email drugfreepauldingyouth@gmail.com

Do you know how to start the conversation about vaping?
Do you have all of the facts to answer your student's questions?

What if your adolescent asks about alcohol vs. marijuana?

The Prevention Intervention Webpage has Tips for Parents here: <https://www.paulding.k12.ga.us/Page/37736>



Paulding County School District introduced the new **SAFE SCHOOLS APP**. The app can be downloaded for FREE so parents and students can make reports of Suicidal Ideation, Bullying or Other Safety Concerns easily and anonymously. The Paulding County School District Code is 1895.



If you or a family member is in crisis during the holiday season, help is available.

Georgia Crisis and Access Line

1-800-715-4225 or download the My GCal App

ReThink Stop Cyberbullying App

The ReThink App can be downloaded for FREE. ReThink is a keyboard app that will prompt the user with "ReThink! Pause, review and rethink before posting" or "Don't say things that you may regret later!" if something inappropriate is typed into a text message.

One more way to remind an adolescent to think before they post!



Website:
www.paulding.k12.ga.us/preventionintervention



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