

Prevention Intervention News

Paulding County School District

Mental Health Awareness Month

May 2021

Every May, mental health advocates come together to raise awareness of mental health issues facing adults and youth. This year is especially important because of the increase in anxiety and depression that have been seen by mental health professionals during the pandemic.

According to the National Alliance on Mental Illness (NAMI), 1 in 6 youth experience a mental health condition each year. These statistics were before the pandemic so this number may be even greater now.

How do you know if the young person in your life is just being a typical adolescent or if there could be a mental health condition? Here are some warning signs for possible mental health issues:

- **Isolates from the family.** Typical adolescents spend time alone but also re-engage with the family regularly.
- **Changes in appetite.** Typical adolescents experiment with food but if your youth has stopped eating or is consistently overeating, there may be a problem.

➤ **Lack of sleep.** Many adolescents enjoy staying up late and then sleeping late into the morning. If your youth isn't getting any sleep, you might want to have them checked out by a doctor.

➤ **Stops hanging out with friends or stops showing interest in things they enjoy.** Adolescents sometimes change friend groups, and it is healthy for them to change their interests too. If your youth stops wanting to be with friends or stops being active at all, you might have a reason to be concerned about their mental health.

How to Access Mental Health Services

Getting started with mental health services can seem overwhelming.

Especially if it is the first time that you or a loved one has had to do it.

Here are a few places to start:

- **Is it an emergency? Is it a crisis?**
- If the answer is YES, then go to the nearest **Emergency Room** or Call the **Georgia Crisis Line at 1-800-715-4225**



- If it is **not an emergency or crisis**, then make an appointment at a local counseling center.
- **Highland Rivers Health** can see clients without insurance. See attached flyer.
- To request a counseling appointment with **Willowbrooke**, complete this form: <https://www.tanner.org/FormBuilder/Form.s.aspx?sid=1&formid=20941>

Dinnertime: Not Just for Eating



Evidence has been shown that family dinnertime has physical, social emotional and academic benefits to the whole family.

Preschool-aged children have a bigger vocabulary when their families eat together.

School-aged children have higher self-esteem, are more resilient, have higher academic performance, and are less likely to become depressed or to develop eating disorders when their families have regular dinner times together.

Young adults whose families eat dinner together are more likely to have healthier eating patterns.

There are benefits for parents too. Sitting down with the family for dinner has been shown to increase the fruits and vegetables that adults eat. Studies also show that

adults who eat with their families are less likely to diet, have higher self-esteem and are less likely to become depressed.

For families with extracurricular activities, it might take some creativity to figure out how to put this important ritual in place for a few days per week, but the benefits are definitely worth the effort!

Reference:

<https://thefamilydinnerproject.org/about-us/benefits-of-family-dinners/>

Marijuana Use Among Teenagers

Several states have enacted laws that allow recreational use of marijuana. These laws have fostered the incorrect assumption that smoking marijuana (or using it in another form) is harmless for youth.

In reality, there are significant dangers of marijuana use for people under the age of 26 because the human brain is not fully developed until then. Using marijuana while the brain is developing alters memory,

attention span and motivation. It also increases the likelihood of addiction. Youth who use marijuana are more likely to drop out of school and have lower educational achievement overall.

**1 in 6 Teen Users
Will Become Addicted
To Marijuana**

According to the Georgia Student Health Survey (2020), 10% of high school students in Paulding County have used marijuana at least once in the past 30 days.

The good news is that **most Paulding teenagers are not using marijuana!**

However, we need to continue sharing the dangers of marijuana use with Paulding students until all students understand and stay away from it.

Praise for the Class of 2021

Graduating Seniors of the Class of 2021 deserve applause and accolades like no other graduating class. These seniors have survived a worldwide pandemic, a national quarantine, school closures, virtual school, hybrid schedules, canceled milestones, social distanced classes, not to mention illness, fear, grief, anxiety, and ongoing quarantine throughout the school year.

They did not give up. They kept going. They were persistent and now it's their time to shine.

“The will to persevere is often the difference between failure and success.”
David Sarnoff

Congratulations Graduates!



Prevention/Intervention Department

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Prevention Intervention Webpage

www.paulding.k12.ga.us/preventionintervention

CRISIS TEXT LINE |

**Socially distant,
but not alone.**
Your mental health matters.

Text SCHOOL to 741741 for free, 24/7 crisis counseling.

Sources of Strength Peer Leader Program

As you walk into Dobbins, East Paulding, McClure, Moses, or South Paulding Middle Schools, you will likely see this colorful wheel posted throughout the school.

As you walk through the halls of North Paulding, Paulding County, or South Paulding High Schools, you will see signs labeled, "Trusted Adult," hanging outside classrooms and offices.

These eight schools have implemented the Sources of Strength peer leader program. Sources of Strength is a strength-based, health and wellness approach to suicide prevention that uses the power of peer influence to tear down

the "codes of silence" that often exist in adolescent culture.

How does it work? A group of diverse peer leaders are trained in warning signs of suicide, turning to trusted adults, and leaning on strengths when feeling the normal emotions of anger, worry, or sadness.

The trained peer leaders do activities in their school to get other students naming their trusted adults and building the strengths in their lives too.

Here is a video created by Sources of Strength peer leaders at Paulding County High School: <https://youtu.be/x3S-7mmvqe4>

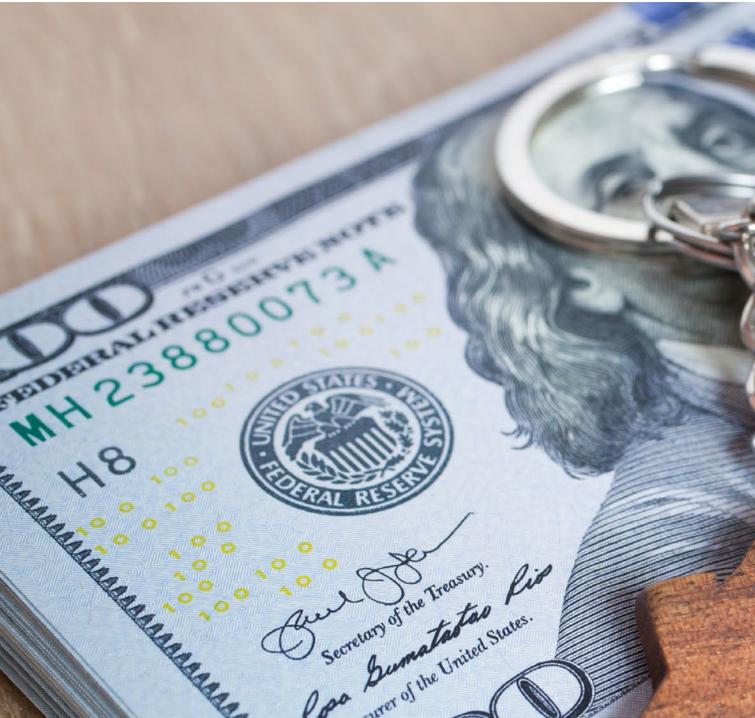
Here is a video created by

Sources of Strength peer leaders at Moses Middle School:

https://youtu.be/OGIVovgI5_w

What are your Sources of Strength?





State of Georgia Rental Assistance Program

GRA

TENANT REQUIREMENTS

- Identification (State ID or passport)
- Income documents for every adult (age 18 and older) in the household
- Past due rent notice or utility bills, provider, and account number
- Copy of lease
- Unemployment eligibility OR a reduction in income, significant costs, or financial hardship due directly or indirectly to COVID-19

LANDLORD DOCUMENTS

- Completed GRA Landlord Application
- Identification (State ID or passport)
- Proof of ownership or Authorization/Agreement to act on behalf of owner of management company
- Copy of lease
- Ledger of tenant's payment history in 2020 and 2021
- W-9 and bank information for ACH payment

Program Overview

The State of Georgia received \$552 million from U.S. Treasury's Federal Emergency Rental Assistance Program to provide relief to individuals, families, and landlords whose finances have been negatively impacted due to the COVID-19 pandemic. The funds will be used to bring past due utilities and rent current for households with rental arrears. The Georgia Department of Community Affairs (DCA) will administer this program which will open in March 2021. The money will be distributed directly to landlords/utility companies, and eligible applicants can receive up to 12-15 months of payment relief. Individuals must qualify for unemployment or must have experienced a reduction in income, significant costs, or financial hardship due to COVID-19; demonstrate a risk of experiencing homelessness or housing instability; and have household income at or below 80 percent of the area median income (AMI).

Apply at georgiarentalassistance.ga.gov

Affordable Care Act (ACA)

COVID-19 Emergency Special Enrollment Period



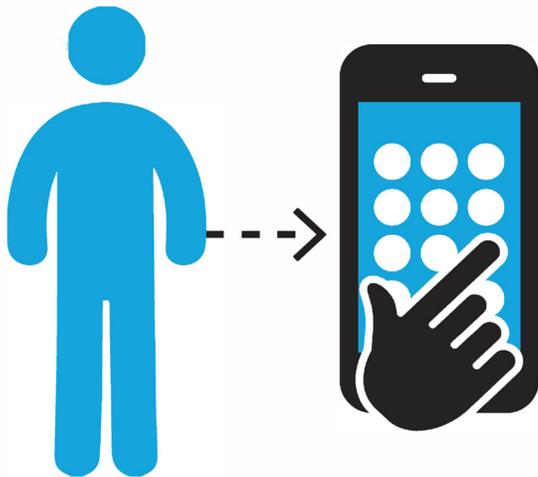
You may qualify for a low-to-no cost Health Insurance.
Call now to get an instant check on your eligibility.

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ACA Low-to-no-Cost Health Insurance

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www.CheckPlansPrices.com

If you already have an ACA Plan you have
to update it to get the new lower rates.

Paulding Recovery and Wellness Center

126 Enterprise Path, Suite 201; Hiram, Georgia | (678) 567-0920



To schedule an appointment, call Highland Rivers Health toll-free at: (800) 729-5700 (Note this is a non-emergency contact; calls received after-hours will be returned the next business day.)

If you need crisis services after hours or on weekends and are not yet enrolled in Highland Rivers Health services, call the Georgia Crisis and Access Line: (800) 715-4225.

Paulding Recovery and Wellness Center

Highland Rivers Health provides a variety of treatment programs and services to meet your individual needs and recovery goals. We work with you to design a treatment program that is right for you and helps you succeed. Our services include:

- **Primary mental health care for adults and children**
Services include individual, family and group counseling; crisis intervention; screening and assessment; education and skills training; linkage and referral; medication maintenance and monitoring; community transition support and more.
- **Substance use and addiction recovery**
Services include individual, family and group counseling and support, and education and referral.
- **Assertive community treatment**
Intensive community-based mental health treatment services provided 24/7 by a multi-disciplinary mental health team.
- **Community support services**
Medium-intensity community-based services customized to the needs and strengths of the individual.
- **Intensive case management**
Community-based mental health treatment services and supports for individuals with severe mental illness.

Highland Rivers Health's crisis stabilization units are located in Floyd, Polk and Whitfield counties. Highland Rivers also provides residential substance abuse treatment in Pickens County for men and Floyd County for women.



When you call Highland Rivers the first time, a member of our team will take your information (name, birthdate, problems you are experiencing, etc.) and schedule an appointment.

Highland Rivers designs an individual treatment program for every person we see. In order to develop the best treatment program for you, your initial appointments will focus on assessing your needs and goals for recovery.

At your first appointment, you will meet with a professional clinician for a clinical health assessment. You will also be scheduled to see a doctor or nurse practitioner for a diagnostic assessment (a nursing assessment might also be scheduled if needed). You will then be scheduled for regular visits with your clinician and for other services based on your needs.

Payment

During your first appointment, Highland Rivers will work with you on a financial assessment. We accept Medicaid, Medicare, self-pay and most types of commercial insurance. We also contract with the VA for veterans who need our services. If you do not have the ability to pay or do not have insurance, you may be eligible for a sliding fee scale or state-contracted services.

Highland Rivers Health makes every effort to see anyone that comes into our clinics without an appointment on a first-come first-served basis. Because our counselors also see people who have scheduled appointments, you may experience some wait when you come in without an appointment, **but you will be seen.**