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Inspire.  
Prepare.

## Paulding County School District Prevention/Intervention News

February 2021



### MENTAL HEALTH CONCERNS IN STUDENTS

The COVID-19 pandemic has caused school closures, quarantine, illness, and isolation so it is understandable that students may be feeling worried, anxious, lonely, or sad. If these emotions become too strong, however, students may need some additional support.

Here are a few warning signs that a student may need mental health support:

- ❖ Unable to sleep or sleeping too much
- ❖ Appetite changes
- ❖ Unexplained stomach aches
- ❖ Irritability
- ❖ Loss of interest in things they normally enjoy
- ❖ Unable to concentrate
- ❖ Drop in grades
- ❖ Alcohol or other substance abuse

Parents are encouraged to talk to the school counselor or call the **Georgia Crisis Line at 1-800-715-4225** for any concerns regarding their student's mental health.

### HELP END YOUTH VAPING For Teens, By Teens

- ❖ Four-part virtual series with youth throughout Georgia
- ❖ Free for youth ages 12 – 17.
- ❖ Giveaways, Music & More
- ❖ Hosted by Teen Advisory Council members
- ❖ Thursdays from 6pm – 7pm starting 2/11/2021
- ❖ Register here:  
<https://forms.gle/RRoFg9KoSiHkUk3X6>
- ❖ Sponsored by the Georgia Prevention Project and the Department of Public Health



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*"All kids need is a little help, a little hope, and somebody who believes in them." ~Magic Johnson*

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## Let's Shine a Light on Domestic Violence as a Community

S.H.A.R.E. House focuses on providing comprehensive services which include:

**24 Hour Crisis Line (770) 949-8689**

**24 Hour Emergency Shelter (770) 489-9671**

**Support Groups (770) 443-0200**

**Temporary Protective Orders (770) 443-0200**



### Fun Family Activity

Create a heart out of construction paper or card stock. Decorate the heart with things that represent who/what you love.



Idea from:

<https://www.pinterest.com/pin/235805730463636810/>

*There's a Wal-Mart Health Clinic in the Dallas Wal-Mart located at 3615 Marietta Highway.*

Low-cost counseling services, health care, vision, and dental services are offered at this location.



For more information or to schedule a visit:

<https://www.walmart.com/cp/care-clinics/1224932>

*\*This is for informational purposes only. Neither the Prevention/Intervention office nor the Paulding County School District have any affiliation with the Wal-Mart Health Clinic.*

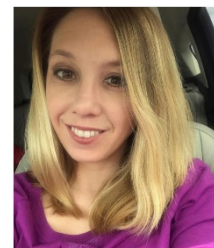
**CRISIS TEXT LINE |**

**Text HELLO to 741741**  
Free, 24/7, Confidential

### WELCOME TO PCSD

Paige Whitten is the new school-based therapist at Dallas Elementary and Herschel Jones Middle School. Paige comes to PCSD with a Master's Degree in Clinical Mental Health Counseling from Argosy University. If you are a parent of a student at Dallas or Jones, you can refer your child to her here:

[https://highlandrivers.formstack.com/forms/apex\\_referral](https://highlandrivers.formstack.com/forms/apex_referral)



(770) 443-8003 Ext. 10265



[mwade@paulding.k12.ga.us](mailto:mwade@paulding.k12.ga.us)



<http://www.paulding.k12.ga.us/preventionintervention>

## BEHAVIORAL HEALTH TOWN HALL SERIES

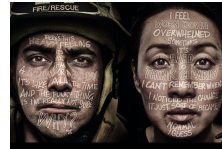
Mental Health America of Georgia has hosted a series of virtual town halls to inform and advocate for Georgia's communities impacted by mental health conditions. The town halls offered information and recommendations on the political determinants of Mental Health and Wellness. Each town hall topic discussed the intersection of mental health in the community and policy recommendations to improve mental health outcomes in specific population groups. Please review our past town halls to become more informed of the impacts in our communities.



### MENTAL HEALTH AND CRIMINAL JUSTICE

Criminal justice issues among individuals with mental health and substance use conditions is a growing problem. After Georgia deinstitutionalization of state hospitals, jails and prisons have seen an increase in the number and percentage of individuals with mental health and substance use conditions who come through their doors. Learn from panelists, different strategies to improve access to mental health care and divert Georgians to appropriate levels of care.

[REGISTER AND VIEW HERE](#)



### MENTAL HEALTH & FIRST RESPONDERS

Public health and public safety workers experience a broad range of health and mental health consequences as a result of work-related exposures to natural or human-caused disasters. Mental health conditions such as PTSD, depression, substance use, and suicide ideation and attempts are common among emergency medical services personnel, firefighter and police officers. Learn from panelists interventions to reduce behavioral health risks in Georgia communities. Identify gaps in support that would strengthen the workforce and improve mental health outcomes.

[REGISTER AND VIEW HERE](#)



### MENTAL HEALTH & EDUCATIONAL INSTITUTIONS

The academic impact to student's post-pandemic leaves families and teachers filled with fear and uncertainty for the future. The educational inequities have created a larger gap among marginalized and low resource communities striving for academic success. Learn from panelist strategies that have been identified to support vulnerable communities and what is needed to close the gap on education disparities. Identify the challenges for teachers as they adjust to the ever-changing environment.

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### MENTAL HEALTH IN THE WORKPLACE

About 75% of employees have struggled with an issue that affected their mental health. Unfortunately, 8 out of 10 workers with a mental health condition say shame and stigma prevent them from seeking mental health care. Untreated mental health conditions have cost companies billions annually. Learn from panelists the cost of ignoring mental health in the workplace and practical strategies to improve mental health outcomes and business bottom line.

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### MENTAL HEALTH DISPARITIES- ELIMINATING STIGMA IN COMMUNITIES OF COLOR

Communities of color often suffer from poor mental health outcomes due to multiple factors including inaccessibility of high-quality, culturally responsive mental health care services, cultural stigma surrounding mental health care, discrimination, and overall lack of awareness about mental health. Learn from panelists specific tools to promote healing and resiliency around complex trauma. Identify practical approaches to reduce stigma in underserved populations.

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### MENTAL HEALTH EQUITY - LEGISLATIVE TOWN HALL

Currently Georgia ranks the worse in US in access to mental health care including access to insurance, access to treatment, quality and cost of insurance, access to special education, and mental health workforce availability. With the creation of the Behavioral Health Innovation and Reform Commission and groundbreaking peer support movement, Georgia has an opportunity to explore and adopt practices that will strengthen and integrate mental health care. Join Mental Health Advocates to explore the current state of mental health and access to care throughout Georgia.

[REGISTER AND VIEW HERE](#)