

MENTAL HEALTH SUPPORTS AT KHS

QUINN RATHJEN

EDIE SCHWIMMER

ESTELA ROSARIO

SCHOOL SOCIAL WORKERS



KINGSTON
CITY SCHOOL DISTRICT

We Inspire. We Educate. We Graduate.
All Students, All of the Time



DID YOU KNOW?

Every student has a Support Team comprised of assistant principal, two school counselors, a school psychologist and a social worker

KHS has an in-house mental health clinic in partnership with Astor Services for Children

Our English as a New Language (ENL) students have a bilingual family worker, school counselor and social worker dedicated to meeting the needs of these students

Extracirricular activities and engagement with school staff are excellent ways to prevent mental health crises and build emotional resilience



SUPPORT TEAMS: 9TH GRADE SUITE EAST 302

- AP - TBA
- School Counselors – Mr. Aidala, Ms. Madonna
- Social Worker – Ms. Timbrouck
- Psychologist – Ms. Coleman



SUPPORT TEAMS: 10TH GRADE SUITE EAST 102

- AP - Ms. Scorca
- School Counselors – Ms. Hulbert, Ms. Williams
- Social Worker – Ms. Schwimmer
- Psychologist – Ms. Kaplan



SUPPORT TEAMS: 11TH GRADE SUITE WEST 302



- AP - Ms. Sellitti
- School Counselors – Ms. Drewnowski, Mr. Collins
- Social Worker – Ms. Kapes
- Psychologist – Ms. Christian



SUPPORT TEAMS: 12TH GRADE SUITE WEST 102

- AP - Ms. Bartley
- School Counselors – Ms. Lacy, Mr. Ricketson
- Social Worker – Ms. Rathjen
- Psychologist – Mr. Hart





ENL SUPPORT SERVICES

- Ms. Vasquez, School Counselor
- Ms. Rosario, Social Worker
- Ms. Rojas, Bilingual Family Worker

Offices are in the Main Building
Basement level





KHS IN-HOUSE MENTAL HEALTH CLINIC

- Referrals are through the support teams
- Support team member contacts the student and parent to approve referral; sends info to Astor
- Astor contacts family via phone for intake information
- Student independently attends sessions at KHS

FAMILY OF WOODSTOCK

- We partner with Family of Woodstock for :
- Restorative practices - students have the opportunity to participate in a reparative intervention rather than traditional discipline
- Teen Intervene, Too Good for Violence – educational programs that students complete while suspended to mitigate traditional discipline



EVIDENCE-BASED PRACTICES FOR MENTAL HEALTH WELLNESS AND CRISIS PREVENTION...



Strengthen economic supports

- Strengthen household financial security
- Housing stabilization policies



Strengthen access and delivery of suicide care

- Coverage of mental health conditions in health insurance policies
- Reduce provider shortages in underserved areas
- Safer suicide care through system change



Create protective environments

- Reduce access to lethal means among persons at risk of suicide
- Organizational policies and culture
- Community-based policies to reduce excessive alcohol use



Promote connectedness

- Peer norm programs
- Community engagement activities



Teach coping and problem-solving skills

- Social-emotional learning programs
- Parenting skill and family relationship programs



Identify and support people at risk

- Gatekeeper training
- Crisis intervention
- Treatment for people at risk of suicide
- Treatment to prevent re-attempts



Lessen harms and prevent future risk

- Postvention
- Safe reporting and messaging about suicide

OUR LOCAL HOTLINES AND RESOURCES--

Text "Got5" to 741-741 Free, 24/7 confidential text line

Text Me Back text & chat hotline -- 845-679-2485

Mobile Mental Health Team 10 AM to 10 PM / 7 days a week -- 1-844-277-4820

National Suicide Prevention 24 hour hotline -- 1-800-273-TALK

Envíe el mensaje de texto "Hola" o "Ayuda" al 741-741 La línea de texto confidencial gratuita las 24 horas, los 7 días de la semana

Puede comunicarse con la línea directa de texto en español de Family of Woodstock al 845-679-5460 de 9AM a 5PM. Alguien de habla en español le contestara.

El equipo móvil de salud mental al 1-844-277-4820 de 10AM a 10PM, los 7 días de la semana (tienen opción en español).

La línea nacional directa de prevención del suicidio las 24 horas: 1-800-273-TALK (8255)






ACTIVITIES WITHIN SCHOOL

STUDENT ENGAGEMENT --> EMOTIONAL RESILIENCE

*CLUBS AND WAYS TO GET INVOLVED –
GO TO INTERNSHIP AND CAREER
CENTER ON TEAMS!*




SOME OF OUR MANY COMMUNITY PARTNERS...


<p>AGITATED TO ELVATED</p> <p>CCE 16 CEDAR ST KINGSTON 5-6PM RESERVER YOUR SPOT: 845-303-9729</p>	
<p>FRIDAY 5 - 6PM JANUARY 7 + 28 FEBRUARY 4 + 18 MARCH 11 + 25</p>	<p>MEDITATION YOGA WRITING</p>  <p>SNACKS + MATS PROVIDED</p>

GET TO KNOW THE BROTHERS,
& GET YOURSELF A MENTOR

BROTHERS AT BARD



COME TO BAB SESSIONS MONDAY,
WEDNESDAY, AND THURSDAYS PERIOD 9



SISTER 2 SISTER

**EVERY MONDAY
STARTING
OCTOBER 7, 2019
9TH PERIOD ROOM S214C**

- Self care/ Self Expression
- SAT Prep
- Field Trips
- Empowerment
- College & Career Prep



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INTO THE
WOMAN I AM
MEANT TO BE."

A PROGRAM
DEDICATED TO THE
MENTORSHIP OF
YOUNG WOMEN OF
COLOR THROUGH THE
ARTS !

For more info contact,

DO GOOD WITH CHIPOTLE



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MENSTRUAL HYGIENE IS A HUMAN RIGHT.
PERIOD POWER! CLUB

33% OF EVENT SALES GET DONATED TO THE CAUSE

TUESDAY, JANUARY 25TH | 4-8PM
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*QUESTIONS,
COMMENTS*

