



NIMITZ MIDDLE SCHOOL

MENTAL HEALTH CORNER

From the PSW's desk

FACULTY NEWSLETTER



JANUARY 2017

WELCOME BACK!!!!

I hope you had a restful and joyful break and that you are beginning this semester filled with positivism and hope!! I look forward to continuing our collaboration to support our students and reach our District's goal of 100 % graduation!! Let's continue to promote the positive and healthy climate that was instilled in our school this past semester. We can achieve this by working together and treating each other with Dignity and Respect.

GO SEAHAWKS!!!!

Teacher Tools:

Instructional Strategies and Classroom Accommodations for Students with Depression

- Reduce some classroom pressures.
- Break tasks into smaller parts.
- Reassure students that they can catch up. Show them the steps they need to take and be flexible and realistic about your expectations. (School failures and unmet expectations can exacerbate the depression.)
- Help students use realistic and positive statements about their performance and outlook for the future.
- Help students recognize and acknowledge positive contributions and performance.
- Depressed students may see issues in black and white terms – all bad or all good. It may help to keep a record of their accomplishments that you can show to them occasionally.
- Encourage gradual social interaction (i.e. small group work).
- Ask parents what would be helpful in the classroom to reduce pressure or motivate the child.

"Mental Health is not a destination, but a process. It's about how you drive, not where you're going." – Noam Shpancer

****Depression in Teens****

All children feel sad or blue at times, but feelings of sadness with great intensity that persist for weeks or months may be a symptom of major depressive disorder or dysthymic disorder (chronic depression). These depressive disorders are more than "the blues"; they affect a young person's thoughts, feelings, behavior, and body, and can lead to school failure, alcohol or drug abuse, and even suicide. Depression is one of the most serious mental, emotional, and behavioral disorders suffered by children and teens.

Symptoms or Behaviors

- Sleeping in class
- Defiant or disruptive
- Refusal to participate in school activities
- Excessive tardiness
- Not turning in homework assignments, failing tests
- Fidgety or restless, distracting other students
- Isolating, quiet
- Frequent absences
- Failing grades
- Refusal to do school work and general non-compliance with rules
- Talks about dying or suicide

How does Depression Impact Student's School Performance?

Students experiencing depression may display a marked change in their interest in schoolwork and activities. Their grades may drop significantly due to lack of interest, loss of motivation, or excessive absences. They may withdraw and refuse to socialize with peers or participate in group projects.





Psychiatric Social Worker



Mental Wellness Tips:

No Matter What, Maintain Your **OPTIMISM** by Reframing the Situation!!

Only this Situation

Positive Past Situation

Temporary

I Have Support

Mentor's Example

Imagine Success

Sometimes Isn't Forever

My Effort Matters



ERIKA'S LIGHTHOUSE: A DEPRESSION AWARENESS PROGRAM

This Spring semester we will continue to work on increasing Depression Awareness among our students. This time, we will be conducting our Erika's Lighthouse presentations in Mr. Ngo and Ms. Elizondo's classrooms beginning 1/23/17. Our goal is to reach out to all of our 6th Graders by the end of the school year so they begin Middle School with a foundation on Mental Health Prevention and Intervention. A Big Thank You to all of our 6th Grade teachers who supported our project and allowed us to conduct this program in their classroom last semester!!!



Upcoming Events



****From the Attendance Office!****

In an effort to promote a higher attendance rate and PBIS, PSA, Ms. Gutierrez, will be holding a District Attorney Attendance Improvement Meeting with parents on Wednesday, January 25th at 5pm.



Support Groups Coming Soon!!

To continue promoting PBIS and improving Mental Wellness among our students, Ms. Gomez, PSW, Ms. Gin and Ms. Orellana, MSWIs will begin to facilitate School Mental Health support groups. These groups will be our Cognitive Behavior Intervention for Trauma in School (CBITS) and Families Overcoming Under Stress (FOCUS). Groups are being finalized and the are scheduled to begin in February.

***For questions or information about these groups, please contact Ms. Gomez, PSW ext. 5468**