

warriors

**BE** well



## A Message from the Superintendent

Students throughout the nation report increased pressures and mental health concerns. Suicide is the 2nd leading cause of death in the world for those aged 15-24 and an estimated 285,000 Americans each year become suicide survivors. At Mariemont City Schools, we are not immune to these concerns and have worked hard to meet student needs and provide more resources than ever before.

Meeting student needs, however, requires a partnership with parents and our community. In 2020 we launched Warriors BEwell, a comprehensive program to ensure well-researched and robust programming and services for our students and families.

In conjunction with the Warriors BEwell program, this inaugural annual Mental

Health Report is designed to share with you what we are doing, what resources are available to your student and information on how you can best support our district's children.

Mariemont City Schools appreciates your partnership as we work to meet the mental health needs of our students. If you would like more information about Warriors BEwell or have questions, please contact the district's Director of Student Services, Tricia Buchert.

Sincerely,

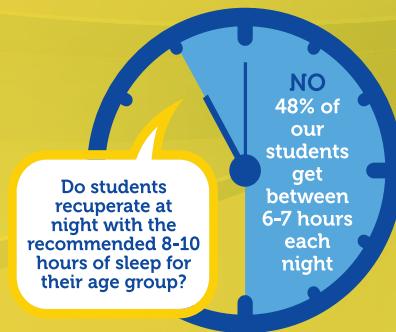
A handwritten signature in black ink that reads "Steven E. Estep". The signature is fluid and cursive, with the first name being the most prominent.

Steven E. Estep

# How are our students doing?

During the 19-20 school year, Mariemont City School District partnered with Mindpeace, IN5, **Dr. Stuart Slavin and Cincinnati Children's Hospital** to participate in a research study measuring student mental health and causes. We surveyed students in grades 9-12 (prior to the school closure), 88% of the data was determined to be valid.

## How is your time spent?



## We measured anxiety and depression, so how are Mariemont High School students doing?

**47%** scored as having moderate to severe anxiety

**33%** scored as having moderate to severe depression

There were differences by gender. Girls had higher rates of anxiety and depression and also spent more time on homework and extracurriculars, but got less sleep.

Feel academically overwhelmed (33% some of the time, 52% often) **85%**

Hide these feelings from peers and adults **75%**

Sense of worth tied to academic performance based on standards set for themselves **78%**

Sense of worth tied to how they compare to other students **70%**

Since approximately 75% of the student body has a 3.0GPA or higher (4.0 being the most common), the students should be feeling successful, so why are so many students reporting feelings of anxiety and depression?

## Top 5 stressors causing feelings of anxiety and depression



Pressure from self



Pressure to get into a good college



Time pressure



Amount of homework



Pressure to not disappoint parents

### How does Social Media fit into this?

Social media can be an amplifier of the problem, but it is not the cause itself.

# What is the Mariemont City School District doing to help students?



We offer mental health services in all four buildings. Approximately 10% of our students are receiving services through a Child Focus mental health therapist. This reduces wait time, and scheduling barriers for our parents and is paid for through insurance or private pay.

## Programs, Education, and Resources



Signs of Suicide, mental health screener and instructional program



Peer-to-peer suicide prevention group - Sources of Strength JH/HS



Mindfulness practices incorporated into all buildings



Warriors BEyond Programming - experiential learning



Therapy Dogs - Pet Partners



Providing sensory rooms or calming spaces in the buildings



Speakers



Kindness, Courage, and Respect retreats through Youth Frontiers sponsored by PTOs



Added Elementary counselors



QPR Suicide Gatekeeper training for all staff



Staff training on LGBTQ+ issues



Professional development for staff on cultural intelligence



24/7 Online anonymous reporting



Internet search filter alerts from school devices to monitor searches

# Student Perspectives

I would like my parents to ease up and not pressure me to get into elite schools.

---

**THE ADULTS NEED TO PUT LESS STRESS ON GETTING INTO COLLEGE AND REDEFINE SUCCESS AWAY FROM JUST ACADEMICS.**

---

**Be more involved in it. Walk me through it so I don't have to figure it out by myself. Tell me what it was like for you so I know that you weren't perfect either.**

---

**FOCUS MORE ON CAREERS THAN GRADES. RE-EVALUATE GRADES, CHASING A'S ISN'T THE BEST - EFFORT AND IMPROVEMENT SHOULD BE THE MOST IMPORTANT.**



**What do students say about high school stressors?**

**I think it is important to normalize that everyone has their own route in life and we shouldn't treat others based on different views of the future. Everyone has a different situation.**

---

**IT IS IMPORTANT FOR STUDENTS TO KNOW THAT WITH ALMOST ANY GRADES YOU CAN GET INTO A COLLEGE, STOP TALKING ABOUT COLLEGE 24/7 AND HELP US REALIZE A 4.0 ISN'T AN EASY OR NORMAL THING. DON'T COMPARE GRADES TO THEIR OTHER KIDS, FRIENDS, NEIGHBORS.**

---

**The idea of competition can be good in certain scenarios, but I feel like everyone is just trying to build the most impressive resume that they can (through extracurriculars, classes, and volunteering) without ever thinking about the why. Most students "why" is that they want to get into a better college or they want to look superior to their classmates. All of this may matter somewhat in the short term, but after high school/college all of this means absolutely nothing and just serves as something for them to brag about to a friend or colleague who likely doesn't really care what your GPA or class rank was in high school. The most important thing that high school can teach you is not how to be successful in school, but teaching qualities that will lead to success in life.**

# Help Us Make a Shift

---

Support our students, 1N5 and the Warrior Run

# 1N5

**Participate, Donate, Sponsor.**

The funds raised for the Mariemont District help pay for our mental health programming.

---

## Changing Hearts and Minds

We need to fix the root cause, let's start by asking the right questions.

Ask your child what is it like to be you?

Ask what experiences they want to have in life vs. just building a resume.

Ask where do they need to grow, and then teach life skills.

Ask our high school students What their next step is? vs. Where are you going to college?

Ask your child how they want to serve the community.

---

## Make the Shift

If you are interested in starting this conversation and finding solutions with your family and friends, contact Tricia Buchert, Director of Student Services (272-7519, [tbuchert@mariemontschools.org](mailto:tbuchert@mariemontschools.org)), to set-up a small gathering (COVID safe of course) and help us to begin to make a shift!



To learn more about the Warriors BEwell program, along with its programs, partnerships and research, scan the QR code or visit the Warriors BEwell page of our district website.



*Work Smart. Create Experience. Embrace Growth.*

Mariemont City Schools  
2 Warrior Way  
Cincinnati, Ohio 45227  
[www.mariemontschools.org](http://www.mariemontschools.org)



Non-Profit Org.  
U.S. Postage  
**PAID**  
Cincinnati, Ohio  
Permit No. 1082