



A Message from the Superintendent

warriors

BE well

For the last 10 years, we have worked tirelessly to grow our mental health programming for students of all ages. The Warriors BEwell program, which launched in the spring of 2020, was specifically designed to make the mental health and wellness of our students an even greater point of emphasis.

Our school counseling and psychology staff have been focused on putting into place prevention and advocacy programs. Child Focus therapy, Sources of Strength, Signs of Suicide, daily mindfulness, MindPeace rooms, GoNoodle and more were heavily researched and implemented with Mariemont City Schools' students in mind.

Additionally, our partnerships with community organizations like Child Focus, 1N5 and MindPeace have tremendously impacted the amount of services available to our students. Earlier this year our District experienced a tragedy and while we continue to grieve and heal, we can also use this loss as a catalyst to be emboldened to pursue the path ahead.

Together, we can work to ensure that each student, family and staff member has access to high-quality and evidence-based services through the Warriors BEwell program and our community partners. We recognize that, while we have the ability to make a lasting impact on the mental health and wellness of our students, our district is only one piece of the puzzle.

In the remaining pages of this newsletter, you will find the wheel of strength which is a tool from Sources of Strength, perspectives from Mariemont students on wellness and resources from 1N5 on normalizing the conversation about mental health. Lastly, you can review detailed data gathered earlier this year on how we are making progress to promote the importance of life-saving conversations about mental wellness among students, staff and families.

Mental health and wellness can be a difficult topic to approach with the people we love. However, the growing number of students and adults who report experiencing stress, anxiety and depression require us to engage in difficult conversations. In the face of difficulty or discomfort, we will do what our district has always done: keep our focus on what is best for our students and keep moving forward. This is the true Warrior spirit.

Sincerely,

A handwritten signature in blue ink that reads "Steven E. Esteppe". The signature is fluid and cursive.

Steven E. Esteppe

DATA

In the fall of the 2021-22 school year, Mariemont City Schools partnered with 1N5 to participate in their comprehensive survey measuring school climate. We surveyed 538 students, 68 staff and 242 parents/caregivers in grades 7-12.

37%

Students said they had thoughts of suicide

9%

Parents thought students would report about thoughts of suicide

52%

Staff thought students would report about thoughts of suicide

All three groups identified anxiety, stress and self-esteem issues as the most common issues impacting the mental health of students.



HELP SEEKING BEHAVIORS

SUPPORT

Students agreed or strongly agreed that they feel comfortable talking to a peer who may need mental health help

86%

Students reported going to their friends for support

67%

11%

Students reported that there wasn't any support for them when they wanted to access it

Caregivers feel comfortable asking the school for mental health resources

76%

Caregivers feel comfortable reaching out to the school if they are concerned about their child or another child

89%

Caregivers agree that teachers and staff are supportive of students

90%

80%

of students would tell an adult if a classmate was posting about suicide on social media

69%

of students would ask for help if a friend were to talk to them about suicide and 74% would encourage them to seek help. 65% feel comfortable reaching out to adults for help.

84%

of caregivers agree that they could tell another child's parent if they were worried about their mental health. 23% would be scared that the parent would be mad at them.

100%

of staff reported that they would report concerns about a student's mental health to our counselors or administrators, 86% agree that they know resources to help students and 87% agree that our schools have a clear action plan to implement when a student needs help.

COPING SKILLS



71% of students agree that they have the tools to deal with stressors in life and 83% report that they know how to practice self-care.



35% of caregivers do not agree that their child has the tools to deal with stressors. 88% agree that the schools should be teaching coping skills and 91% agree that schools should be teaching mental health education.

Sources of Strength (Program Highlight)



We all experience setbacks, face obstacles, and experience failure. The driving questions are:

What are our sources of strength?

How do we use our sources of strength to overcome setbacks?

Mariemont City Schools began implementing the Sources of Strength Program in the 2018-19 school year.

The program uses a comprehensive, evidence-based wellness approach aimed at preventing suicide, violence, bullying, and substance abuse.

With the guidance of adult mentors, students plan and implement campaigns designed to teach their peers about the strengths on the wheel.

Engaging lessons using Instagram, fun activities, and educational campaigns encourage students to create a culture that reduces the stigma of mental health and normalizes the discussion of these topics.

Ultimately, the eight Strengths on the wheel can empower individuals and communities to lean into their own sense of resilience in order to promote health and wellness in themselves and others.

Visit www.sourcesofstrength.org for more information.

Student Perspectives

What do junior high students suggest that adults can do to help students deal with stressors?

"Ask kids and check in to see if they are okay."

"TAKE TIME TO TALK TO THEM ABOUT IT."

"Don't give them the impression that they are in trouble or they are mad. Stay calm and try to sympathize."

"ASK KIDS HOW THEY ARE DOING AND OFFER TO HELP."

"I'm not completely sure, maybe spending time with them. Sometimes teachers don't know what kids have been through or what struggles they've had that day."

"Normalize things like this and openly talk about it. Don't hide the details and say how it's a big deal."

What could students do to help each other?

Compliment others ✓

Don't immediately judge someone just by what you think. Get to know somebody, don't assume anything. ✓

Be kinder ✓

Talk with them and ask if they are ok ✓

Be nice and help each other ✓

Talk to each other and openly speak about these important issues ✓



What Can You Do?

Normalize the conversation and check in with your child

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), to set-up a small gathering in your home.



Download the 1N5 Reach Out App

Have your child put this app on their phone, and explore the resources together. The kids want to talk about these topics. They are asking for a safe space and resources to help themselves and their friends. Make sure they have them!

Support our students, 1N5 and the Warrior Run

Participate, Donate, Sponsor.

The funds raised through the Warrior Run help pay for the district's mental health programming.



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.

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