

Mental Wellness Update



April 4, 2022



- Students were given stickers with various adjectives or positive phrases on them and gave them to at least 5 people who had that quality.
- Students were covered in positive stickers by the end of the day!
- Each student wrote 3 different positive things about themselves on heart shaped sticky notes and teachers placed them on their doors.



Davidson River School Hellbender Time

SPORTS
GARDENING
YOGA/ MINDFULNESS
COOKING
SOCIAL-EMOTIONAL
ART RESILIENCY





INITIATIVES

- ▶ Suicide Prevention Month
- ▶ Mental Health Awareness Posters
- ▶ Social Media
- ▶ Parent Resources
- ▶ Staff Resources
- ▶ Creating Connections
- ▶ Homeroom Lessons
- ▶ Online Resources
- ▶ Additional Counselors





7th grade Mental Wellness Day



Brevard Elementary School

1st Annual

MENTAL HEALTH MONDAY

Connect Classes
Relaxation Stations
Camp Out & Read
Screen Free Playtime
Extended Recess



TC STRONG

STEERING TEAM MEMBERSHIP

(effective March 25, 2022)



YOUTH	SCHOOLS		FAMILY/COMMUNITY	
STUDENT DELEGATE Jonathan Meeks Rosman High School		LEAD ORGANIZATION REP Missy Ellenberger Transylvania County Schools	LEAD ORGANIZATION REP Erin Drew The Family Place	LEAD ORGANIZATION REP Elaine Russell Transylvania Public Health
STUDENT DELEGATE Cora McCall Brevard High School	PRINCIPAL DELEGATE Barbara Grimm Davidson River School	COUNSELOR DELEGATE Stacey Seefeldt Brevard Academy	LEAD ORGANIZATION REP Rik Emaus TC STRONG Coordinator	SCHOOL-BASED THERAPY DELEGATE Phil Latter Meridian/Blue Ridge Health
STUDENT DELEGATE Adien King Davidson River School	PRINCIPAL DELEGATE Scott Strickler Rosman Middle School	COUNSELOR DELEGATE Sarah Shawver Rosman High School	COMMUNITY DELEGATE Leah Bush The Family Place–Rosman	SCHOOL-BASED THERAPY DELEGATE Amy Denes Meridian/Blue Ridge Health
STUDENT DELEGATE Elijah Simon Brevard High School	PRINCIPAL DELEGATE Ted Duncan Brevard Academy	SOCIAL WORKER DELEGATE Shanaia Powell Rosman Middle/High School	FAITH-BASED DELEGATE EJ Scalf Young Life	CLINICAL DELEGATE Elizabeth Williams Hendersonville Pediatrics
STUDENT DELEGATE Trinity Wilbanks Rosman High School	FACULTY DELEGATE Adria Hardy Brevard High School	HOMESCHOOL DELEGATE Carrie Koppin	PARENT DELEGATE Julie Workman BHS PTSO	WELLNESS DELEGATE Sarah Hankey Blue Zones–Schools
HOMESCHOOL DELEGATE Marissa Livingston	FACULTY DELEGATE Ashley Dickson Brevard Middle School		COMMUNITY DELEGATE Denise Gonzalez The Family Place	GOVERNMENT DELEGATE Amanda Vanderoeff Transylvania County DSS

Darkened boxes = Lead Organizations

LEADERSHIP TEAM: Elaine Russell, Missy Ellenberger, Erin Drew, Rik Emaus

COMMUNICATIONS TEAM: Tara Rybka, Jen Heatherly, Leah Bush. Youth TBD

TC STRONG Strategies & Current Projects

1

Community Awareness, Education, & De-Stigmatization

- Mental Health Moments
- Dinner Film/Discussion Series
- Mental Health Response Training

2

Empower & Connect

- Building Student Connections
- BHS/BA Mentorship Program

3

Access to Support & Care

- Community Mental Health Resource Directory
- Skills Training for Emotional Problem Solving for Adolescents

Blue Ridge Health

School Based Health Center

- Location: RHMS (exact location on-site depending on bond construction timeline) Hours: 8 am-3:30 pm; with the possibility of extended hours (1-2 evenings/ week)
- Services: Similar services provided by most providers (well visits, sports physicals, strep tests, etc.) and potentially bus driver physicals
- Staff: BRH will staff the SBHC with a nurse and a PA or NP; telehealth will also be available
- Cost to TCS: Utilities, providing the space, and access to Internet
- Benefits to TCS: Currently there are no primary care providers in Rosman
- Serve: The potential grant will cover students being seen from all four Rosman district schools
- Cost to families: A sliding scale based on family's ability to pay
- Space: House the BRH counselor, a PA, and a nurse
- Partnership: BRH is committed to actively communicating with families of students that are seen and to growing that patient-provider relationship

