

Mental Wellness Update



**Transylvania
County Schools**

March 6, 2023

Underlying Factors Affecting Adolescent Mental Health

- COVID related social disruption/ isolation
- Social media
- Peer acceptance
- Home life
- Socio-economic problems
- Decreased social cohesiveness

Anxiety, depression, self harm, risk-taking behaviors, and eating disorders are a few of the most common mental health disorders in adolescents.

School & Community Connectedness

- Prevention strategies that promote mental wellness also help prevent a range of negative experiences, like drug use and violence
- Fostering healthy relationships with adults and peers at school and in the community provides a sense of connectedness
 - ◆ Youth who felt connected were significantly less likely to consider attempting suicide

“School connectedness is a key to addressing youth adversities at all times
- Students need our support now more than ever, whether by making sure that their schools are inclusive and safe or by providing opportunities to engage in their communities and be mentored by supportive adults.”

-Kathleen A. Ethier, PhD, Director of CDC's Division of Adolescent and School Health

Mental Wellness Moments

- Multilingual Learners
- Bullying
- Breathing strategies for managing anxiety
- Gratitude
- Mindfulness
- What can I do if my child is in crisis?

BES, RES, PFES, TCH

- Character lessons
- Unity Day
- Kindness Tree/ Board



BMS & RMS



- Random Acts of Kindness
- Brochures
- School Dance
- Voice of the Students
- SAVE Promise Club



BHS, DRS, RHS



- Fun Day
- All Things Grow with Love
- Showcase Day
- VOS
- SAVE Promise Club





Community Partnerships

