

Skyview Middle School

September Newsletter 2020

School Counseling in a Virtual World:

We're a bit late with the September newsletter but wanted to make sure we still get it out. Each month you'll receive a counselor newsletter. The newsletter will have useful resources and information for families and students.

Our team is excited to partner with students and families this school year to help everyone feel connected and successful, despite our physical distance! At SMS, school counselors work with students through classroom lessons, small groups and individual services. We help students and families with academic, social-emotional and career and college readiness support. We offer brief counseling services and will refer families to outside agencies when appropriate. School counselors also connect families with financial resources as they become available.

We are available to virtually meet with you or your student if they are struggling with academic, social, or emotional issues. For example, your student might be feeling lost or disconnected in the online learning environment, and we can be a resource for them. Each Wednesday, the counseling team does a Riddles and Games Group during Movement and Connection. Your student can sign up during 4th period on Wednesdays (or sign up for any other group!).

You or your student can schedule time directly with their school counselor through email or Bookings:

<https://outlook.office365.com/owa/calendar/SkyviewMiddleSchoolCounseling@nsd.org/bookings/>

Please refer to our [website](#) to find out more about our program and contact information.

SMS Counseling Team:

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THIS WEEK'S TOP STORIES



Northshore School District's Virtual Calming Room

Did you know our school district has a new Virtual Calming Room? If not, please check it out! It has great videos, games, and resources to help reduce stress and anxiety. This goes right along with our Suicide Prevention focus this month. [Click on the picture above to take you to our Virtual Calming Room.](#)

September is Suicide Prevention Month

Please look below for steps that you can take to keep your family healthy, tips and tools for your teens, and virtual well-being mindfulness workshops.

SUICIDE PREVENTION MONTH 2020

SAFETY STEPS TO KEEP YOUR FAMILY HEALTHY TODAY

Take these steps today to help keep your family emotionally healthy during this challenging time. Using these steps will also reduce any chance of suicide. Suicide Prevention Month is a valuable time to prepare yourself, especially during this time of COVID-19.

1. Check in with your children every day

- Checking in with your child for even 15 minutes every day will do wonders for your relationship with them and will let them know you're there for them.
- Listen carefully to them.

2. Seek support

- If your child's level of isolation or other behaviors concern you, call your school counselor and/or doctor to discuss mental health support.
- If you have concerns about possible suicide risk, go to [LEARN](#) by Forefront Suicide Prevention at the University of Washington.

3. Put these crisis lines in your phone

- National Suicide Prevention Lifeline: 800-273-8255 — or text 'Heal' to 741741. 24/7
- WASHINGTON LISTENS: 1-833-681-0211 Mon-Fri 9 a.m. - 9 p.m. Sat-Sun 9 a.m. - 6 p.m. For COVID-19 related stresses.
- Find your County Crisis Line [here](#).

4. Lock up medications

- Secure ALL medications in a lock box or home safe—including over-the-counter medications and anything beyond a one-week supply. This can help prevent overdoses and suicides.

5. If you own firearms

- If your family owns firearms, make sure your children do not have unauthorized, unsupervised access to them. Be aware: kids often know where the keys are hidden.
- Lock your firearms in a safe or lockbox. Use a fast-access lock for home defense firearms.

Learn more about how to prevent suicide in your home, family and community at <https://inthe forefront.org/learn>

LEARN® SAVES LIVES - SUICIDE PREVENTION TIPS FOR TEENS

USING THESE STEPS AND YOUR VOICE CAN TRULY HELP CHANGE LIVES. WE CAN ALL DO THIS!

L

LOOK FOR SIGNS

- Researching ways to die; talking/joking about death—these signs are often ignored.
- Feeling hopeless, angry, depressed, ashamed, or like a burden to others.
- Changes in personality, outlook on life; sleep issues, withdrawing from friends/activities.
- Alcohol/other drug use, reckless behavior, self-harm/cutting, giving away possessions.



E

EMPATHIZE & LISTEN

- Listen with compassion. Show them you care by giving your full attention.
- Acknowledge their pain and accept their feelings so they don't feel judged.
- Repeat back what they tell you, then say, "I'm really sorry you're going through this."
- **Just listen.** Those who are really struggling say this helped them the most.



A

ASK DIRECTLY

- Experts agree. Asking about suicide will NOT plant the idea in someone's mind, so...
- Ask in a way that invites an honest answer. Mention any signs you've noticed.
- Be calm, courageous and direct. Say the word "suicide." Be prepared to hear a "yes." *i.e., "Sometimes when people feel hopeless and alone, they are thinking about suicide. Are you thinking about suicide? Or...are you thinking about killing yourself?"*



R

REDUCE THE DANGERS

- Turn to trusted adults if you're concerned about someone—**never** keep this a secret.
- Regret is real. Better to have an angry friend who is safer because you told an adult.
- Parents/caregivers, teachers, counselors, coaches, elders, spiritual leaders can help.
- Let trusted adults know about access to lethal means; i.e., alcohol, firearms, drugs, medicines.
- Report concerning posts on social media. [Support on Social Media—Lifeline.](#)

N

NEXT STEPS

- Always ask a trusted adult to help. Be prepared to give them critical information.
- If an adult is not available, help connect this person to 24-hr crisis resources.
- Some people don't feel safe calling 911 so keep these resources nearby. Share with friends.
- It's OK to ask questions or just try out these resources so you know how they work.



Suicide Prevention Lifeline **800.273.8255**
Teen Link (6-10 pm) **866.833.6546**
Crisis Text Line text 'HEAL' to **741741**

Addiction Helpline **866.789.1511**
Trans Lifeline **877.565.8860**
Trevor Project - LGBTQ **866.488.7386**
or text 'START' to **678678**

intheforefront.org/LEARN

W FOREFRONT
SUICIDE PREVENTION

Tools for Teens

an 8-part virtual series for adolescents ages 14- 18

- Are you an adolescent looking for tools to **deal with stress and anxiety?**
- Are you searching for strategies to manage the **difficult emotions** moving from childhood to adulthood?
- Do you wish sometimes that school and **relationships were a bit easier?**
- Are you feeling **frustrated and isolated** with the current pandemic, racism, and other social justice issues?



*Based on the evidenced-based curriculum, Mindful Self Compassion, this 8-week experiential program for teens provides practices and **tools to manage stress, increase feelings of happiness and well-being, and promote emotional resilience.** In each weekly session, we will discuss concepts related to well-being and do a variety of practices, including seated **mindfulness meditations as well as intentional movement and creative projects.***

Instructors: Blair Carleton (of [Cultivating Self-Compassion](#)) and Kim Armstrong, MA Psy (of [Space Between](#))

Sunday afternoons, 4:00 – 5:45 PT
October 4 - November 22, 2020,
via Zoom

Follow this [link](#) to learn more and register: bit.ly/ToolsForTeensFall2020



CENTER FOR
**Child & Family
Well-Being**

UNIVERSITY of WASHINGTON

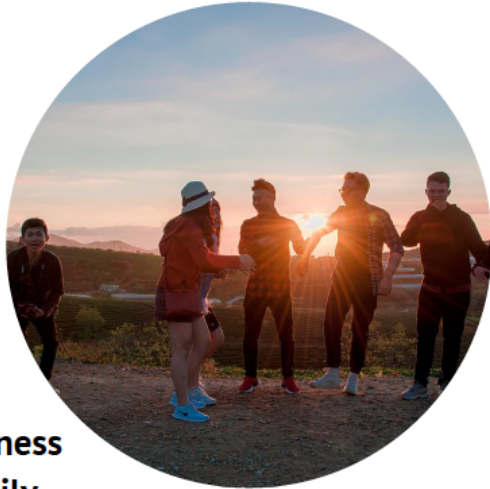
Teens who have participated say:
"I am more in tune with myself."

"I started to handle difficult situations in my personal life more maturely, by calming myself down."

"I just wanted to say thank you; to Blair and Kim for being so understanding, nice, and compassionate with my problems and interests."

Families of Adolescents ...

- Are you looking to support your adolescent to **reduce stress and anxiety** and increase their well-being?
- Are you hoping to **foster deeper connections** and listening with your child, especially when times are tough?
- Do you want to **build more pause** into your personal and family routines?



Please join us to learn how Mindful Awareness practices might support you and your family.

Supporting Well-Being With Mindfulness

a 3-part virtual series for parents, guardians, caregivers of teens

Knowledge, mindfulness practices and resources for families to understand the teen brain and how to promote learning and support well-being through mindful awareness practices.

Tuesday evenings, 6:30 – 8:00 PST

October 6, November 3, and December 1, 2020

Via Zoom

[Click here to learn more and register](#)

What really resonated with me is the idea of focusing/practicing on our own practice as parents...and the impact of this on our kids." - Parent

"I learned a lot about our bodies and brains and also a lot about ways to improve self-kindness, self-compassion, or mindfulness" - HS Student



**FOREFRONT
SUICIDE PREVENTION**

www.spacebetween.community