

A R K A N S A S

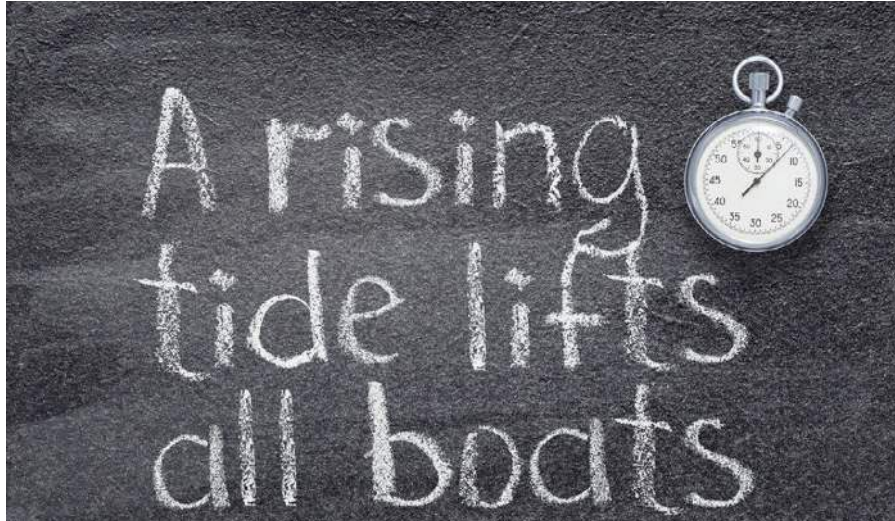
a.w.a.r.e.



**ADVANCING WELLNESS AND
RESILIENCY IN EDUCATION**



Advancing Wellness and Resiliency in Education



Sandy Hook - December 2012

NOW IS THE TIME - White House Initiative 2013

- Make schools safer & more nurturing
- Increase access to mental health services

AWARE funding round #1 in 2014

Arkansas awarded in round #2 in 2019

Arkansas awarded AWARE 2.0 in 2022

Project - AWARE/AWARE 2.0

Five-year grant awarded in October 2022 to establish a statewide training framework to promote awareness of topics related to mental health and resilience.



ADVANCING WELLNESS AND
RESILIENCY IN EDUCATION



Elizabeth "Betsy" Kindall, Ed.D.
State Project Coordinator
elizabeth.kindall@ade.arkansas.gov



Nicole Fairchild, LPC
State Training Lead
nfairchild@oursc.k12.ar.us



Jamie McAfee
Services Coordinator
jmcafee@oursc.k12.ar.us



Andrea Fortner, M.Ed.
Regional Trainer
afortner@oursc.k12.ar.us



Ryane Owens-Sorey, LCSW
Regional Trainer
rsorey@oursc.k12.ar.us



Beth Mathys, M.Ed.
Regional Trainer
bmathys@oursc.k12.ar.us



Amanda Musick, Ed.D.
Regional Trainer
amusick@oursc.k12.ar.us



Project AWARE supports school districts in efforts to provide mental health care awareness and trauma-informed practices within schools.



- Increase coordinated referrals, mental health services and programs, and follow-up for children
- Increase outreach and engagement among youth, families, schools and communities to increase awareness, mental health identification and implementation of services and programs
- Develop the infrastructure that sustains mental health among youth and maintain mental and behavioral health services when federal funding ends.

*excerpt from the 2022 Arkansas School Safety Commission Final Report

Let's talk mental health... (spoiler alert...it's not great)

Life hack: spin a fidget toy to forget your
life is also spiraling out of control



So, why does this matter to me?

- Student Supports
 - Healthy students learn more and perform better.
 - School safety is an established Arkansas state initiative.
- Teacher Supports
 - Students are exhibiting increased mental health issues in the classroom.
 - Heard from teachers: “I’m not trained for this.” “This isn’t what I signed up for.” “What do I do?” “I need help.”

Trainings

- **offered** Youth Mental Health First Aid
- Trauma Invested Classrooms
- Motivational Interviewing
- Adverse Childhood Experiences (ACEs)
- Resiliency for Educators
- Enneagram: Team Building
- Resiliency for All
- School Climate – Coming Soon

Request Training



<https://bit.ly/AWARE-Training>





**Mental Health Resources
Available**

Military Families & Veterans

John Kaminar
john.kaminar@ade.arkansas.gov

Military Families & Veterans



The Division of Elementary and Secondary Education welcomes military families and strives to ensure military-connected students integrate successfully into local public schools. The Military and Veteran Liaison and Military Family Education Liaison work to resolve transitional issues for military connected students through active engagement with district military family liaisons. Arkansas has been a proud member of the Military Interstate Children's Compact Commission (MIC3) since 2013 and Arkansas strives to lead the nation in support for military families.

IN A CRISIS?

**Text HOME to 741741 to
connect with a volunteer
Crisis Counselor**

Free 24/7 support at your fingertips.

Text Us



Simply calling or texting 988 or chatting 988Lifeline.org will connect you to compassionate care and support for mental health-related distress.

#988Lifeline

988
24/7 Crisis
& Support



NAMI Arkansas



- Public Education
 - Lectures, talks, and information booths
- NAMI on Campus
 - Peer-led, mental health awareness clubs
 - Raise awareness about mental health
 - Reduce stigma
 - Learn to become advocates
 - Not a therapy group

Contact

help@namiarkansas.org

800-844-0381

Staff Wellness - New Directions



Call
1-877-300-9103
to connect with a
counselor today!

Access FREE counseling

- Employee Assistance Program (EAP) for public school employees
- Dedicated line for New Directions 24 hours a day at 1-877-300-9103 to connect immediately with a licensed counselor.
- ABSOLUTELY free professional counseling.
- No deductible or copay.
- ALL public school employees regardless of insurance coverage.
- Available to ANY household member, including college students up to age 26.
- In person, online, telephonic, and via text.

Suggested Books

The Deepest Well – Nadine Burke Harris

Fostering Resilient Learners – Kristin Souers & Pete Hall

The Boy Who Was Raised As A Dog – Bruce D. Perry

The Body Keeps the Score – Bessel Van Der Kolk

What Happened to You? - Bruce D. Perry, M.D., Ph.D and
Oprah Winfrey

Permission to Feel - Marc Brackett, Ph.D

The Facebook logo, consisting of the word "facebook" in white lowercase letters on a blue rectangular background.

facebook

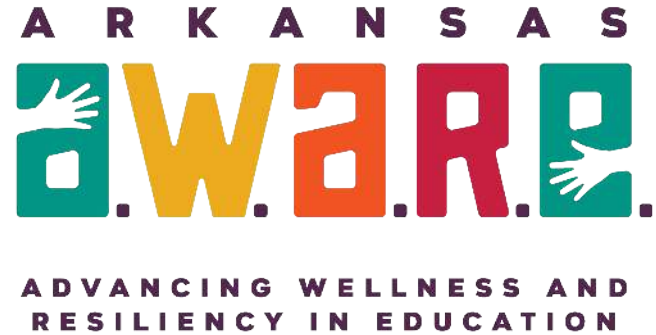


For even more info,
Google Arkansas
AWARE!



Contact Info

Beth Mathys, M.Ed.
AWARE Regional Trainer
bmathys@oursc.k12.ar.us





*Make your
Mental
Health
a Priority!*