

## Project DelAWARE Quarterly Newsletter

### Mental Health Screening Pilot

Indian River School District selected and received School Board approval to implement the Strengths and Difficulties Questionnaire (SDQ) to grades 4, 7, and 10.

The District team is working with Niki Kendall for technical assistance and to determine next steps. Roll-out of the screener will occur in Spring 2020.

### Carryover Funds

Project DelAWARE has been approved for the 25% Carryover Request from year one. We were approved to carryover \$450,000 into year two. Thanks to all of the Districts and internal team members, we are almost ready to submit our carryover budget. Once the detailed budget has been reviewed and approved, we can start spending the funds.



(LaVante', Katie, Leah, Jessica)

### Mental Health in Schools

## The Annual Conference on Advancing School Mental Health

*Equitable and Effective School Mental Health*

Every year, the University of Maryland puts together the annual conference on Advancing School Mental Health. The 2019 conference really focused on school climate, prevention and early intervention, intervention and treatment, and education-mental health integration and collaboration. Teams of all sizes from the three grant Districts were able to attend along with our Project DelAWARE Co-Coordinator, Sandi Syglowski.

### Meet the Colonial Grant Team!

LaVante' Dorsey is the Community Project Manager. Katie Persico is the Functional Family Therapy (FFT) clinician. Leah Handwerk is the Cognitive Behavior Intervention for Trauma in Schools (CBITS) clinician. Jessica Spence-Weikle is the Mental Health Professional. This team supports the systems in Wilbur Elementary and William Penn High School.

## NAMI Conference

### Inspiring Hope



(Sandi Syglowski, Heather Godwin, Niki Kendall, Brynn Fallah, Debby Boyer, Megan Pell)

Many Project DelAWARE team members attended the 2019 NAMI Delaware Conference including staff from all grant Districts and grant agencies.

Following an inspiring keynote speaker, Kevin Breel, there were many presentations to attend. Topics ranged from trauma, violence, policy, recovery, school safety, and more.

NAMI Delaware has been working with Project DelAWARE to help put together a menu of services available for our schools and their communities.

### COMING UP...

- 2/3/20** 1:00-3:00 Quarterly Project DelAWARE Meeting, DOE - Collette Building
- 2/3/20** 1:00 MHTTC Webinar – Retaining and Growing the Youth Peer Support Workforce [Register](#)
- 2/6/20** 2:00 Aperture Webinar – Trauma Informed School Communities [Register](#)
- 2/12/20** 8:30-3:30 DE PBS Project Secondary Forum, Del Tech – Terry Campus – Rooms 400 A/B
- 2/12/20** 2:00 MHTTC Webinar – Trauma Informed Schools and MTSS Framework [Register](#)
- 2/26/20** 2:00 National Academy of Medicine Webinar – Opportunities for the Child Welfare System [Register](#)
- 3/25/20** 8:30-3:30 DE PBS Project Tier 2 Team Networking Training, Del Tech – Terry Campus – Rooms 400 A/B
- April 2020** – Look out for multiple Youth Mental Health First Aid trainings being offered to the grant agencies and community members!

### DELAWARE RESOURCES:

- [Help is Here](#) - This website pulls together local resources for mental health needs, preventative practices, addiction support, treatment, and recovery services.
- [Mental Health DE](#) - This website provides information on mental health and wellness for youth. There are resources for supporting youth as well as suicide prevention tools and information.
- [What are ACE's](#) - Adverse Childhood Experiences (ACE's) is the term used to describe all types of abuse, neglect, and other potentially traumatic experiences that occur to people under the age of 18. Find out more information through this link.
- [Nemours Behavioral Health Resources](#) - Nemours has resources available to help support your child adjust to and cope with across multiple areas including death, bullying, divorces, and more.
- [Mental Health Association in Delaware](#) - This website will help you find a wellness group to attend and will educate you on services and suicide prevention.
- [National Alliance on Mental Illness](#) (NAMI) - NAMI supports mental health in Delaware through a variety of services, including workshops, training, and support groups.