



MENTAL WELLNESS MATTERS

A MONTHLY NEWSLETTER FOR DOOR COUNTY STUDENTS & FAMILIES

April 2022

Vol. 21

Salutations and Happy April!

My name is **Bibs Maloney** and I am the Mental Health Navigator here at STRIDE. Every month (October-May) your school will distribute this newsletter to share mental wellness information with you.

STRIDE works with every Door County school district to offer education on ACEs (Adverse Childhood Experiences) & their impact on learning, behavior, & brain development.

STRIDE's mission is to remove barriers for Door County youth, and their families, when accessing mental health information & services. While we cannot remove all barriers, we can work to strengthen our families & communities. by bringing a trauma-informed approach to our daily work with youth.

Better Together,
Bibs Maloney
STRIDE Mental Health Navigator

APRIL QPR TRAININGS:

STRIDE is partnering with the Prevent Suicide Coalition to offer two free and virtual QPR trainings on how to Question, Persuade, and Refersomeone to help and on how to recognize the warning signs of suicide crisis. "By learning QPR, you will come to recognize the warning signs, clues, and suicidal communications of people in trouble, and gain skills to act vigorously to prevent a possible tragedy."

REGISTER for *one* of the following dates:

April 5: 6:00 -7:30

<https://forms.gle/zgHjmSbathYvsiSL6>

April 7: 4:00 -5:30

<https://forms.gle/EaaYJSnhyBKgrTRw6>

For more information contact:

Cami Peggarr (920- 421-2177)
cami@unitedwaydc.com

Autism Acceptance Month:

The CDC reported in 2021 that approximately 1 in 44 children is diagnosed with an autism spectrum disorder (ASD), based on 2018 data. The month of April is designated to continuing the conversation and spreading awareness about autism spectrum disorders. It is important to remember that autism *is* a spectrum. This means everybody with autism is different. Some autistic people need little or no support. Others may need help from a parent or caregiver every day. (nhs.uk) Regardless of where someone lands on the autism disorder spectrum, they are deserving of acceptance and support.

Here are a few things students can do to show support for their peers with autism:

- Learn about kids with autism
- Talk to parents about autism
- Say "hi" to kids with autism
- Be a good role model and defend against bullies
- Invite a friend with autism to play or to a birthday party
- Sit with a friend with autism at lunch

(autismsociety.org)

Parents/guardians of children with autism often need help and support even if they are not always comfortable asking for it. Here are a few ways to offer helpful support to adults caring for autistic children:

- Be inclusive
- Don't judge
- Understand autism
- Maintain confidentiality
- Advocate

(appliedbehavioranalysisprograms.com)