

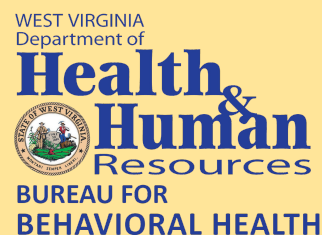
June 2023/ISSUE XI

FAMILY CONNECTIONS

News for families from the West Virginia Department of and Human Resources,
Bureau for Behavioral Health's Office of Children, Youth and Families

Family Connections
Issue XI

Summer is here, and there are a lot of fun things to do as a family, such as summer reading programs at your local library. Social and emotional well-being are important supports for our children; learn more by reading the featured article on Expanded School Mental Health.



Expanded School Mental Health

...because a healthy student is a teachable student



The West Virginia Expanded School Mental Health (ESMH) initiative was formed in 2007 as a partnership and shared commitment between the West Virginia Department of Education, the West Virginia Department of Health and Human Resources (DHHR), DHHR's Bureau for Behavioral Health, and the Joan C. Edwards School of Medicine at Marshall University. Its purpose is to expand access to mental health services for all students through a multi-tiered system of supports. ESMH exists so that every student in West Virginia can benefit from a school environment that supports social and emotional well-being to achieve their full potential.

Over the past sixteen years, West Virginia has been a national leader in the ESMH movement, and the number of ESMH sites across the state has expanded under the guidance of a Steering Team of collaborative partners. Currently, 92 ESMH schools are funded to deliver three-tiered system support.

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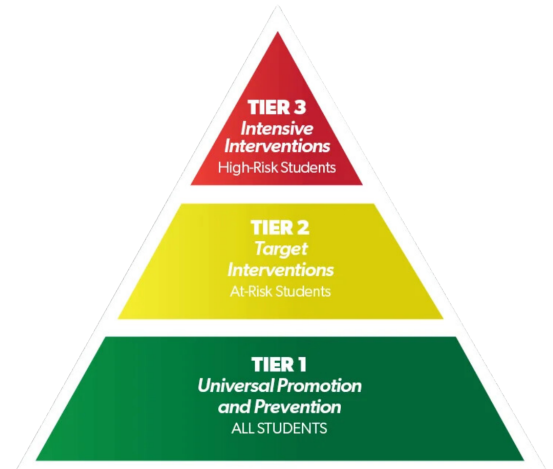
The ESMH program builds upon core services typically provided by schools and a framework that includes the full continuum of mental health services. The continuum is made up of the promotion of a positive environment, preventing problems before they start, treating conditions

For more information or to share ideas for future newsletters, contact Roxanne.K.Chaney@wv.gov.

once they are identified, and supporting individuals in their recovery. The ESMH framework requires the use of evidence and research-based, promising practices. Leadership teams within the school use data to identify student/school needs and select programs and services to address those needs.

Benefits of ESMH to students includes improved

- Access to care
- Social functioning
- Emotional well-being
- Attendance
- Behavior
- Academic performance
- Early identification and intervention



To learn more about Expanded School Mental Health visit <https://wvesmh.org/> or contact Tahnee I. Bryant, Bureau for Behavioral Health Program Manager at Tahnee.I.Bryant@wv.gov.

Submitted by Tahnee Bryant



SUMMER LEARNING OPPORTUNITIES

Continuous reading over the summer is a good way to keep children's reading skills sharp and retain what was learned in school. A good way to do that is to take your children to the local library. There are summer reading programs located throughout the state. Visit the West Virginia Department of Education website for more information:

<https://wvde.us/teaching-learning/summerslide/additional-summer-learning-opportunities/>.

Submitted by Roxanne Chaney

PTSD TREATMENT WORKS



JUNE IS PTSD AWARENESS MONTH



June is Post-Traumatic Stress Disorder (PTSD) Awareness Month. PTSD is caused by experiencing or witnessing traumatic event(s). People who have PTSD usually experience nightmares, stress, and flashbacks of the event(s) and have depression and/or substance use disorder. Many veterans have PTSD, but you do not have to be a veteran to experience trauma or have PTSD. There is treatment, such as cognitive behavior therapy and medication. For more information, visit <https://www.ptsd.va.gov/understand/awareness/index.asp>.

Submitted by Roxanne Chaney



Human trafficking includes both forced labor and sex trafficking, involving the use of physical force, fraud, or coercion to push others into a variety of forms of labor, sex acts, or both. It is estimated that 27.6 million people, including both adults and children, are being trafficked around the world. Most traffickers look like the average person next door and don't have a particular "look" or dress. Traffickers often use other children, friends, boy/girlfriends, instability in homes, natural disasters, and a variety of social media platforms or other events to seek out those who may be easy to target or take advantage of and leverage them into a human trafficking situation.

Every country in the world has human traffickers, a serious crime. To learn more about the dangers of human trafficking: <https://www.dhs.gov/blue-campaign/what-human-trafficking> . West Virginia-specific information can be found here

<https://emd.wv.gov/Homeland%20Security/Pages/Human-Trafficking-Awareness.aspx>. For more information on World Day Against Trafficking in Persons, view this website:

<https://www.un.org/en/observances/end-human-trafficking-day>.

Submitted by Roxanne Chaney

**NATIONAL
HUMAN
TRAFFICKING
HOTLINE**

1-888-373-7888



NATIONAL GRIEF AWARENESS DAY IS AUGUST 30

National Grief Awareness Day is a reminder to give support to those who are grieving. If you are grieving, it is also a time to recognize how you are doing in the grieving process. Grief is different for everyone, and everyone has a different timetable in their grieving process. Commonly experienced emotions include sadness, anger, and loneliness. In my grieving process, someone told me that the emotions would come in waves. Another person told me I had to go through it and not around it. I found both statements to be true.

Submitted by Roxanne Chaney



★ 5-4-3-2-1 Exercise ★

🌐 Take a minute to focus on your breathing and then... 🌙

5 Find **five things** around you that you can see. ❤️

4 Find **four things** around you that you can touch.

3 Find **three things** around you that you can hear.

2 Find **two things** around you that you can smell.

1 Find **one thing** around you that you can taste.



SelfLoveRainbow

RESOURCES FOR FAMILIES



- [24/7 Children's Crisis and Referral Line, 844-HELP4WV](#)
- [WV Kids Thrive Collaborative, including weekly Resource Rundowns](#)
- [West Virginia Statewide Family Advisory Board](#)
- [DHHR's Bureau for Behavioral Health, Office of Children, Youth and Families](#)
- [West Virginia Coalition Against Domestic Violence](#)
- [West Virginia Department of Health and Human Resources Local Offices](#)
- [West Virginia Positive Behavior Support \(PBS\)](#)
- [West Virginia Family and Community Support Program](#)
- [West Virginia Birth to Three Program](#)
- [West Virginia Developmental Disabilities Council](#)
- [National 988 Suicide & Crisis Lifeline](#)
- [West Virginia Women's Infant and Children](#)
- [West Virginia ABLE](#)