Our office will be closed Monday, September 4th in observance of Labor Day.

We are thrilled to have 3 AmeriCorps Service Members as part of our support staff for this year!

Fall begins on Saturday, September 23, 2023.

SAMHSA's Back to School and Mental Health Tips

The Athena Forum Newsletter offered an article from SAMHSA for educators to help promote a healthy transition back to school. This resource may also be useful for parents in talking with their youth and teens. The article offers the following three tips:

- Spot the signs: Regular training sessions for teachers on how to recognize the signs of mental health concerns in students are vital. Knowledge of how to respond in such situations can ensure that children in need receive the help they deserve.
- Create safe spaces: Every child deserves a nurturing school environment where they feel safe to explore and express their feelings. Schools can promote this by establishing safe, caring spaces where students feel comfortable reaching out about their mental health without fear of judgement.
- Integrate mental health into the curriculum: Incorporating mental health education into the curriculum is a powerful strategy to reduce the prejudice and discrimination associated with mental health and substance use conditions. This promotes understanding and empathy, fostering a supportive environment for all students.

If you would like more information from SAMHSA on this topic, please visit the website below.

https://www.samhsa.gov/blog/back-to-school-and-mental-health-supporting-children

Again, if you know of a youth or teen in crisis, the Suicide Prevention hotline is 988, or they can call the TeenLink hotline at 1-866-TEENLINK (1-866-833-6546).

NORTH CENTRAL WASHINGTON HOPE SQUAD

NCW Hope Squad is excited to kick off our 2023-2024 School year with 30 Schools implementing in the North Central Washington Region. We are excited to add Elementary Schools for grades 3-6 to our Hope Squad team!

We currently have 7 Elementary schools enrolled for the current school year who are looking forward to getting them up and running for implementation this fall.
The Elementary Curriculum focuses on Mental Wellness, Anti-Bullying and Resilience in our students. Hope Squad students are nominated by their classmates and peers as being trustworthy, good listeners and easy to talk to. Hope Squad is an evidence-based program and has been awarded as one of SAMSHA's "Evidence-Based Best Practices."

We look forward to seeing the growth and success of suicide prevention from Hope Squad in the Chelan, Douglas, Okanogan and Grant Counties this year!

For more information, please visit our website at https://togethercd.org/hope-squad/ or email alyssa@togethercd.org

NEW to Chelan and Douglas Counties!

Rivercom TEXT 9-1-1 Service

RiverCom 911 • Follow
2h ·

EFFECTIVE MONDAY, AUGUST 28, 2023 RiverCom 911 will be live with the ability for Text-to-9-1-1!
We are very excited to bring this option to Chelan and Douglas Counties.

Please visit our website for more detailed information at https://rivercom911.org/text-to-911/

"AUTUMN IS SPRINGTIME IN REVERSE." ~ TERRI GULLIMETS