

SOCIAL WORK SPEAKS

A Newsletter From Your Secondary School Social Workers



Empowering Students to Grow

**Academically,
Socially and
Behaviorally**

SELF CARE

Self Care is defined as "The practice of taking an active role in protecting one's well-being and happiness, in particular during times of stress." by Dictionary.com

May is Mental Health Awareness Month!

In light of this, and the ongoing effects of COVID-19, Indiana has lunched a website, Be Well Indiana. This website provides information supporting wellness for all Hoosiers. They offer links for unemployment, insurance, SNAP benefits, and childcare resources.

There is a link to take a mental health assessment, as well. There you will find several different categories to self-assess what you, individually could use to support your mental health.

Another aspect of the website is self care. They suggest four main categories:

1. Take Care of Your Body
2. Connect with Others
3. Take Breaks
4. Staying Informed

They offer ideas for each of their categories, as well as how to support children and teenagers with self care and understanding the pandemic.

During this month of May, ensure that you are taking care of your mental health. Feel free to reach out to your social worker if you have any questions or need support.

Find the Be Well Indiana Website here:

<https://bewellindiana.com>

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Staying Connected

University of Cincinnati Health published an article speaking to the importance of staying social while physically distancing. Staying socially connected throughout ones life has shown a longer life, stronger immune system, happiness, improved motivation and self care, and lower levels of stress hormones being present in the body. They recommend ways to stay connected with others during this time, and here are a few of those ways:

- Find your neighborhoods Facebook or website, and see what fun activities are going on! Maybe you could encourage a sidewalk chalk challenge between homes.
- Trying virtual movement/exercise classes. YouTube is a great resource; type into the search bar what you are interested in doing, and take advantage of all the free classes! We recommend yoga or Zumba!

Check out the whole article here: <https://www.uchealth.com/en/media-room/covid-19/social-connection>

Article of the Week

Feeling some increased worry, or anxiety, around COVID-19? You are not alone! The self-care app Shine created a website specifically for assistance with increased anxiety surrounding COVID-19. Free meditations, articles and resources are included. This article may also benefit teens who are unsure how to cope with increased anxiety.

Find it all here: <https://www.virusanxiety.com>

Helping Others

Virginia Frank, a parent of a Southport High School senior, was talking to her friends one evening about what they could do to ensure that the seniors still felt special during all of the COVID-19 changes. Together with Theresa Carmichael, Bri Kompara, and an SHS Junior, they created the "PerryTownship Adopt a Senior 2020" Facebook page. Here, seniors, their parent/guardian, or a friend can post about their senior and another person in the group can 'adopt' them. They will then take them gift(s), no matter how big or small, to remind them how special they are. The group has worked with students from Perry, Southport, Roncalli, Cathedral, home school, Beech Grove, and Lutheran. **Frank's goal is to reach as many seniors as possible, so if you know one, ask them if they are a part of the group yet! There are also still lots of seniors to adopt, if you would like to do that!** She also wants to thank Perry Townships teachers and the amazing community we live in for their support.

Resource of the Week

Supplemental Nutrition Assistance Program (SNAP) is offering benefits to children who receive free and reduced lunch. Those families will receive their EBT care in the mail by the end of May if you are not already receiving SNAP benefits. The SNAP card will be \$319 per school aged child.

You do not need to apply for this benefit. The DOE will provide your information to FSSA.

Find more information here:

https://www.in.gov/fssa/dfr/5767.htm?fbclid=IwAR0zhdr9tS1wMovtNNPngc55HCmsQsX_4k_E_GR_AjPpNRHWF5ExZgCLUjOE



Here is the facebook page link!

<https://www.facebook.com/groups/1087159451649886/?ref=bookmarks>

CRISIS HELP:

MENTAL HEALTH SUPPORT LINES:

Suicide hotline: 1-800-784-2344

Crisis Call Center: 1-800-273-8255,

Text ANSWER to 839863

Crisis text line: text HELLO to 741-741

CHILD PROTECTIVE SERVICES REPORT LINE (CPS)

1-800-800-5556

FREE MENTAL HEALTH ASSESSMENT:

<https://vallevistahospital.com/>

1-800-447-1348

COMMUNITY SUPPORTS:

Valle Vista Behavioral Health: 1-800-447-1348

Adult and Child Mental Health: 877-882-5122

Community North Hospital: 317-621-6262