



San Antonio Independent School District

# Student & Academic Support Services Newsletter

Issue No. 1 | September 1, 2021



### YOUTH MENTAL HEALTH FIRST AID

teaches parents, family members, caregivers, teachers, school staff, peers, neighbors and other caring citizens how to help an adolescent who is experiencing a mental health or addiction challenge or is in crisis.

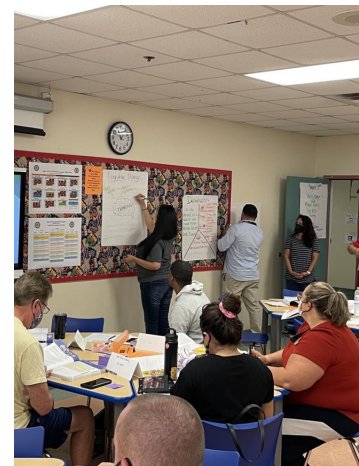
**Youth Mental Health First Aid** gives an overview of common disorders like:

- ADD/ADHD/ODD
- Anxiety Disorders
- Bipolar Disorder
- Depression
- Eating Disorders
- Psychosis
- Substance Use Disorders

**Youth Mental Health First Aid** teaches a 5-step action plan for offering help to a young person:

- ✦ Assess for risk of suicide or harm
- ✦ Listen nonjudgmentally
- ✦ Give reassurance and information
- ✦ Encourage appropriate professional help
- ✦ Encourage self-help and other support strategies

Learn more about taking a Youth Mental Health First Aid course at [www.MentalHealthFirstAid.org](http://www.MentalHealthFirstAid.org)



Almost 1,000 SAISS teachers received the evidence-based Youth Mental Health First Aid Certification Course on August 3, 2021. The Youth Mental Health First Aid class teaches how to identify and respond to signs of mental illness and substance challenges. Another estimated 500 SAISS ancillary staff received the Mental Health Signs and Symptoms presentation and resources to support students who may be experiencing a crisis.

## Calendar Highlights

- September is Suicide Prevention Month
- September **6** - Labor Day
- September **12** - Grandparents' Day
- September **12** - Clinical Staffing at 12 pm
- September **13** - Board Meeting
- September **16** - Counselors PD 8-11:30 am
- September **16** - Social Workers PD 12:30-4:30 pm
- September **17** - Clinical Staffing at 3 pm
- September **20** - Board Meeting
- September **22** - First Day of Fall
- September **28** - Clinical Staffing at 12 pm

## Stronger Together

You are invited to share the information and knowledge you may possess about a particular program or resource in the community.

This month we would like to ask, "What resources, programs or community agencies do you use as a referral to aid in **HOLIDAY ASSISTANCE** for families?"

Please drop any flyers, websites or other helpful information in our shared [folder](#).

## News & Events

### Social Workers

[Onboarding Checklist for New Hires](#)

[Introducing the new LCSW Initiative Team](#)

[Submit Interest in participating in the LCSW Expansion](#)

[SA Mini Threads at TaFolla Middle School](#)

[Parent Consent Forms for Services](#)

[Social work handbook](#)

[T-Shirt Order Form \(in development\)](#)



Welcome to our newest social workers!  
We are glad you are here!

Eric Abby  
Estrada Achievement Center

Brittany Reyes  
Longfellow Middle School



## Communities in Schools (CIS)



Communities In Schools hosted our annual Stuff the Bus drive on Aug 7, 2021. From the generosity of the community, we were able to supply 21 SAISD schools with school supplies for students, with more to come.



## Counseling



## Family & Community Engagement (FACE)



San Antonio Independent School District, in partnership with the San Antonio Food Bank, is hosting drive-through food distribution events throughout the District to help SAISD families in need. Distribution is on a first come, first served basis, while supplies last. Registration will open for each preceding event [HERE](#)



2021-2022 series begins in September!

### 2021-22 Food Distribution Schedule

Date	Location
Saturday, May 22, 2021	Herff Academy 996 S. Hackberry St. 78210
Wednesday, June 9, 2021	SAISD Sports Complex 1002 Edwards St., 78204
Wednesday, August 25, 2021	Alamo Stadium 110 Tuleta Dr., 78212
Saturday, September 25, 2021	Cooper Learning Center 1700 Tampico St., 78207
Wednesday, October 20, 2021	Alamo Stadium 110 Tuleta Dr. 78212
Saturday, November 13, 2021	Sam Houston HS 4635 E. Houston St., 78220
Wednesday, December 15, 2021	Alamo Stadium 110 Tuleta Dr., 78212
Saturday, January 29, 2022	Fox Tech HS 637 N. Main Ave., 78205
Wednesday, February 23, 2022	Alamo Stadium 110 Tuleta Dr., 78212
Saturday, March 19, 2022	Jefferson HS 723 Donaldson Ave. 78201
Wednesday, April 27, 2022	Alamo Stadium 110 Tuleta Dr. 78212
Saturday, May 21, 2022	Highlands HS 3118 Elgin Ave. 78210

All events will take place from 9 - 11 a.m.



# Features

## September is Suicide Prevention Month: Suicide Prevention Week is 9/5 to 9/11

### Education that Inspires

Access **free** trainings related to suicide prevention here:

[2021 Suicide Prevention Summit](#)

[Texas Suicide Prevention Collaborative Courses](#)

[Using the Columbia-Suicide Severity Rating Scale \(C-SSRS\)](#)



### Resource Highlight



**TCHAT**  
Texas Child Health Access  
Through Telemedicine

Short-term, evidence-based interventions at no cost to SAISD students via telehealth, by the UT Health Department of Psychiatry and Behavioral Sciences for students who qualify. Parent/Guardian permission is required. Wherever the family is able to access technology and the internet, they can access their scheduled TCHAT appointment. The SAISD School Based Health Clinics will be available to access the needed technology for these services at the scheduled appointment time when internet or technology is unavailable. [See this flyer for more about accessing a TCHAT Referral Form.](#)



**#BeThe1To** is the National Suicide Prevention Lifeline’s message for National Suicide Prevention Month and beyond, which helps spread the word about actions we can all take to prevent suicide. The Lifeline network and its partners are working to change the conversation from suicide to suicide prevention, to actions that can promote healing, help and give hope.

## #BeThe1To Ask.

**Don't be afraid to ask the tough question.**

**When somebody you know is in emotional pain,  
ask them directly:**

**“Are you thinking about killing yourself?”**

Find out why this can save a life at [BeThe1To.com](#).  
If you're struggling, call the Lifeline at

1-800-273-TALK (8255)



#### Ask

Research shows people who are having thoughts of suicide feel relief when someone asks after them in a caring way. Findings suggest acknowledging and talking about suicide may reduce rather than increase suicidal ideation.

#### Be There

Individuals are more likely to feel less depressed, less suicidal, less overwhelmed, and more hopeful by after speaking to someone who listens without judgment.

#### Keep Them Safe

A number of studies have indicated that when lethal means are made less available or less deadly, suicide rates by that method decline, and frequently suicide rates overall decline.

#### Help Them Stay Connected

Studies indicate that helping someone at risk create a network of resources and individuals for support and safety can help them take positive action and reduce feelings of hopelessness.

#### Follow Up

Studies have also shown that brief, low cost intervention and supportive, ongoing contact may be an important part of suicide prevention, especially for individuals after they have been discharged from hospitals or care services.

#### Learn More

[Get message kits, resources, events and more at the official website.](#)

## SAISD Suicide Protocol F-31