



MIND YOUR HEALTH Mental Wellness for MLSD

JANUARY, 2019!

FEATURED

INFORMATION:

- MENTORING
- DEVELOPMENTAL STAGES

GETTING TO KNOW

YOU:

- MEDICAL LAKE
ENDEAVORS

DID YOU KNOW?

- DRUG & ALCOHOL FACTS
- REMINDERS FROM 2018
& LOCAL RESOURCES

UPCOMING EVENTS:

FREE EDUCATION FOR
PARENTS, STUDENTS, FACULTY &
STAFF

IF YOU HAVE QUESTIONS
PERTAINING TO MENTAL
WELLNESS, WE WOULD BE
DELIGHTED TO TALK WITH YOU.

CONNECT WITH US @

SGREENHALL@MLSD.ORG

TBARLOW@MLSD.ORG

January 2019 marks the 18th annual
National Mentoring Month!

Today mentors can be found in almost every environment for young people, and people who have substantial life experience.

National Mentoring Month is led by Mentor, and the Harvard T.H. Chan School of Public Health, with support from the Highland Street Foundation. The campaign highlights the positive impact mentoring relationships can have on young people, and on our communities.



Research indicates there is a powerful correlation between young people who are connected to a mentor and their academic, economic, and social success. In addition, when matched through a quality mentoring program, mentors provide young people with the skills to make responsible decisions, remain engaged in school and reduce unsafe behaviors.

According to Mentoring.org, young people who have a mentor learn more, earn more, are healthier for longer, and are more likely to avoid negative influences. Plus, 90% of young people who are mentored, mentor others!



Founders of the Nebraska Human Resource Institute (NHRI) say that mentoring causes a ripple effect. The ripple effect happens when a mentor invests in a mentee, and then the mentee invests in someone else. The “cycle continues, like the ripple that forms from dropping a pebble into a still body of water.”

“GOOD MENTORING SHAPES NOT ONLY THE CURRENT GENERATION, BUT FUTURE GENERATIONS AS WELL.”

W. Brad Johnsson, Ph.D., Professor at the US Naval Academy

In addition, young people who are mentored are:

- 52% less likely to skip a day of school and 37% less likely to skip class
- 46% less likely to start using illegal drugs
- 27% less likely to start drinking
- 81% more likely to participate in sports and/or extracurricular activities than those who did not have a mentor

In addition, **enrollment in higher education** increased, and there was a **notable reduction in depressive symptoms** for young people who had a mentor vs. those who did not.

In one of the largest mentoring studies ever conducted, involving the experiences of almost 1,000 children and teenagers, Big Brothers Big Sisters organizations across Canada discovered that young people with a mentor are significantly less likely to engage in bullying.

The five-year study notes:

- Girls were **4 times less likely** to become bullies
- Boys were **2 times less likely** to become bullies
- Both expressed **less anxiety related to peer pressure**

Results of a study conducted by Marilyn Price-Mitchell, Ph.D., showed that “teens grew intellectually, interpersonally, and emotionally from supportive mentors.”

She also found that mentors helped teens become better organizers and planners, and teens were more self-aware and more self-confident.

ARE YOU A MENTOR?

If you are a clergy member, coach, civic leader, guardian, parent, peer, relative or teacher you may not have a formal mentoring relationship with a young person, but you are serving as a mentor.

Fundamentally, a mentor is anyone who takes a special interest in helping another person develop positive and successful life skills, and as such, informal mentoring happens throughout each developmental stage* of life. According to The National Mentoring Partnership and the Harvard T.H. Chan School of Public Health, “Mentoring relationships are basic human connections that let a young person know that they matter” someone “to help them make the right choices in life.”



A variety of sources note that effective mentors demonstrate the ability to:

- Build affirming and solid relationships
- Create a positive environment
- Listen
- Empathize
- Encourage self-decision making
- Observe changes in behavior
- Offer differing perspectives
- Sympathize
- Share personal life experiences

Along with being approachable, compassionate, dependable, encouraging, honest, respectful, supportive and trustworthy.

The University of Wisconsin Institute for Clinical and Translational Research has developed assessment tools for both mentors and mentees. If you would like to complete one, [click here](#).

1 in
3

Statistically, 1 in 3 young people will grow up without a mentor.

1962

In our district we have 1,962 young people.

654

Statistically speaking, that means 654 will grow up without a mentor.

Currently, in our district, we partner with **Prime Time Mentoring**.

If you would like to serve young people in our district as a mentor, connect with:

- Jessica Deutsch, Volunteer & Mentor Coordinator
- Office: 509.413.1436
- Cell: 509.342.0747
- [Prime Time Mentoring](#)

If you are an adult who is part of our Armed Forces, and interested in serving as a mentor, connect with our MLSD Military Family Advocate, Rey Ornelas:

- rornelas@mlsd.org

If you would like to connect with [other mentoring organizations](#), see the Spokane Cares website for an expansive list of Spokane area organizations that are seeking mentors.

Earlier, we noted that mentoring happens throughout each development stage. For your reference, the stages are noted below.



Developmental Stage	Mentors can help with meeting the development of:
Infancy - First 24 months	<ul style="list-style-type: none"> ▪ Attachment to caregivers ▪ Communication ▪ Emotional development processing, organizing & using information ▪ Sensory & motor functions
Toddlerhood 2 – 4 years	<ul style="list-style-type: none"> ▪ Elaboration of locomotion ▪ Fantasy play ▪ Language development ▪ Self-control
Early School 4 – 6 years	<ul style="list-style-type: none"> ▪ Early moral development ▪ Gender development ▪ Peer Play ▪ Self-theory
Middle Childhood 6 – 12 years	<ul style="list-style-type: none"> ▪ Concrete operations ▪ Friendships ▪ Self-evaluation ▪ Skill Learning ▪ Team Play
Early Adolescence 12 – 18 years	<ul style="list-style-type: none"> ▪ Emotional development ▪ Formal operations ▪ Membership in peer groups ▪ Physical maturation ▪ Understanding romantic & sexual relationships
Later Adolescence 18 – 24 years	<ul style="list-style-type: none"> ▪ Autonomy from parents ▪ Career Choice ▪ Gender Identity ▪ Internalized morality
Early Adulthood 24 – 34 years	<ul style="list-style-type: none"> ▪ Childbearing ▪ Understanding the complexities associated with intimate relationships ▪ Lifestyle ▪ Work
Middle Adulthood 34 – 60	<ul style="list-style-type: none"> ▪ Expanding career relationships ▪ Managing a career ▪ Managing the household ▪ Nurturing an intimate relationship
Later Adulthood 60 – 75 years	<ul style="list-style-type: none"> ▪ Accepting one’s life ▪ Developing a point of view about death ▪ Promoting intellectual vigor ▪ Redirecting energy toward new role
Elderhood 75 + years	<ul style="list-style-type: none"> ▪ Coping with the physical changes of aging ▪ Developing a psycho-historical perspective

“Tell me and I forget, Teach me and I remember, Involve me and I learn.” Benjamin Franklin

GETTING TO KNOW YOU . . . MEDICAL LAKE ENDEAVORS!



Meet the Academic Leadership Team serving at Medical Lake Endeavors. Pictured left to right, Certified Teachers David McNeill and Char Edwards. In the middle is Program Director, Lyra McGirk, followed by Certified Teacher Keith Dunlop and Social Interventionist, Kam Gunther.

Medical Lake Endeavors (MLE) is located at 317 N. Broad Street and serves MLSD students in grades 6 through 12. For the past couple of years, the team has been very focused on how to support the students in our district who prefer a non-traditional approach to education. To that end, the academic leadership team has created a learning environment that offers students the opportunity to design personalized educational pathway plans to ensure students accomplish their academic objectives!

Students participating in the Endeavors program have access to:

- Strong, student-centered teaching
- A variety of educational resources
- Onsite and offsite learning options
- Blended learning experiences with the district's traditional high school

All while being surrounded by a team of educators who work diligently to help students develop essential life skills including; effective communication, critical thinking, goal setting, and time management.

The academic leadership team at MLE is also thoroughly invested in ensuring students understand the value and benefits associated with personal accountability, and they go the extra mile to collaborate with students and their respective families to assure students' mental, emotional and physical needs are being met as a means of ensuring academic success! We are fortunate to have such a talented and caring team of education professionals serving in our district!

On Tuesday, January 8th at 5 pm, the team hosted an open house – COMPLETE WITH S'MORES! If you missed the opportunity to attend, you are welcome to reach out to Lyra McGirk at 509.565.3141.

DID YOU KNOW?



Not everyone in our community is significantly affected by a lack of sunlight during the months, but for those who are, researchers have found that phototherapy (light therapy), elevate one's mood and help curb the symptoms associated with Seasonal Affective Disorder (SAD). The [Mayo Clinic](#) has some additional information about light therapy; along with tips on what types of lights should be used.

From our 2018 **MIND Your Health Free Education** classes and our newsletters, you may recall learning:

- ✓ How to recognize and help someone who is suicidal
- ✓ How to recognize and help someone who is struggling with Post Traumatic Stress Disorder (PTSD)
- ✓ How to help your child prepare for any sport
- ✓ The challenges of and solutions for overcoming food insecurity
- ✓ How to recognize and help victims of Domestic Violence (DV) or Intimate Partner Violence (IPV)
- ✓ The value of employing people with disabilities
- ✓ The dangers of bullying and how to help stop it
- ✓ The benefits of being grateful

Copies of previous issues of **MIND Your Health** newsletters can be found at [mlsd.org district health & wellness](https://mlsd.org/district-health-wellness)

Although these topics have already been discussed, many in our community are still struggling with the challenges associated with suicide, PTSD, DV and IPV, bullying, and job and food insecurity. For your reference, assistance is available and noted below.

In Medical Lake:

- 2ND HARVEST - BITE 2GO helps schools in our district to prevent food insecurity
If you have the ability to [donate](#), it's a great cause!
- FREE & REDUCED MEAL program for MLSD students
[Free & Reduced Application](#)
- CARE & SHARE THRIFT STORE
509.299.9024
- MEDICAL LAKE FOOD BANK
509.299.3819
- FEED MEDICAL LAKE
509.714.1150
Feedmedicallake.org
- MLSD SAFE SCHOOLS ALERT
[REPORT IT!](#)
CODE IS: 1077

Local & National:

- ADDICTION HOTLINE - 800.226.3111
- DEPRESSION HOTLINE – 888.640.5174
- DOMESTIC VIOLENCE HOTLINE – 800.799.7233
- EATING DISORDER HOTLINE – 844.228.2962
- SELF-HARM HOTLINE – 877.455.0628
- SEXUAL ASSAULT HOTLINE – 800.656.4673
- SUICIDE HOTLINE – 800.273.8255
- TRANS LIFELINE – 877.565.8860
- TREVOR PROJECT – 866.488.7386

As we begin 2019, the MLSD Wellness team would like to wish you all good mental, emotional and physical health, and encourage you to:

- Find some time in your day or week to exercise your mind and body
 - In general, move 30 minutes per day. Consult your physician for your recommended amount and type of exercise
 - Keep your mind sharp by learning something new
- Drink plenty of water – In general, ½ to 1 ounce for each pound you weigh
- Practice gratitude every day
- Reach out to a wellness therapist if you have concerns: sgreenhall@mlsd.org
- You may also want to check out the [Health & Balance section of WebMD](#) to see if your busy schedule is affecting your health.

JANUARY IS NATIONAL SCHOOL BOARD APPRECIATION MONTH!

A special thanks to each of our district's school board members for your continued commitment to our students, faculty, and staff!
Your work is appreciated!



Pictured from left to right: Felicia Jensen-Legislative Representative, Leo Spilker-Board Member, Rod Von Lehe-President, Peggy Schweikhardt-Vice President, Ron Cooper-WIAA Representative

Check the [MLSD site](#) for dates & times.

January also celebrates and recognizes:

- ANNIVERSARY OF EMANCIPATION PROCLAMATION: 1ST
 - GLOBAL FAMILY DAY: 1ST
 - WORLD RELIGION DAY: 20TH
 - MARTIN LUTHER KING, JR. DAY: 21ST
 - NO NAME-CALLING WEEK: 21ST – 25TH
 - NATIONAL DRUG & ALCOHOL FOR TEEN FACTS WEEK: 22ND – 27TH
- [CLICK HERE](#) FOR GREAT INFORMATION AND QUIZZES FOR TEACHERS, PARENTS, AND STUDENTS

JANUARY CELEBRATES MARTIN LUTHER KING, JR.!

Courtesy of Biography.com, and The Martin Luther King, Jr. Research and Education Institute at Stanford University

Some facts about Martin Luther King, Jr.

- Born as Michael King Jr. on January 15, 1929
- He changed his name to Martin after his father adopted the name Martin in honor of the Protestant leader Martin Luther
- He skipped two grades in high school
- He entered Morehouse College at age 15 - earned a BA in Sociology
- He attended Crozer Theological Seminary and delivered the valedictory address at commencement
- He earned his doctorate in Systematic Theology from Boston University
- He married Coretta Scott in 1953 and together they had four children
- He led the Montgomery Bus Boycott
- He helped organize the Southern Christian Leadership Conference
- He advocated for non-violent protests, like boycotts and sit-ins
- He delivered his iconic "I have a dream" speech to more than 200,000 peaceful protestors at the nation's capital during the March on Washington in 1963
- He was responsible for the passage of the Civil Rights Act of 1964
- He received the Nobel peace prize in 1964
- He was responsible for President Johnson signing into law the 1965 Voting Rights Act
- Martin Luther King, Jr., passed onto glory on April 4, 1968, in Memphis Tennessee

UPCOMING EVENTS: JUST FOR YOU . . . FREE EDUCATION!

MONTH	TOPIC	DATE TIME & LOCATION
OCTOBER	✔ Suicide Prevention – Special Thank you to Sabrina Votava, President Failsafe for Life. Great job!	Special Thank You to MLSD Faculty & Staff & Community Members for Joining!
NOVEMBER	✔ Recognizing the Signs of PTSD - Special Thank you to Dr. Mark Baird & Dr. David Baird. Great job! ✔ Pre-sports, Play activities to Get your Child Ready for any Sport – Special Thank you to Chris Beadle, Physical Therapist. Great job!	Special Thank You to MLSD Faculty & Staff & Community Members for Joining!
JANUARY	✔ No Drama Discipline – Theresa McDowell • Overcoming parent/adult child communication challenges – Suzanne Greenhall • Developing Healthy Boundaries – Tawni Barlow	Thank you, Theresa. Great job! • 15 th , 6-8pm, Hallett Elementary Library • 24 th , 5-7pm, Hallett Elementary Library
FEBRUARY	• Depression • Understanding Individual Education Programs • Setting Boundaries with Difficult People	• 5 th , 6-8pm, Hallett Elementary Library • 12 th , 6-8pm, Hallett Elementary Library • 21 st , 5-7pm, Hallett Elementary Library
MARCH	• Teen Dating • 5 Activities to Improve Concentration	• 5 th , 6-8pm, Hallett Elementary Library • 12 th , 4-6pm, Hallett Elementary Library
APRIL	• Separation & Divorce & the Impact on Children • Sensory Strategies for the Home and Community • Solutions	• 9 th , 6-8pm, Hallett Elementary Library • 16 th , 4-6pm, Hallett Elementary Library • 30 th , 5-7pm, Hallett Elementary Library
MAY	• Developmental Milestone for Speech / Language and Language Strategies	• 8 th , 4-6pm, Hallett Elementary Library

MORE DETAILS ABOUT FREE EDUCATION AVAILABLE

@ www.MLSD.org

VIA THE DISTRICT HEALTH &
WELLNESS LINK

REMINDER: COMMUNITY MEMBERS ARE WELCOME,
&
ALL EDUCATORS IN WA STATE RECEIVE
FREE CERTIFIED CLOCK HOURS FOR ATTENDING!

MIND Your Health is produced as part of our District Wellness Program by:

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- Kam Gunther, Social Interventionist
- Gretchen Scott, MFT Intern
- Sky Jones, Educator
- Nikki Bauman, Volunteer Parent
- Sarra Reiber, District Administrative Assistant
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Your feedback is welcome @

sgreenhall@mlsd.org or tbarlow@mlsd.org