



Mansfield Health & Wellness Advisory Council

March 4, 2024
NOTES

School Representatives: Updates

- Dawn Langtry, Director of Food Services: Mansfield Food Services has partnered with Worcester Food Hub for access to farm to school meal items. This month, food services received locally caught fish from [Red's Best](#) out of Boston, Massachusetts prepared as fish sticks, spring mix lettuce from [Little Leaf Farms](#) located in Devens, Massachusetts for the variety of salads served in our cafeterias as well as diced sweet potatoes from [Joe Czajkowski Farm](#) out of Hadley, Massachusetts. Next month, food services will highlight locally grown apples as the Harvest of the Month item in conjunction with displayed poster boards from Jordan/Jackson students.
- Michaela O'Shea, Physical Therapist, Roland Green Preschool & Jordan/Jackson Elementary School: Roland Green had classroom visits/lessons from local dentists. School nurse, Betsy Johnson, led an open circle on food allergies. RG will be celebrating Read Across America for Dr. Seuss' birthday. Staff are going to the classrooms to read Dr. Seuss books to the students.
- Katherine Perreault, Assistant Principal, Jordan/Jackson & Robinson Elementary School: To celebrate Read Across America week, staff and students have been busy preparing and decorating posters to represent assigned words for a school-wide vocabulary parade. Every day a different grade will parade the hallways. Costumes are optional.
- Matt McGuire, Assistant Principal, Mansfield High School: Staff have been organizing Staff Wellness Week which is next month and will end with a student presentation by Kathy and Chris Sullivan which focuses on their personal experiences with teenage binge drinking and opioid misuse. All grades will attend this presentation.
- Timothy Tichaek, Assistant Director of Secondary Special Education: MHS has "rebranded" the project teammate courses for next year. The name will be changed to Unified PE, Unified Art, and Unified Music. The courses will be co-taught with one general education teacher and one special education teacher. A classroom element will also be added to the course. During this time, students will work hand-in-hand to learn about disabilities, self-advocacy, etc.
- Abigail Zukowski & Megan O'Neil, Student Representatives, Mansfield High School: Participated in school assembly for available courses next year. Students were excited about the description of the updated unified courses that were being offered.
- Christine Dooling, Director of Health Services: Nurses have been finishing up this school year's mandated screenings including vision, hearing, postural, and SBIRT.

Charlotte Boyd, Samaritans Inc.: Overview Of Samaritans: Preventing Suicide, Providing Hope - Intervention, Grief Counseling, Workshops, Volunteer Opportunities

- Largest suicide prevention non-profit in the state
- Direct services
 - **Peer support for suicide loss survivors**
 - In person and virtual programs
 - SafePlace
 - Peer support groups for those who have lost someone to suicide
 - Facilitated by trained volunteers
 - Not a professional therapy group
 - Meetings are free, ongoing, and drop-in
 - Anyone, parents and guardians
 - Survivor to Survivor Visits
 - Trained suicide loss survivor meets with bereaved individuals or families in their homes or other comfortable settings
 - Webinars and trainings around grief and loss
 - **Registration for services:**
www.samaritanshope.org/our-services/grief-support/
 - **Crisis Services**
 - 24/7 Helpline through **988** (National Suicide Prevention Lifeline) (Legacy Line: **877-870-4673** - line still in service)
 - Not just suicidal crises: sad, alone, discouraged, upset, etc.
 - Confidential and anonymous
 - Calls linked to interpretive service (240 languages offered)
 - Paid staff and volunteers
 - Not clinicians
 - Listen and provide support
 - De-escalate
 - Warm transfers: MA Behavioral Health Help Line (BHHL)
 - **Hey Sam**
 - Text-based service, currently operating from 9am-midnight EST
 - Not just suicidal crises: lonely, depressed, overwhelmed
 - Confidential and anonymous
 - Peer volunteers
 - 15-24 years old
 - Listen and provide support
 - De-escalate
 - Provide resources
 - Hey Sam: What happens when you text Hey Sam?
 - **Text Hey Sam at 439-726** when you need to talk (anyone 24 years old and younger).
 - Will get an automated response right away while we connect you with one of our trained team members.
 - Will ask for your name and why you are reaching out, but only share what you are comfortable sharing.
 - Team member will listen to you. We will not give advice or try to “fix”

anything. We simply want to support you in whatever you are experiencing.

- Risk Assessment
- Hey Sam: What do people text about?
 - People can text in for anything! But our common topics include
 - Mental health in general (depression, anxiety, ADHD, PTSD, etc.)
 - Substance (mis)use
 - Grief and loss
 - Relationships
 - Bullying
 - Abuse
 - LGBTQ+
 - School stress
 - Sex and/or pregnancy
 - Suicidal ideation
 - Non-suicidal Self Injury (NSSI)
 - [Volunteering on Hey Sam textline](#)
 - To become a Hey Sam volunteer, you must:
 - Must be 15 to 24 years old
 - Complete a thorough online training program
 - Able to work a consistent 4-hour shift every week
 - Be able to work remotely using a computer, wifi, and a private space
 - **Please email the Hey Sam Youth Services Coordinator, Gina, at gbates@samaritanshope.org.**
- [Community Outreach and Education](#)
 - Free workshops on suicide prevention
 - Teach how to recognize warning signs and provide support
 - Middle/high schools, colleges, workplaces, elder care facilities, and community organizations
 - In person or virtual
 - Resource fairs, tabling events, etc.
 - **To book a workshop: Senior Director of Community Education and Outreach is Fred Bernabe, fbernabe@samaritanshope.org or fill out an inquiry form: <https://samaritanshope.org/our-services/community-education-and-outreach/>**

Possible MHS posters from CTC Data

- Posters discussed
- Final product to be hung in MHS hallways by students from MHS Health Club

Next Steps & Overview of Next Meeting

- Monday, April 29 at 1:30pm
- Please bring topics, ideas, possible projects for the Health & Wellness council to focus on next year