



MENTAL WELLNESS MATTERS

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A MONTHLY NEWSLETTER FOR DOOR COUNTY STUDENTS & FAMILIES

February 2020

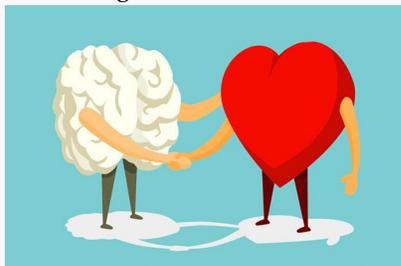
Vol. 4

Hello,
I work with each Door County school district to offer education on ACEs (Adverse Childhood Experiences), their impact on learning, behavior, & brain development.

STRIDE's mission is to remove barriers for Door County youth, and their families, when accessing mental health information & services. While we may not be able to remove all barriers, we can work to strengthen our families & communities. by bringing a trauma-informed approach to our daily work with youth.

Each month (October-May) your school will distribute this newsletter to share mental wellness information with you.

Better Together,
Melissa Andrews
Mental Health Navigator



Seeing the Whole Child - The 4 S's Interview

Life is busy - we are all coming & going, day in & day out. We feel connected because we are always interacting, but are we *really* making connections?

The 4 S's interview is an easy tool to keep in your back pocket. Before jumping in, take a few minutes to explain they why behind it - you want to see them as their whole selves. These interviews can be as short as 15 minutes or as long as an hour, it just depends.

- 1) **Sparks** - What are your passions? What gets you out of bed in the morning?
- 2) **Strengths** - The values & abilities one has that they love about themselves.
- 3) **Struggles** - The challenges & things that keep them up at night or create anxiety in them.
- 4) **Supports** - The people & environments that make people feel accepted & where they can be themselves.

Give it a try, you may be surprised by what you learn!



5 Key Elements for Relationship Building

- 1) **Express Care** - The goal is to create a relationship focused on development, not just being kind. Helping kids to understand that caring can also be setting boundaries & limits.
- 2) **Challenge Growth** - Always encourage the child to push forward towards growth.
- 3) **Provide Support** - No one is perfect & mistakes are a necessary part of learning & growth. Talk through the mistake & offer guidance on how to improve next time.
- 4) **Sharing Power** - Give your kids a choice when it is an option & let them lead in moments that are appropriate.
- 5) **Expanding Possibilities** - Expose kids to new things, places, & people. Broadening a world view allows for a deeper understanding of how the world works & can ultimately build upon empathy & compassion for others.

