

SCHOOL SOCIAL WORK

MONTHLY NEWSLETTER



MENTAL HEALTH AWARENESS MONTH

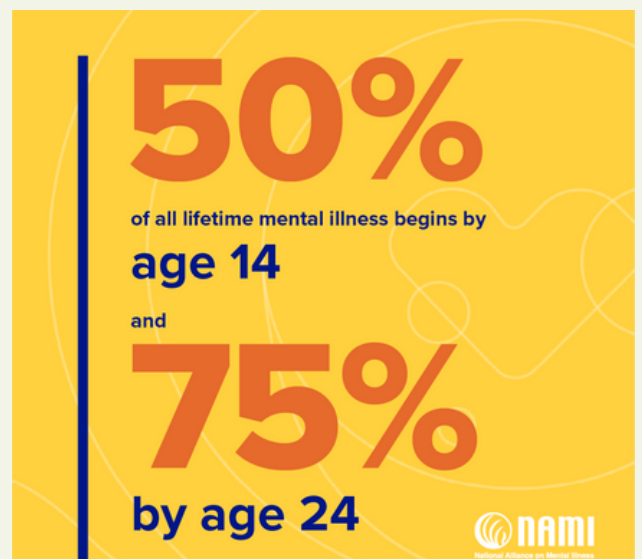
May is Mental Health Awareness Month! The National Alliance on Mental Health's (NAMI) campaign this year is "Take the Moment". This campaign encourages people to foster open dialogues and cultivate empathy and understanding towards those who are on a journey towards mental wellness. 1 in 6 U.S. youth experience a mental health condition each year and only half receive treatment. Now is the time to "take the moment" with your teen to speak openly about mental health. Click [here](#) for more information and resources.

COMMUNITY CLOSET

STUDENTS HAVE ACCESS TO A COMMUNITY CLOSET AT HVRHS! THE CLOSET IS OPEN ON DAY 3 DURING FLEX, OR BY EMAILING RNOVAK@HVRHS.ORG. IF YOUR CHILD IS IN NEED OF CLOTHING, PLEASE REACH OUT

SELF CARE TIP OF MONTH

NAMI's "Take the Moment" campaign is a great opportunity to show empathy towards others. While this may not feel like a self-care tip; empathy can help you understand yourself and help build stronger relationships. Empathy loves company, and talking about feelings in real-life situations can help foster an open dialogue with your teen about situations they may be facing.





THE IMPACTS OF ALCOHOL ON THE DEVELOPING BRAIN

The legal drinking age is 21 for a reason: throughout adolescence, the brain is still undergoing critical periods of development. Substance use interrupts these processes, and underage alcohol use has potentially long-lasting negative impacts on brain development, including the following:

Alcohol permanently affects the hippocampus, which handles learning and memory.

Alcohol can interfere with the ability to make new, lasting memories of facts and events.

Alcohol has toxic impacts on the myelination process, which helps stabilize and speed up brain processes.

Alcohol interferes with optimal brain functioning; youth who use alcohol may have diminished stages of thinking, social interaction, and planning.





LGBTQ+ TRAINING INSTITUTE

Professional Development & Community Education



LGBTQ+ 101: An Introduction to Identities & Allyship

This training will engage participants in a thorough and foundational overview of the LGBTQ+ community. From terminology and definitions to rethinking historical and traditional assumptions about gender and sexuality, this training is a must for all those who wish to be informed (and therefore effective) allies.

Learning goals include:

An understanding of what is meant by sexual orientation, gender identity, gender expression, and sex assigned at birth - the differences between them and how they intersect with one another.

Language and definition of terms associated with the LGBTQ+ community.

Rethinking social norms and expectations surrounding sexuality and gender in our society, and how every one of us is impacted by these norms.

**The importance of allyship in real life situations:
Understanding the best practices that protect and promote safety, inclusion, and respect.**

For more information or to schedule a training, please contact Cadence Pentheny, Community Education Manager, at cadence@ctpridecenter.org