

OCTOBER

Mental Health Team Resource Flyer

This month's edition highlights:



ADHD Awareness Month

A Little Bit of History

ADHD Awareness has grown from one day in 2004 to a full month, the month of October. Check out the original Senate Resolution [here!](#)

There are 17 million children and adults in the United States living with ADHD.

What is ADHD?

ADHD is one of the most common neurodevelopmental disorders of childhood. It is usually first diagnosed in childhood and often lasts into adulthood. Children with ADHD may have trouble paying attention, controlling impulsive behaviors (may act without thinking about what the result will be), or be overly active. You can get general information on the CDC website [here](#), find data and statistics [here](#), learn about how to talk to your child about ADHD [here](#), and read 7 facts about ADHD [here](#).

Book Nook



These books are just a few great at-home resources for you and your student to explore together to better understand ADHD.



In this BrainPOP movie on ADHD, Tim and Moby give you a comprehensive overview of the disorder, and address some of the misconceptions surrounding it.

You can access this and other videos through your student's BrainPop account via Clever



Resources for Home

The Mental Health Team has many supports for students, including lunch bunches, targeted individual and group supports per IEP/504 plans, and the following general education support groups:

- Banana Splits (for students whose parents are divorced or separated, grades 1-5)
- Pride/SPARK club (diversity and social justice, grades 4-5)
- ASL Club (grades 2-5, with Brianne Burger, parent volunteer)
- Book Club (grades 2-5)
- SEL Legos Club (grades 3-5)
- She Reigns (Girls of color grades 3-5)
- KING (Boys of color grades 3-5)

Want more info?
See page 2



MHT NEWS



Acronym Key

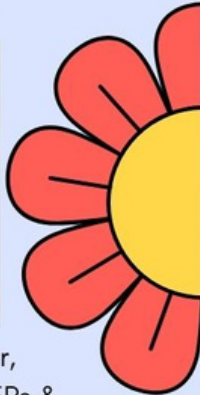
- MHT = Mental Health Team
- IEP = Individual Education Program
- MTSS = Multi-Tiered System of Supports
- 504 = Support Program for Medical Issues
- SLS, ILS, ELS = Special Education classrooms

Welcome to the 23-24 school year. We have lots of information and resources coming your way this year but for now, here's our introduction to you for this year!

Erin Ayers:



Clinical Social Worker,
Grades 1st-3rd Grade, IEPs &
ELS



Jillian Diesner



School Counselor
Grades Pre-K to 2nd Grade,
MTSS & 504



Sophia Carre



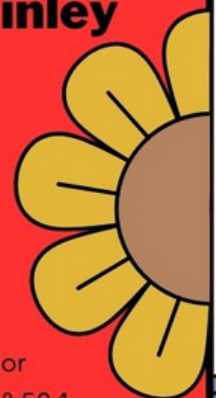
Clinical Social Worker,
Grades 4-5, IEPs, SLS & ILS



Shakirra McKinley



School Counselor
Grades 3-5, MTSS & 504



We are actively working on filling an open position on our team for a 3rd Social Worker.

We are enjoying interacting with the groups listed on page 1. Have questions or want more info? Please reach out to any member of the Mental Health Team:

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