

The AMES Approach to Mental Health Supports

1

Establish Culture, Teach Skills

Freshmen house begins the process of becoming an AMESian – preparing students for both the rigor and expectations of AMES, as well as the skills necessary to be a successful, well-rounded student.

2

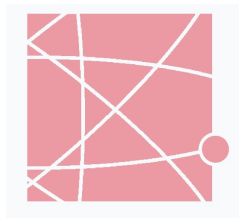
Student-Driven

Students are given opportunities to be leaders at AMES, between student council, the Student School-Wide Safety Committee, the Internship and College Forum, students are agents of positive change.

3

Teacher-Supported

AMES faculty and staff support student growth. AMES teachers seek professional development to give them the tools necessary to ensure students are experiencing a trauma-sensitive school, schools can become a protective factor for students' and increase their social, emotional, and academic skills, while safeguarding the well-being of school personnel who strive to meet the unique needs of all learners.



Targeted Interventions & Support

Targeted interventions by WBT reach approximately another 15% of students in need of more support. These efforts involve group therapy where small numbers of students meet regularly to talk, interact and discuss personal problems with each other and the group therapists in supportive settings. Varied techniques are used in these sessions using research-based strategies to improve mindfulness, decision-making, problem-solving, and emotional regulation and communication. Other efforts involve developing social skills, self-identity and female empowerment.



Individual Intensive Services

Individual therapy is warranted for about five percent of students with more acute needs that include depression, anxiety, family and relational issues, and others. Easily accessible, school-based services are limited to one 30-minute therapy session per week. Students are also provided, as needed, with community referrals for more intensive additional treatment

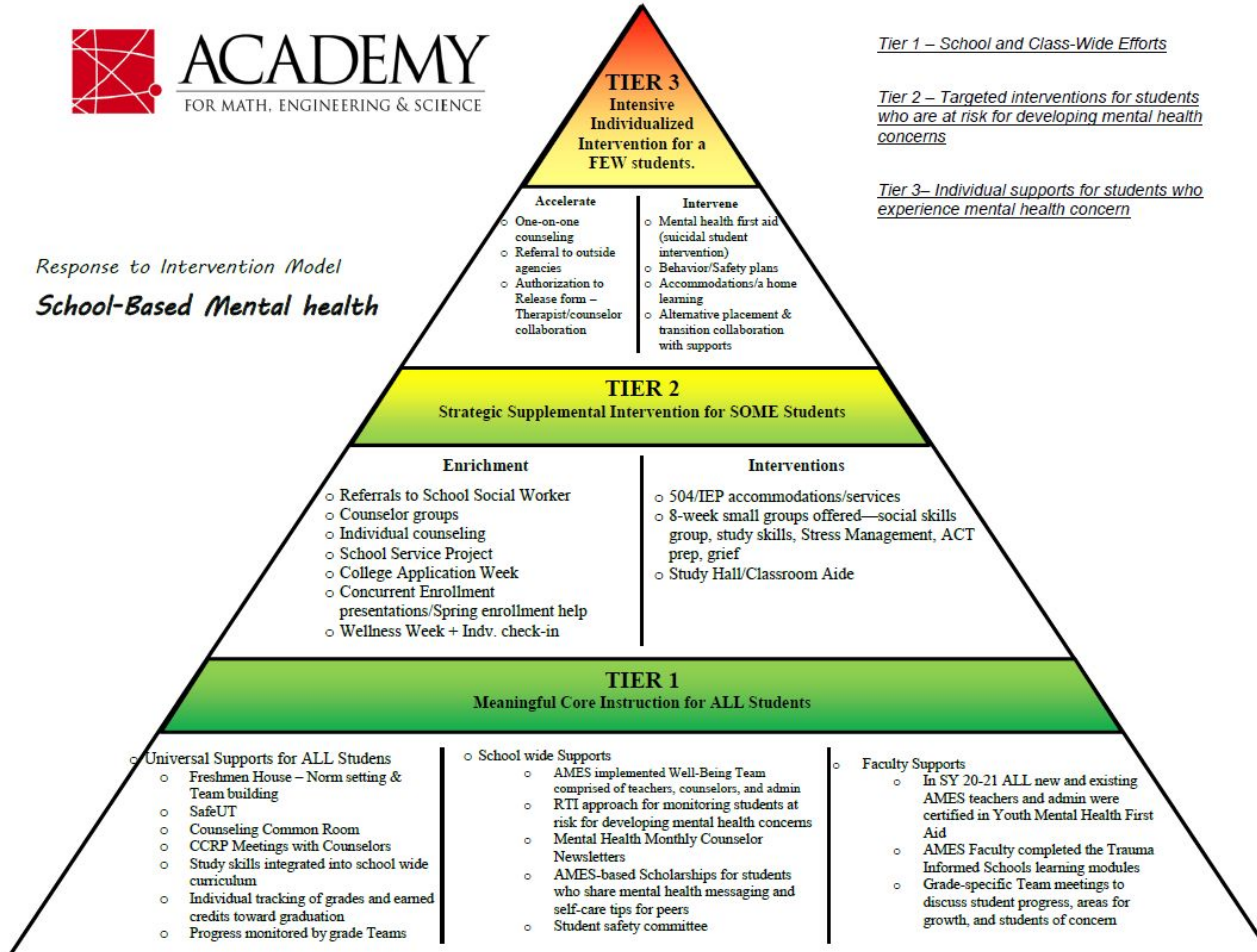
Schoolwide Supports

Schoolwide efforts engage all teachers, staff and students. These efforts are generally sufficient in addressing mental health issues for around 80% of students. WBT school and classwide efforts focus around teacher-led Second Step, classroom psychoeducation and consultation, as well as efforts to improve and maintain a positive, safe and constructive school culture based on schoolwide rules and expectations.





Response to Intervention Model
School-Based Mental health



Tier 1 – School and Class-Wide Efforts

Tier 2 – Targeted interventions for students who are at risk for developing mental health concerns

Tier 3– Individual supports for students who experience mental health concern

AMES Mental Wellness Grants - a timeline


- 20-21 SY SafeUT SuperUsers grant
 - Funds went toward certifying all teachers in Youth Mental Health First Aid, as well as an AMES well-being scholarship for students who positively contribute to student wellness
 - Examples at end of slideshow
- 22-23 SY School-Based Mental Health Grant
 - AMES Received nearly \$40,000 to provide mental health services to students
- In 2024-25 SY, AMES hired a School Social Worker, Mrs. Finlayson, as well as a third school counselor, Ms. Pascual



How are you doing, really...


If the answer is, "Not Okay": That's Okay!

So many teens are struggling with mental health right now, you are not alone. Here are some ways to cope:

Music! I don't know about you but music always helps me settle my emotions and just chill out. 

Quality time! Spending quality time with family and friends will almost always make you feel better. (even over the internet) 

Exercise! I know this is very hard for most of us but even a nice short walk will make you feel better. You see when you exercise your body releases endorphins, which make you happier. 

Go Outside! Vitamin D from the sun makes you happier too! Even just sitting outside in the sun can raise your mental health. 

Mental health helplines

Crisis text line: text HOME to 741741
 text with a trained Crisis Counsellor
 Lifeline: 1-800-273-8255
 Depression Hotline: 1-630-482-9696
 Suicide Hotline: 1-800-784-8433
 Trevor Project: 1-866-988-7386
 Sexuality Support: 1-800-246-77437
 Trans Lifeline: 877-563-8860
 Eating Disorders Hotline: 1-847-831-3438
 Rape & Sexual Assault: 1-800-656-4673
 Grief Support: 1-650-321-5272
 Runaway: 1-800-843-5700, 1-800-843-5673,
 1-800-621-4000
 After Abortion Hotline/Pre-Visa: 1-866-4394253
 National Youth Crisis Helpline: 1-800-448-4663
 Adolescent Suicide Helpline: 1-800-621-4000



GET ENOUGH SLEEP

- teenagers need 8-10 hours/night
- go to bed at the same time every night

EXERCISE

- exercising releases endorphins + serotonin
- regular exercise can reduce stress

STAY CONNECTED

- call or text family members and friends
- use social media to stay in touch with people you can't see in person

FIND HELP

- SAMHSA Helpline: 1-877-726-4727
- National Suicide Prevention Lifeline: 1-800-273-TALK

MANAGE SCHOOLWORK

- take your time and take breaks when you need to - enjoy the flexibility of online school
- try using a planner to help you stay organized

RELAX

- doing things you like can boost your mood
- taking time to relax can help you to manage stress

taking care of your Mental Health

<https://www.mentalhealth.org.uk/coronavirus/mental-health-tips>
<https://www.mayoclinic.org/diseases-conditions/coronavirus/in-depth/mental-health-covid-19/art-20482731>
<https://www.nhs.uk/oneyou/ever-mind-matters/coronavirus-covid-19-staying-at-home-tips/>
<https://www.cdc.gov/healthyschools/features/students-sleep.htm>
<https://www.healthdirect.gov.au/exercise-and-mental-health>
<https://www.mentalhealth.gov/get-help/immediate-help>
<https://www.healthdirect.gov.au/relaxation>

Sources
Poster by Eie Bradley 2021

Ways to Help Your Mental Health and Well-Being

Being a high school junior is already as hard as it is. Here are some ways to lift that weight off of your shoulders.

Find a new hobby to get you motivated. Taking a nature walk has shown to reduce depression and increase energy levels. It can also boost your overall well-being.



Surround yourself with people who support you like family, friends, classmates, teammates, club members, therapists, or support group members. This can make you happier and less negative.

Cut back on processed foods and sugar. Processed foods can contain chemical preservatives which can contribute to depression and stress. Sugar in large amounts can impair your memory, make anxiety/depression symptoms worse, and cause brain destruction.

Relaxing your mind by meditation can help you improve your outlook on life and state of mind. It can also reduce stress and muscle tension as well as lower blood pressure.

Do something you like or are good at to boost your self-esteem and confidence.

Pay attention to your body. Drink lots of water. Eat meals rich in nutrition. Get plenty of sleep. Exercise throughout the day. Not getting enough of any of these can lead to impaired decision making and mood swings.

HOW TO MAINTAIN MENTAL HEALTH DURING COVID

 GET UP AND GO TO BED AT SIMILAR TIMES EVERY DAY 

 EXERCISE REGULARLY

PUT THE SOCIAL IN SOCIAL MEDIA

USE YOUR SOCIAL MEDIA ACCOUNTS TO POST POSITIVE AND INSPIRING MESSAGES AS WELL AS KEEPING UP WITH OTHERS

A TOPIC THAT IS OVERLOOKED IS KEEPING UP WITH YOUR SCHOOL WORK BECAUSE FALLING BEHIND CAN CAUSE ADDITIONAL STRESS



MINIMIZE NEWSFEEDS

AS IMPORTANT AS IT IS TO KEEP UP TO DATE ON NEWS REGARDING COVID-19 TRY AND LIMIT CONSUMPTION