



**BERLIN PUBLIC  
SCHOOLS**

**October, 2017**

# Office of Student Wellness Newsletter

## Project AWARE and Systems of Care

Our goals include the following:

1. Provide Youth Mental Health First Aid training to teachers, athletic coaches, playground attendants and others who can detect and respond to mental health issues.
2. Use a multi-tiered framework that reduces school violence, bullying, behavior problems, suspensions, substance abuse and punitive/exclusionary discipline practices.
3. Reduce the need for intensive treatment, out-of-home placement, hospitalization, or incarceration of children and youth in each region.
4. Substantially improve the engagement of school, families, and youth in decision-making at the policy, practice and individual levels.

Meetings of the Community Leadership Team are still taking place as well as the spin-off group—Stand Up Androscoggin Valley Coalition—whose aim is to create community change concerning youth substance use. Both groups focus on the youth in the community and available resources.

Youth Mental Health First Aid training (YMHFA) is off and running this school year. We trained 49 this past school year and our next training course will be forthcoming. We will keep you posted. Please remember that all attendees employed by contracted youth-serving organizations will receive a \$100 stipend for attending the course.

BHS YLTA Fall, 2017: A Leadership Development Retreat and Strategic Planning Session was held on September 16—17 at ELC Outdoors in Errol. This included white water rafting, aerial adventure course, team building/ leadership activities and hiking to Table Rock in Dixville Notch.

YLTA members also participated in a segment on a WMUR news broadcast which was part of a one hour long national documentary on opioid abuse and what some states are doing to address this epidemic.

**The upcoming 10K race will be held on Saturday, October 21st sponsored by Stand Up Androscoggin Valley Coalition, along with many other sponsors. The race will start at the park across from the Berlin Marketplace and will end at the Gorham Common. The Chalet will be providing a meal for all participants. The YLTA group, the Honor Society and The Key Club will be taking part and we are hoping for many registrants. Please note that the school with the most registrants will win \$2,000 to go toward school activities.**

**NITT**  
NOW IS  THE TIME  
**PROJECT  
AWARE**

