



Wellness Initiatives at MLWGS

School staff at Maggie Walker have long recognized that our students have needs beyond the academic. In order for students to be well rounded and ready for life after high school, their social-emotional health must be supported as well. Maggie Walker has four counselors invested in supporting our students. Part-time school psychology services were added to the counseling department during the 2016/7 school year in order to make further assistance available to students.

Ever wonder what other mental wellness initiatives are available at Maggie Walker? Here is an overview of the supports that are available this school year beyond individual counseling support.

- **Fall 2018** – Implementation of the SOS Signs of Suicide Prevention Program through the 9th grade Health/PE classes. This program is designed to help our students recognize the characteristics of depression, how to support their peers, and to understand when to get adult support. This program includes a mental health wellness screening for students. A portal associated with the program has information and resources for our parents and will be available to all MLWGS parents. This class is offered during a lunch session for those students who took 9th grade PE online.
- **October 2018** – Minding Your Mind presentation/CKG Foundation. Our freshman and seniors will hear a presentation by a certified, young adult speaker who has had experience with depression and/or anxiety. This is designed to educate students on common mental health conditions and works to destigmatize seeking treatment for these challenges.
- **Fall 2019 /10th Graders** – Personality and Career Inventory “Do What You Are.” This is designed to help our students learn about their personality, strengths, blind spots and

more. It allows them to explore suitable careers and majors. This program is implemented by Joy Davis, school counselor and Lisa Ebeling, school psychologist.

- **Winter 2019** – The SOS Second ACT Program will be implemented with the junior class. This extension of the SOS High School Program works to build the resiliency of our students. The program reviews the signs and symptoms of depression and suicide, while also prompting students to discuss substance use and other risky behaviors. Supporting material provides students with information on healthcare basics, as well as tips on seeking treatment, self-advocacy, and more. This is intended to help students with life skills needed after they leave high school.
- **BC2M Club** – This is a student-led club initiative that encourages teens to explore mental health topics in a safe and supportive environment. It provides a platform for our students to work with their peers to create a more educated and empathetic school community. Club sponsors are Tinsley Pollard, AP Psychology teacher and Lisa Ebeling, school psychologist.
- **Stress Less, Laugh More Week** – This is scheduled to take place in the spring before AP exams. The week is dedicated to decreasing stress and promoting fun. Last year's activities included treats at lunch, a game day, and a visit from therapy dogs. A student committee works with Lisa Ebeling, school psychologist, and Paige Hawkins, Student Activities Director, to select the activities for the week.
- **Peer Mentor Program** – this program is designed to provide some of our freshman and sophomore students with personalized support from upper classmen to help with the transition to Maggie Walker. This program is coordinated by Kierstin Streitl, school counselor and Lisa Ebeling, school psychologist.
- **Small group support/Winter 2019**– Our school psychologist partners with a therapist from the VCU Anxiety Clinic to provide targeted support to students. This includes topics on time management, stress reducing strategies, and building executive functioning skills.
- **Mindfulness Room** – available during the school year for students in need of a short-term respite space. This room is in our school counseling area.
- **Mental Health Resources** – available on the Maggie Walker website through the school counseling department. Our school psychologist is also available to assist parents with finding therapy supports in their area.
- **Library** - Our librarian, Wendy DeGroat, has resources on reducing stress for our students. These can be accessed at <http://bit.ly/mindfulnessandcalm>. Ms. DeGroat also has stress- reducing activities available at the library's Creativity and Calm station. Ms. DeGroat is a certified Koru Mindfulness teacher and instructs students on Mindfulness in 10th grade PE and AP psychology classes.