



**GEORGIA**

**PROGRAM**

**BUILDING THE STARS OF OUR FUTURE**

October 2018

Issue 14

**OCTOBER**

**NATIONAL  
BULLYING  
PREVENTION  
MONTH**

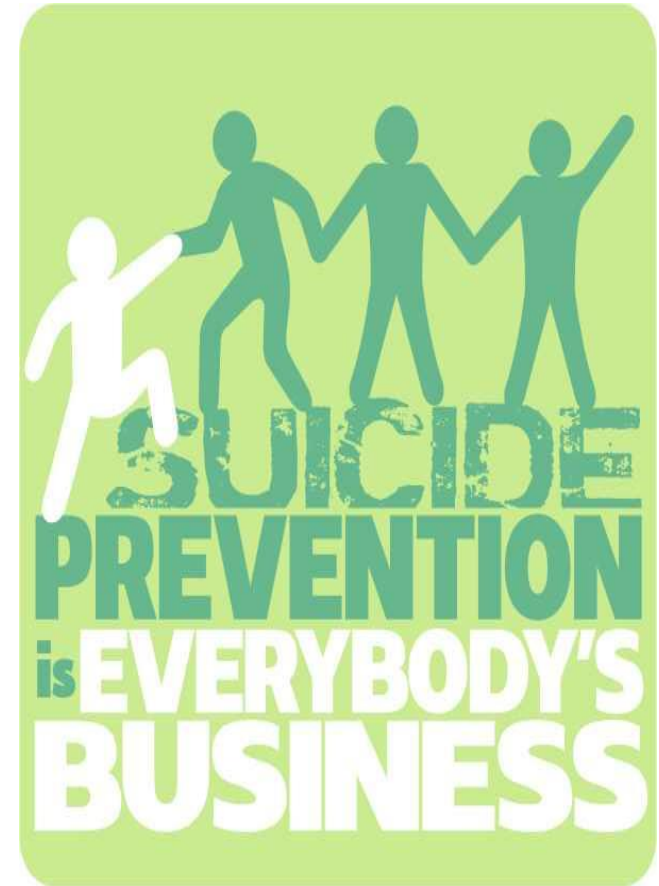
October is

**National**  
Substance Abuse  
Prevention Month

## Indian Creek Middle

Students and staff were educated on suicide awareness during the week of September 17<sup>th</sup>. The following events and activities were implemented at the school:

- o Providing students and staff with a daily fact about suicide, providing community resources for people struggling with suicidal thoughts, and providing self-care techniques
- o Staff and students were encouraged to wear blue in observance of suicide prevention on Tuesday September 18<sup>th</sup>
- o Staff and students were encouraged to wear yellow in observance of a friend or family member who struggled/suffered from suicide on Thursday September 20<sup>th</sup>
- o School based mental health counselor displayed suicide prevention posters



# Fairview Elementary

Fairview had its' 3rd Annual Donuts with Dad and it was another big success! The crowd was huge and the principal has received several compliments about how much the guests enjoyed this special time.



# Porterdale Elementary & Clements Middle

Apex clinicians hosted a Counselors Appreciation Lunch Meeting for school counselors at Oxford College Café. Apex clinicians and school counselors discussed past and upcoming collaborative events at the schools and discussed ideas to strengthen the collaboration between Apex program and the schools to implement additional initiatives focused on the social & emotional wellness of the students and staff.



Apex clinician joined the fall festival committee and has been assisting with planning fun filled events! The fall festival will be held at the end of the month.







For the month of August, Liberty's Apex clients were given the opportunity to select two goals from their treatment plan to work towards mastering. Clients were even taught the SMART goal concept by their clinician. All clients worked hard towards mastering their goals and some were successful at mastering theirs. Apex clients attended a processing Pizza Party luncheon at the end of the month to celebrate their various levels of success towards meeting their treatment goals.

During the month of September, Liberty Middle School put a lot of energy into the upcoming talent show which was held on October 5, 2018 @ 4:30.

Liberty  
Middle



# Middle Ridge Elementary

Apex clinician would like to thank Mental Health of Georgia and The Kids on the Block Puppetry Program for coming to Middle Ridge Elementary School. Students and teachers were treated to a puppet show that focused on bullying, conflict resolution, coping skills, and a discussion portion that can be incorporated in the classrooms. Everyone loved the show, the use of the life size puppets were entertaining and educational!



Apex clinician along with Middle Ridge Elementary school staff participated in the 35th Annual Fuzz Run. A portion of the proceeds were donated to Officer Matt Cooper, who suffered a gunshot wound to the head in the line of duty. Our thoughts and prayers are with Officer Copper and his family during his recovery period. #148strong



Apex clinician continues to serve on PBIS team this school year. Clinician assisted with PBIS Back to School Bash.



# Indian Creek Middle

Indian Creek is a participating No Place for Hate school. Students and staff signed the Resolution of Respect, completed pledge signature posters, and participated in creative activities focused on inclusion for all students. (see “No Place for Hate Zone” photo below)



School-based therapist worked closely with the school counselors to identify ways to include all of the school clubs to identify activities that will encourage participation from all members of the Indian Creek Middle School community (e.g. positive affirmation walls, banners for each grade level, etc.) to promote a No Place for Hate school environment.



## UPCOMING EVENTS

- ❖ New Group- “Depression: Anger Without Enthusiasm”
- ❖ Red Ribbon Week (Life is your journey; travel drug free)
  - teachers and students will dress in accordance to the day’s topic
  - one class per grade level with the most participation will get a pizza party
  - if teachers are dressed according to the day’s topic, that class will receive an additional five points
  - daily facts about drug addiction/abuse/usage will be announced
  - door decorating contest (winning door will receive donuts/ juice on designated Friday)





# Pine Street Elementary

Pine Street Elementary School included information about the Apex clinician in the “Meet our Team” section of the school’s Student Support Team brochure:

## **“Meet Our Team**

Dr. Marilyn Mahabee-Harris is our school-based mental health psychologist who provides additional services here at Pine Street for students who would otherwise have chosen to go over to the outpatient clinic at Viewpoint Health. She is available to provide psychotherapy to students who are having trouble managing their behavior appropriately, difficulties with relationships with peers and adults; family problems; have experienced trauma; are depressed, anxious; and who would benefit from additional support. She works closely with the school counselor, Katrina Wilson, and consults with each child’s teacher on a routine basis. Family therapy is also provided for the students she sees, and group therapy is arranged as needed. “





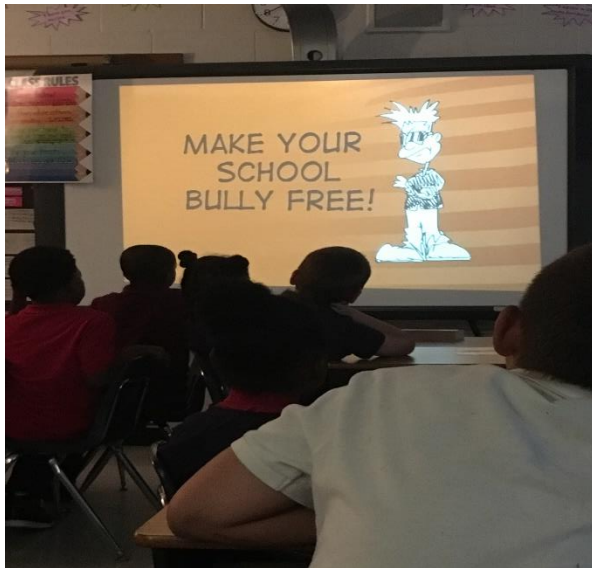


Apex clinician and program director (pictured left) were panelists at the Community Action Meeting on School Resources for Families at Common Ground Church in Covington. During this event, they had the opportunity to introduce the APEX program to the community including services we provide in designated schools.

Apex clinician and school counselor facilitated a Kindness Bingo Challenge for the staff at Middle Ridge Elementary. The purpose of the Kindness Bingo Challenge was to allow staff to engage with their colleagues while performing kind acts. Congratulations to Ms. Bobbi (kindergarten paraprofessional) for completing her entire kindness bingo card and being the first one to turn it in. She will receive lunch provided by Mrs. Chester (assistant principal).



## Middle Ridge Elementary



For the month of September, Apex clinician joined the school counselor on educating the students about preventing and reducing bullying at school. Students were given lessons on identifying the 3 types of bullying (verbal, physical, and relationship), emotional effects of bullying, and how to respond to bullying.





## Clements Middle

Apex clinician participated in “Stomp Out Bullying” school wide bullying prevention initiative. Students and staff participated in activities focused on promoting kindness and acceptance.



Representatives from PBIS Team, including Apex clinician, participated in panel interview with Georgia State University and Project Aware representatives. The panel interview focused on implementation of PBIS program at Clements Middle School. Apex clinician was provided the chance to discuss the collaboration between Apex clinician and Clements staff/administrators to implement PBIS initiatives at the school.



- ❖ Oktoberfest Staff Treats & Greet: A Self-Care Event
- ❖ Oktoberfest Apex Students Coping Skills Kits Extravaganza
- ❖ Step Up: Problem Solving and Conflict Resolution Skills Class

