

# Wellspring Center for Prevention

Report for period 3/1/22 – 1/24/23

## Statistics

- 52 unduplicated youth served
- 96 clinical sessions
- 34 crisis sessions
- 734 student contacts

## Lunch Time Mental Health Events:

- May 2022 - Presentation on Mental Health Awareness Month - 64 Student Participants
- June 2022 - Presentation on Pride Month/Pledge to be an Ally - 76 Student Participants
- October 2022 - Presentation on Bullying Prevention Month/Anti-Bullying Pledge - 231 Students, 15 Staff participants
- November 2022 - Presentation on World Kindness Day - 103 student participants
- February 2023 - Presentation on Teen Dating Violence Awareness

## Activity Highlights

- Presenter at MHS Health and Wellness Fair
- Observed National Stress Awareness Month by discussing the importance of self-care with staff. Treated MHS Staff with Duck Donuts and encouraged them to "donut stress" and take a break.
- Ran "Adding Tools to Your Toolbox" - 4 week long lunch time group focused on stress management and anxiety.
- Created anti- stress kits distributed during student crises
- Distributed "testing goody bags" to students prior to final exams
- Collaborated with GSA and hosted a lunchtime table focused on LGBTQ+ Month
- Created and distributed Back to School Survival Kits to students (September 2022)
- Created and distributed "Bags of Kindness" to celebrate World Kindness Day and encouraged students to practice random acts of kindness. (November 2022)
- Observe Intl. Boost Self-Esteem Month by putting up tear-away motivational posters in Hallways (February 2023)

## Bulletin Boards for Student Outreach:

- March 2022- Observance of Self-Harm Awareness Month: "Grow through what you go through"
- April 2022- Observance of Stress Awareness Month: "Color your Calm"
- May 2022- Observance of Mental Health Awareness Month: "Rethinking the Stigma - Busting Myths and Presenting Facts"
- June 2022 - Observance of LGBTQ+ Pride Month - "The MHS Community Pledge to be an Ally"
- September 2022 - Observance of National Suicide Prevention Month "Suicide Prevention and Mental Health Resources Available for Students"
- October 2022 - Observance of Bullying Prevention Month - "We are One Metuchen" - Students and Staff pledged to create a safe, anti-bully zone during a lunch time event. Information provided about negative effects of bullying in a community and how people can help others who are being bullied or help stop bullying from happening.
- November 2022 - Practicing Gratitude - "30 Days of Gratitude in the Month of November"
- December 2022 - "How to Beat the Winter Blues" - focus on managing stress/anxiety and building on coping skills
- January 2023 - "Resolution Solution" - Assisting students map out a positive outcome to the new year.
- February 2023 - Observance of International Build Self-Esteem Month - "Self-Love Selfies"

## Upcoming Events and Programming (this is not comprehensive, but these are the events that are already being planned)

- March - Sandy Hook Promise for See Something, Say Something.
- April - AIR Therapy Dogs for Stress Awareness Month
- Spine and Sports Medicine (Dr. Ryan) for teachers' massages in late March/early April