

MARCH 2024

HOPE4YOUTH NEWSLETTER

Impact Council Members of the Month



Bryce Pathkiller

Bryce Pathkiller is a Junior at Pryor High School and is a member of the Impact Council, his church, and is on the high school baseball team.

Bryce why do you choose to be drug and alcohol free?

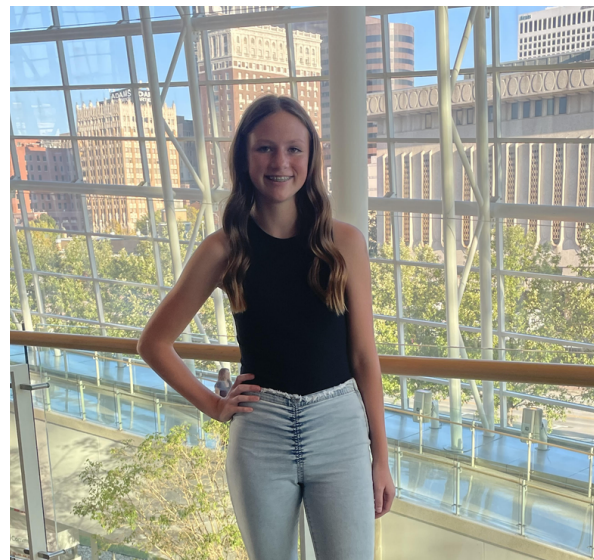
I choose to be drug and alcohol free because I know that all of these products are bad and they shouldn't be put into our bodies.

Lexi Line

Lexi Line is an 8th grader at Pryor Middle School and is active in church, the Impact Council, and plays both soccer and volleyball for the middle school.

Lexi why do you choose to be drug and alcohol free?

I choose to be drug and alcohol free because I want to live a long healthy life. I also want to make a difference in my community by impacting other lives so they will be drug free as well.





MENTAL HEALTH AWARENESS IN SCHOOL

What School Staff Should Know

- The warning signs for mental health problems.
- How to promote mental health awareness in the classroom.
- Whom to turn to if you have questions or concerns about a student's behavior.
- How to access crisis support and other mental health services.

Call or Text 24/7



What You Can Do to Support Positive Mental Health

School staff can support mental health of all students. Consider the following actions:

- Learn more about mental health by taking a mental health awareness training.
- Promote social and emotional competency and build resilience.
- Help ensure a positive, safe school environment.
- Teach and reinforce positive behaviors and decision-making.
- Encourage helping others.
- Help ensure access to school-based mental health support.

Visit www.samhsa.gov/mental-health/how-to-talk/educators for more information.