



To: Mr. Watts, Superintendent  
Ms. Malone, Chairperson of the Board  
Members of Newport Board of Education

May, 2024

### **District Mental Health Clinician Update:**

#### **1. Mental Health Services**

- District Mental Health Clinicians work with students that have diagnoses and/or symptoms such as: Depression, Anxiety, Post-Traumatic Stress Disorder (PTSD), Attention-Deficit Hyperactivity Disorder (ADHD), Poor Impulse Control, and High Stress Levels
- To help students work through these issues, our clinicians utilize evidence-based practices such as: Cognitive Behavioral Therapy (CBT), Solution Focused Therapy, Eye-Movement Desensitization and Processing (EMDR), and Mindfulness

#### **2. Mental Health Awareness Month**

- Parent flyer relating to Mental Health Awareness Month was sent home.
- Mental Health resources posted to website and social media.
- Distributed Hard copies of website resources as well as mental health initiative stickers to students.
- Individual conversations regarding Mental Health Month and its importance.
- Examples of books read and/or available for students to read to promote initiative:
  - Grumpy Monkey, Tomorrow Most Likely, Diversity Ninja, Everyone Feels Angry Sometimes, Sticks, I Am Peace, When My Worries Get Too Big, and Acceptance is My Superpower.
- Mental Health Awareness gear (pencils, keychains) distributed to students.

#### **3. Mental Health Year End Review**

##### **Yearly Professional Learning:**

- **EMDR training**
  - **Suicide Prevention Trainings**
  - **Domestic Violence**
  - **Trauma Informed Care**
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### **Daily Activities from Throughout the Year**

- Provided referral information to students not on caseload to internal/outside agencies for the purpose of them seeking therapy services.
- Attended after school events
  - Parent Teacher Conferences
  - School Plays
  - Family Nights
- Attended Admission and Release Committee meetings
- Presented at School District Family nights
- Consulted with teachers and other school staff and offered intervention suggestions
- Support for parents and families promoting mental health wellness
- Advocate for children and families
- Served as Mediator at the request of parent
- Providing Individual sessions to staff members for support
- Crisis support in and out of school environment. Phone Consultations.
- Networking with outside Community Partners to support our student's mental health wellness
- Communicating with SUN Behavioral Health for crisis supports and wrap around care

### **District Mental Health Clinician Programming Rates:**

Number of Students Receiving Individual Therapy:

- Newport Primary School-Krysten Munn, LCSW
  - 34 Total Students over the Year
  - 369 Total Face-to-Face Hours
- Newport Intermediate School-Brandy Mains, LCSW
  - 37 Total Students over the Year
  - 380 Total Face-to-Face Hours
- Newport High School-Hannah Lunde, LPCC
  - 35 Total Students over the Year
  - 368 Total Face-to-Face Hours

Respectfully Submitted,

Hannah Lunde  
Newport High School Mental Health Clinician

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