

RAMPED

2023 - Vol. 4



UPCOMING EVENTS:

10/24: Mental Health/Self-Care Session 1

10/24: PAX Training - Day 1

10/24: United Nations Day

10/25: Tour De Counselors

10/26: PAX Training - Day 2

10/30: Mental Health First Aid Training -
Runge ISD

10/31: Happy Halloween

10/31: Karnes City Trunk or Treat

11/5: Daylight Savings Time Ends

11/7: Election Day

11/7: Mental Health/Self-Care Session 2

11/8: Counselor Roundtable

11/11: Veterans Day

11/13: World Kindness Day

11/15: SHAC Meeting - Karnes City

11/23: Happy Thanksgiving

11/28: Mental Health/Self-Care Session 3

*RAMPED funding is made available through
the U.S. Department of Education's Mental
Health Service Professional Demonstration
Grant.

RAMPED Stakeholders,

October Greetings! We are blessed in our grant consortium of districts! Reflecting on a conversation with a visiting reporter who is featuring Supt. Kuenstler's Leadership Initiative, I could not help but sit back and be amazed at how phenomenal our consortium grants all collectively meet the needs of our five school districts. During the visit, I provided a backdrop to the Supt. Leadership Initiative and it's mission to grow leaders in not only our students and staffs but in our community through empowerment. I added that there was a clear understanding that this goal would only be possible if those we are serving were of a healthy mindset, feeling of self-worth and self confidence that comes with education and support. With our consortium of Superintendents' appreciation of this, came the RAMPED grant and its essential resources. The RAMPED grant, the future mental health providers that it is training in our RAMPED Residents, Adult Ed classes, staff trainings, student/staff affirmation programs and the recruitment/support of staff enrolling in mental health graduate programs, RAMPED is assisting our five districts' efforts to build mentally healthy and supported communities. The future is bright!!!

Thank you for your unconditional support!

Dr. Yvette Buehring

Program Director

RAMPED I.S.D. PARTNERS

Karnes City

Superintendent:
Katherine Kuenstler
KCHS Principal:
Daniel Hutchins
KCJH Principal:
Kelly Ruiz
RES Principal:
Jennifer Foster
KC Primary Principal:
Kevin Hans

Kenedy

Superintendent:
Dr. Calvin Bowers
KS Principal:
William Bailey
KES Principal: John
Smith
KES Asst.
Principal: Melissa
Leza

Pawnee

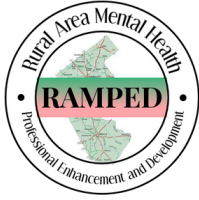
Superintendent:
Anthony Annis
EL-HS Principal:
Raymond Robinson

Pettus

Superintendent:
Dr. Katie Atkins
PS Principal:
Rickey DeLeon
PE Principal:
Laura Holder

Runge

Superintendent:
Hector Dominguez
EL-HS Principal:
Angelina Torres
EL-HS Asst. Principal:
Allison Wells

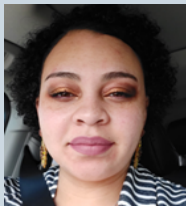


WHAT'S HAPPENING:

RAMPED Social Work Resident Spotlights

I am pleased to introduce our 2 Residents from Our Lady of the Lake University. They are excited, jumping in and already planning for the weeks ahead. The campuses have a list of needs that will be initially addressed as we begin to introduce the world of social work to each campus. -Frances Ehrlich, LMSW

Keyerah Barnes



I am an Our Lady of the Lake graduate student obtaining my Masters in Social Work. I am a resident of San Antonio, and I have previously worked at Laurel Ridge Treatment Facility and helped with their inpatient children and adolescent residential unit. I am extremely excited to begin work with the students and staff in each of these districts, and I am aiming to leave a positive impact through the RAMPED program.

Emma Bennett



I am a Master's in Social Work graduate student at Our Lady of the Lake University in San Antonio, Texas. I currently am a LBSW and have worked previously in foster care, adoption, family renunciation, and counseling. I have also been the director of social work at rehab and nursing facilities where I was able to work with patients and families when it came to any emotional or medical needs.

Self-Care

The RAMPED team is appreciative of the commitment by school leaders and administration to promote self-care. Taking care of yourself ensures staff members can take better care of our students. In the long run, making yourself a priority is a win-win for everyone. Every month, a self-care challenge is distributed across the RAMPED districts in hopes that it serves as a reminder to put yourself first, so you can last. In the previous month we had 49 people receive prizes for participating in the September Self-Care Bingo challenge. The "Self-Care Doesn't Have to be Scary" challenge for October has gone out and we hope to double the amount of participation. We encourage you to help us achieve this goal. At times, the idea of self-care can be interpreted as doing something lavish or expensive. However, self-care strategies can be very simple and cost nothing. Most often, they are usually things you probably do already. As you complete the tasks on the challenge, just be sure to mark them off and turn them into the RAMPED envelope in your front office by the end of the month. We will take it from there! - Patricia Huber, MSC

The holiday season is quickly approaching and may not always be filled with holly jolly activities. It's important to continue Self-Care during this time as well. The holidays might bring on a set of 2 extremes. We either find ourselves hopping from one gathering to the next interacting with more people or we find ourselves a bit more isolated with a less busy schedule and without our usual group of peers. This can cause stress leading up to the holidays, during the holidays, and even after the holidays. The following tips are shared by the Mental Health First Aid website:

- 1) Remember that you're not alone
- 2) Reach out to people around you
- 3) Practice self-care
- 4) Redefine your expectations
- 5) Give back to your community

Go to <https://www.mentalhealthfirstaid.org/2021/12/loneliness-how-to-cope-during-the-holiday-season/> for more information. You can #BeTheDifference for yourself and others this holiday season. - Frances Ehrlich, LMSW



RURAL AREA MENTAL HEALTH PROFESSIONAL ENHANCEMENT AND DEVELOPMENT

The Heart and Mind Connection

Happy October! I hope the beautiful change in the weather has inspired you to make yourself a priority by spending some time outdoors enjoying the cool breeze and warm rays of sun. This time of year can often bring about a mixed range of feelings and emotions so never underestimate the power of self-care.

As mentioned last month, our efforts to build more university partnerships in school counseling programs has continued in October and we are excited to add Texas A&M-Kingsville and the University of Houston-Victoria to the RAMPED team! We also took on a personalized approach towards our “Grow Your Own” efforts which has resulted in meeting with numerous potential candidates who are exploring their interest in reaping the benefits of the RAMPED Grant. Now is the perfect time to consider earning a master’s degree in school counseling, school social work, and school psychology!

This month we are thankful to have hosted our second “Counselor Roundtable”! We exchanged ideas and thoughts on the TEA Annual Assessment of School District Compliance with Commissioner’s Rules Concerning Counseling Public School Students. We also discussed the newest trends in self-regulation strategies as well as the benefits of calming corners or boxes in classrooms and counselor offices. Thanks to a very gracious and anonymous donor, the RAMPED team was able to provide a calming box with a substantial number of tools for students or adults to utilize, to all counselors in our RAMPED districts. When implemented strategically and appropriately, we know these tools will make a difference on the campuses! - Patricia Huber, MSC

Social Work: Stories from the Field

Each month in this role proves to be busier than the one before. We are expanding the world of school social work opportunities through our partnering universities and Grow Your Own conversations. We are happy to add TAMU-Kingsville as a new partner for those interested in social work opportunities in rural settings. We have one more potential university in the works and hope to share that in our next newsletter. We have a handful of school-day staff members interested in social work and will continue to support them as they research schools and apply. We have continued to support our teachers through the Self-Care Challenge and provide treats for those who participate. Our students continue to receive encouraging messages through stickers and bookmarks to encourage keeping mental health a priority. We also participated in Emotional Backpack training and are now certified to lead these 5 modules. However, I am most excited to announce that our 2 Master’s Social Work residents began working with us! They are currently taking tours of the campuses, meeting staff, and creating a schedule to meet the needs of everyone. They are super excited to bring social work to our campuses. Please see their Intro section to learn more.- Frances Ehrlich, LMSW

Mental Health Training News

Mrs. Ehrlich and I are excited to be offering free parenting sessions on children/youth mental health. We will be discussing various topics from recognizing signs of mental health challenges to strategies that help when those times arise. The classes will be held on Tuesday evenings from 5:00pm to 6:00 pm on Oct. 24, Nov. 7, Nov. 28, and Dec. 12. They will take place at 303 E. Mayfield in Karnes City. The youth of today are growing up in challenging times, have increased stresses, and learn to cope in various ways. We look forward to sharing information we have learned to help families thrive. In addition to training, the RAMPED team will also be giving out mental health information and goodies at the Karnes City Chamber of Commerce Trick or Treat event on October 31, 2023. We hope you stop by for a quick visit! The RAMPED team continues to strive to build strong relationships with community stakeholders. Don't forget, mental health matters! - Patricia Huber, MSC

MENTAL HEALTH



THE RAMPED GRANT TEAM INVITES PARENTS/GUARDIANS TO ATTEND OUR CLASSES TO LEARN MORE ABOUT YOUR CHILD'S MENTAL HEALTH!

DATES: OCT. 24, NOV. 7, NOV. 28, DEC. 12

**LOCATION:
303 E. MAYFIELD
(BLUE BUILDING)
KARNES CITY, TX**

TIME: 5:00-6:00 PM

SNACKS AND CHILDCARE WILL BE PROVIDED!

**KARNES CITY
INDEPENDENT SCHOOL DISTRICT
Adult Education Program**

**For more information please contact
● Dr. Yvette Buehring at ybuehring@kcisd.net**