MENTAL HEALTH SCREENING

Hello Parents,
We received the following invitation from our district’s mental health coordinator. Please consider attending!
The mental health of our students and children is a concern for many of us. I have arranged for several opportunities in the coming weeks for you to learn more about mental health and ways that you can help your children and students. And, yourself!

♦ Feb 2nd 6-7pm (Virtual), Dr. Kevin Skinner, will teach about mental health concerns in our youth and share a helpful free mental health resource for parents provided by ParentGuidance.org.
♦ Feb 7th, 6-7pm (Virtual), learn a suicide prevention strategy called QPR (Question, Persuade, Refer). This course is for adults only.
♦ Feb 10th, 6-7pm (Virtual), Everyday Strong is a training to help parents build resilience and deal with anxiety, and depression in our youth and teens. This webinar is for adults only.

See the attached flyers to register. If you have questions about any of these events please contact me, Debbie Rees: Debbie.rees@ccsdut.org

IMPORTANT DATES

Jan 26
NAEP Testing: 4th graders only

Feb 1
PTO Meeting 2:45pm
School Community Council 4pm
All are invited to both meetings

Feb 1 & 2
Free Youth Mental Health Screening
See pg. 2

Feb 14
Classroom Valentines Parties

Feb 21
No School
President's Day

OFFICE CORNER

♦ The school is open at 8:40am for all students.
♦ Students enrolled in orchestra or the before school REACH program will be in the building earlier.
♦ Breakfast and lunch are still free for all students. Have them try out the school lunch food!
♦ Office hours are 8:30am-4:00pm. Outside of those hours, please feel free to leave a message or email the office or your student’s teacher.
♦ We love to hear from you!

www.ccsdut.org/northpark
Office: 435-752-5121
Free Youth Mental Health Screening

A mental health screening can be the first step in getting the help you are seeking. This Free Event is for Youth Grades 1st-12th in the Cache County School District.

February 1st & 2nd
3:00-6:00 pm

Parents and students complete the survey. You will be contacted for an appointment time.

Online or in-person appointments with Bear River Mental Health

In-person appointments at:
CCSD Legacy Campus
2063 North 1200 East, North Logan

Screenings will address depression, anxiety, suicidal ideation, substance abuse, etc. This free 30-minute screening is not a full psychological evaluation.

Counselor available.
PARENTS MUST BE PRESENT

If you have questions, contact Debbie Rees
435-752-3925 Ext 2770
debbie.rees@ccsds.org

Exámenes Gratuitos De Salud Mental Para Adolescentes

Un examen de salud mental puede ser el primer paso para obtener la ayuda que está buscando.

Este Evento Gratuito es para Jóvenes Estudiantes de el Grado 1 al Grado 12 en el Distrito Escolar de Cache County.

1 & 2 de Febrero
3:00-6:00 pm

Los padres y los estudiantes deberán completar un cuestionario. Luego se le contactará para programar una cita.

Citas disponibles en línea o en persona con Bear River Mental Health

Citas en persona en:
CCSD Legacy Campus
2063 North 1200 East, North Logan

Las evaluaciones abordarán las siguientes preocupaciones como: la depresión, la ansiedad, ideas de suicidio, abuso de sustancias, etc.

Esta evaluación de 30 minutos será gratuita. No es una evaluación psicológica completa. No se realizará un diagnóstico clínico.

Si tiene alguna pregunta, contacte a Elizabeth Seethaler
435-752-3925 Ext 2777
elizabeth.seethaler@ccsds.org
North Park Knights

**Mental Health Family Night**

**FIND ANSWERS TO HELP YOUR CHILD**

This might be the most important event of the year for all parents! Support your child’s mental health and wellness by joining us for an informative evening for parents and educators. Ask questions of leading family therapists and take advantage of a free resource to help parents with important topics such as identifying anxiety, depression, grief, suicide ideation and parenting with purpose.

ParentGuidance.org provided by CACHE COUNTY SCHOOL DISTRICT through a generous grant by the COOK CENTER FOR HUMAN CONNECTION

Note: Use of this program is confidential

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**Join us for a virtual event**

**Wednesday February 2, 2022**

**6:00-7:00 pm MST**

Register now:

http://CookCenter.info/Feb2

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**BECOME A CERTIFIED GATEKEEPER IN SUICIDE PREVENTION**

**FREE QPR TRAINING**

*Question, Persuade, Refer* is a 1-hour training helping individuals recognize signs of suicide and learn how to help direct others to resources in a time of crisis.

**JOIN US**

**FEBRUARY 7, 2022**

**6PM-7PM**

**REGISTER HERE**

CONTACT CHELSEY SCHNERINGER WITH QUESTIONS cschneringer@brhd.org

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**Free Virtual Training for Parents**

**February 10th**

6:00-7:00pm

**Everyday Strong**

Sponsored by United Way of Cache Valley and the Cache County School District

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Building Resilience

- A new approach to anxiety and depression in our youth and teens with a simple, research-based framework that builds resilience.
- Learn why kids need adults’ help to be resilient.
- Learn how to apply this tool in everyday situations.

To Join:

https://tinyurl.com/2p82tfs

Contact Debbie Ihee with questions debbie.reese@ccusd.org