

PROVIDING ACCESS TO HEALING NEWSLETTER

FALL
22



Fall Is In The Air

The 22/23 school year is well underway and Fall is in the air. As cooler temps, and shorter days set in, we know a shift is upon us. This season is time for transition, a time to hit the reset button, to set new goals, and get organized for the months ahead. That said, this time of year can also be a stressful and challenging for families. From time changes, school schedules, and added activities, the impact of the busy back-to-school season can be challenging. To help you and your family transition more smoothly to these changes, the incredible team of therapists and community partners who help provide services to youth in Sheboygan County through the Providing Access To Healing (PATH) School-Based Mental Health Community Impact Initiative are here to help provide insight into what may be impacting the youth in our community. Throughout this article PATH Partners will provide helpful information, tips, and resources and hopefully offer some comfort in knowing that you and your family are not alone; there is help - there is hope.

Wish you a rejuvenating Fall season filled with much gratitude,

Brianna Heusterberg

Brianna Heusterberg
Director of Providing Access To Healing (PATH)
United Way of Sheboygan County

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SLEEP HYGIENE

Important for both physical and mental health

What is Sleep Hygiene?


BY FRANK SIMAC, MS, LPC, CSAC, ICS
SCHOOL-BASED MENTAL HEALTH PROGRAM MANAGER,
LAKESHORE COMMUNITY HEALTH CARE

As the school year continues underway and the Fall season sets in, many of our PATH school-based therapists notice difficulty adjusting sleep schedules from the summer months.

Paying attention to sleep hygiene is one of the most straightforward ways that you can set yourself up for better sleep.

Strong sleep hygiene means having both a bedroom environment and daily routines that promote consistent, uninterrupted sleep. Keeping a stable sleep schedule, making your bedroom comfortable and free of disruptions, following a relaxing pre-bed routine, and building healthy habits during the day can all contribute to ideal sleep hygiene for you and your children.

Every sleeper can tailor their sleep hygiene practices to suit their needs. In the process, you can harness positive habits to make it easier to sleep soundly throughout the night and wake up well-rested. See page two for helpful tips and tricks to build better sleep for you and your family.



“The best bridge between despair and hope is a good night’s sleep.”

-MATTHEW WALKER,
WHY WE SLEEP:
UNLOCKING THE POWER
OF SLEEP AND DREAMS
MATTER

Source: <https://www.sleepfoundation.org/sleep-hygiene>

SLEEP HYGIENE

HELPFUL TECHNIQUES



FOLLOW A NIGHTLY ROUTINE

- **Keep Your Routine Consistent:** Following the same steps each night, including things like putting on your pajamas and brushing your teeth, can reinforce in your mind that it's bedtime.
- **Unplug From Electronics:** Build in a 30-60 minute pre-bed buffer time that is device-free. Cell phones, tablets, and laptops cause mental stimulation that is hard to shut off and also generate blue light that may decrease melatonin production.



SET YOUR SLEEP SCHEDULE

- **Have a Fixed Wake-Up Time:** Regardless of whether it's a weekday or weekend, try to wake up at the same time since a fluctuating schedule keeps you from getting into a rhythm of consistent sleep.
- **Prioritize Sleep:** It might be tempting to skip sleep in order to work, study, socialize, or exercise, but it's vital to treat sleep as a priority. Calculate a target bedtime based on your fixed wake-up time and do your best to be ready for bed around that time each night.



CULTIVATE DAILY HABITS

- **Get Daylight Exposure:** Light, especially sunlight, is one of the key drivers of circadian rhythms that can encourage quality sleep.
- **Be Physically Active:** Regular exercise can make it easier to sleep at night and also delivers a host of other health benefits.



STAYING CONNECTED, FEELING LOVED.

Support and Acceptance

“People are just as wonderful as sunsets if you let them be. When I look at a sunset, I don't find myself saying, 'Soften the orange a bit on the right hand corner.' I don't try to control a sunset. I watch with awe as it unfolds.”

-CARL R. ROGERS
A WAY OF BEING

Love and Acceptance

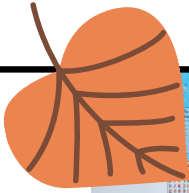
BY FRANK SIMAC MS, LPC, CSAC, ICS
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LAKESHORE COMMUNITY HEALTH CARE

New school year, new classrooms, new classmates - every year, changes. As changes occur, stable and consistent relationships help people adoptive to these changes. As the parents, and school/community support teams of the youth in our community, we have the ability to offer this kind of stability to our youth by offering our unconditional positive regard.

What is Unconditional Positive Regard? Unconditional Positive Regard occurs in relationships where we are accepted and loved as we are. Now this isn't to say we must accept and love all behavior; however, remember that behaviors are neither good or bad, they are what people do to get their needs met and what they've witnessed themselves or practiced. It is basic acceptance and support of a person regardless of what the person says or does.

Humans are built to love and be accepted. Youth who are loved and accepted are given experiences to take risks, learn new behaviors, and grow. Together, we can make sure every youth is connected at home, and school.

SUPPORT + HELPFUL ACCEPTANCE TECHNIQUES



FOR TEACHERS

Sometimes unconditional positive regard is as simple as how we greet our students when they are late to class. How we greet them can communicate either our unconditional care or our lack of regard needing something from them.

If we don't have unconditional positive regard:

- We might say, "You're late, sit down," or sarcastically say, "Nice of you to show up" and/or unintentionally roll our eyes. These responses tell students that we care about them only as long as they follow expectations – essentially, they are an inconvenience.
- If the above examples happen, or if a student goes into the hallway and are told to take off their hat, if they sit down at lunch and are warned to speak more quietly, then the cumulative message of school is that orderliness is the most important thing.

Instead, we can greet our student with "Hey! It's great to see you today. Settle in a minute and then I'll catch you up." When we work from unconditional positive regard, the message is that I value you for who you are, not what you do or how you do it. This doesn't mean that I won't address attendance issues later, but my priority when my students arrive isn't to scold them about compliance. The priority is to greet them in a way that says they matter and that their presence is more important than how fast they got here.



FOR PARENTS

Loving unconditionally means loving your kids for what they are, not for what they do or what they don't do. This is also called unconditional parenting.

Unconditional parenting means that even when your child does something 'wrong' or is 'naughty' in the old fashioned sense of the word, you do not withdraw your positive regard or love. Why?

- Unconditional positive regard is extremely healing. Nothing beats the power of feeling unconditionally loved.
- When we feel 'wrong', 'bad', angry, sad, frustrated, and/or unhappy, THAT is when we really need to feel our parents' love the most. The worse we feel, the more love we crave.

As our children's main supporters we can:

- Understand "bad" behavior doesn't mean a child is "bad"
- Spend time listening or playing without expecting anything in return
- Express and share our love and care for them





SEASONAL ACTIVITIES/ EVENTS

ACTIVITIES

PLAY IS HEALING FALL POP-UPS

Join a number of community partners for playful educational opportunities developed to support our children's mental health, overall well-being, and positive connection to others. Click [here](#) to learn more or to register today!

MONTHLY YOUTH & FAMILY RESOURCE GUIDE

This guide helps keep our community in the loop on activities and resources available to families in Sheboygan County! Visit the [Community Partnership for Children's webpage](#) to see this month's events and activities!

NOURISH FARMS: COOKING CLASS 11.9.22 - 4:30 PM

Join [this youth focused cooking class](#)! Youth and their grownups will work together to make a delicious pasta meal from scratch. Contact: info@nourishfarms.org or call 920-550-2020

SET THE SEASON AGLOW 11 . 25 . 2022

Make the Season Bright with a dazzling tree-lighting at The Shops at Woodlake Kohler. Join in for magical day sure to delight young and old. Click [here](#) for more information.

GET INVOLVED: COMMUNITY VOLUNTEERING

Sheboygan County Food Bank, along with community members/partners coordinate the Community Cafe (Mon. - Sat.). Volunteers help with: light food prep, setting up & serving lunch, hospitality, and clean up. [Click here](#) to learn more and/or to volunteer as a family.

PARENT CAFES

Parent Cafés explore the five Strengthening Families Protective Factors through guided peer-to-peer learning, self-reflection and conversations that strengthen the social and emotional health of families. Click [here](#) to learn more!

HOLIDAY MAKE & TAKE 11.27.22 - 1 PM

Enjoy a joyful afternoon at the Above & Beyond Children's Museum featuring fun activities for the whole family. Contact: Andrew@abkids.org or Visit: www.abkids.org

TEEN SELF-CARE SUNDAY SERIES SUNDAYS, 11.25 - 12.18

Teens, join Yoga on the Lake to kick off each week with a yoga class focused on self-care. Ages 12+. \$20 for a single workshop or \$60 for the full series. Register by calling the studio directly at 920.453.2817

Importance of Getting Involved

Community involvement is beneficial in all areas of life, but perhaps the greatest examples of the profound and inspiring ways that it impacts our society, is when we look at the benefits of community involvement within families and our children.

Getting your child connected to their community gives them a deeper **sense of belonging**, it allows them to view themselves as an important part of a larger network of people. Community projects bring people together, **boosting the mental wellbeing and quality of life** to all those involved and has been shown to **increase self-esteem**.

Community involvement also **helps children form social connections** through a shared objective, fighting off feelings of loneliness or self-doubt, **uniting them with a network of people they can rely on** for support, advice and friendship.

Community projects which benefit other people **give children a sense of purpose and meaning**, taking a break from their own problems and allowing them to focus on the good they can bring to someone else's life.

<https://www.all4kids.org/news/blog/benefits-of-community-involvement-in-early-childhood/>

EVENTS

RESOURCES & SUPPORT

SAFE/AT RISK

UNSAFE

DANGER

211

Call 2-1-1 anytime for free assistance with basic needs, mental health or substance use resources/support, and/or for help during disaster situations. For personal assistance call the three-digit number 2-1-1 or 877-947-2211. You can also text your zip code to 898211 or Click [here](#) for more information.

MHA LAKESHORE

MHA Lakeshore promotes mental wellness through education, prevention programming, advocacy, and resource referrals for care and recovery. Find help today by visiting mhalakeshore.org or calling them at 920-458-3951.

Remember - your story matters!

988

Call 9-8-8 for access to trained crisis counselors when experiencing thoughts of suicide, a mental health or substance use crisis, or emotional distress to prevent a situation from becoming dangerous. To learn more about the 988 Lifeline and/or how it works visit 988lifeline.org.

MOBILE CRISIS

24/7 mental health emergency and suicide prevention support. Immediate assistance will be provided as well as subsequent connection to additional services as needed. Dial: (920) 459-3151

[Click here](#) to learn more about Youth Services provided by Sheboygan County Health and Human Services.

911

Call 9-1-1 to request immediate assistance from police, fire and rescue personnel for any in-progress situation that could potentially result in danger to someone's life.

PRESENT TO LOCAL EMERGENCY ROOM

Individuals struggling with a mental health emergency are always encouraged to present themselves at the nearest hospital. *Please note: Aurora has an inpatient behavioral health unit.

- [Aurora Medical Center](#)
- [HSHS St. Nicholas Hospital](#)

OTHER HELPFUL COMMUNITY RESOURCES:

SHEBOYGAN COUNTY MENTAL HEALTH COMMUNITY ROAD MAPS

SCAN ME



EMOTIONAL SUPPORT & CRISIS RESOURCES

SCAN ME



ROGERS BEHAVIORAL HEALTH IN SHEBOYGAN

Offers partial hospitalization care for adults and teens. By working closely with patients and families, their staff develop a personalized plan to treat OCD, anxiety, depression, other mood disorders, and co-occurring substance use in adults and adolescents ages 13 to 17.

Click [here](#) for more information or to contact them today!

D A T I I I

P R O V I D I N G A C C E S S T O H E A L I N G

I / / I I I I

SCHOOL-BASED MENTAL HEALTH COMMUNITY IMPACT INITIATIVE

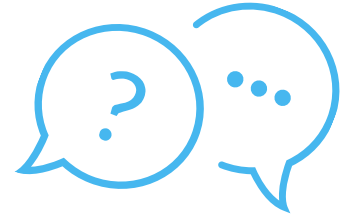


Making youth mental health a priority.

PATH: A BRIEF OVERVIEW

What Is PATH?

PATH is a school-based mental health program that helps create increased access to services for youth by removing financial and geographical barriers.



Who Can Receive PATH Services?

PATH provides counseling to students ages K3 through 12th grade who may be experiencing emotional or behavioral concerns with a barrier that prevents counseling in the community.

What School Districts in Sheboygan County have PATH?

- Cedar Grove-Belgium
- Elkhart Lake-Glenbeulah
- Howards Grove
- Kohler
- Oostburg
- Plymouth
- Random Lake
- Sheboygan Area
- Sheboygan Christian
- Sheboygan Falls
- Head Start



How do I learn more and/or get my child in PATH?

Contact your child's school counselor to learn more about PATH, if your child qualifies, and if there is availability at your school.

to learn more

SCAN ME



For all other inquiries and/or how you can help support PATH, scan this code or visit www.uwofsc.org/path

HOW TO SIGN UP YOUR CHILD TO RECEIVE PATH SERVICES:



CONTACT YOUR CHILD'S SCHOOL COUNSELOR TO SEE IF YOUR CHILD QUALIFIES FOR SERVICES AND/OR IF THERE IS AVAILABILITY AT YOUR SCHOOL.

SCAN ME



TO LEARN MORE AND/OR GIVE TO THE CAUSE



BOYS & GIRLS CLUBS
OF SHEBOYGAN COUNTY



LAKESHORE
community health care



WISCONSIN



Ozaukee Community Therapies



2022-2023
PARTNERS

Participating Sheboygan County School Locations:



- Cedar Grove-Belgium
- Elkhart Lake-Glenbeulah
- Howards Grove
- Kohler
- Oostburg
- Plymouth
- Random Lake
- Sheboygan Area
- Sheboygan Christian
- Sheboygan Falls
- Head Start

SPECIAL THANKS TO ALL WHO HELP MAKE THIS COMMUNITY IMPACT INITIATIVE POSSIBLE



United Way of Sheboygan County

<https://www.uwofsc.org/our-impact/path/>

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