



# MENTAL HEALTH NEWSLETTER

MARCH 2023

## Who to Contact for Support

Elementary  
Counselor:  
Sophia Mosher  
920-386-4404  
ext. 1015

Middle/High  
School  
Counselor:  
Stephanie Buss  
920-386-4404  
ext. 1020

School Social  
Worker:  
Ashley Neis  
920-386-4404  
ext. 1021

School  
Psychologist:  
Stephanie  
Plewa  
920-386-4404  
ext. 1022

[caresolace.com/  
dodgeland](https://caresolace.com/dodgeland)

Dear Dodgeland Families,

In January we asked for your input on a mental health survey. Thank you for taking time to complete that survey. From your feedback on that survey, we learned:

- 90% of parents think about their child's mental health often
- 81% say their child has good/excellent mental health now (when completing the survey)
- 60% say they are concerned about their child's mental health
- Parents would prefer to watch a recorded session vs an in person event to learn about mental health topics

Supporting the overall well-being of students is important to our work at Dodgeland. With our mental health grant funds, we are excited to be able to offer Care Solace as a support available to all families in need of finding mental health supports. This resource is available for students, parents and staff. You can find information about this new resource on the next page or contact Ashley Neis, School Social Worker at [neisa@dodgeland.k12.wi.us](mailto:neisa@dodgeland.k12.wi.us) or 920-386-4404, ext. 1021 to get started.

We have added a new page to our website for Mental Health Resources, which you can find at

<https://www.dodgeland.k12.wi.us/families/mental-health-resources.cfm>.

Additionally, we will be sharing a monthly Mental Health Newsletter to provide you with information and resources. Together, we can support the mental health of our Dodgeland students.

Sincerely,

Jessica Johnson  
District Administrator  
[johnsonj@dodgeland.k12.wi.us](mailto:johnsonj@dodgeland.k12.wi.us)  
920-386-4404, ext. 1002

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>Families >Mental Health Resources



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## SUPPORT YOUR FAMILY'S WELL-BEING

### Dear Families,

We are committed to the well-being of our students, staff, and families to create a safe and healthy learning environment. In support of our ongoing commitment, we partnered with Care Solace to provide an additional layer of care for our community.

Care Solace helps individuals find mental health care providers and substance use treatment centers. Their Care Companion™ team is available 24 hours per day, 7 days per week, and 365 days per year to quickly connect you to carefully verified providers in your community.

Students, staff, and families may access Care Solace services in two ways:

- Call (888) 515-0595 at any time. Support is available in 200+ languages. A dedicated Care Companion™ will help you every step of the way to research options, secure appointments, and follow up to make sure it is a good fit.
- For an anonymous search, answer a few questions to get matched with an extensive list of care providers at [caresolace.com/dodgeland](https://caresolace.com/dodgeland).

Care Solace is now available for use at no cost to you. They will connect you with providers accepting all medical insurances including Medicaid, Medicare, and sliding scale options for those without insurance. All information entered on the Care Solace tool is completely confidential and securely stored.

Please note, this service is an optional resource available by choice and is not mandatory to use. Care Solace is not an emergency response service or mental health services provider. In the event of a life threatening emergency, please call 9-1-1 or the National Suicide Hotline 1-800-273-8255.

If you are interested in counseling-related services for your child, yourself, or another family member, please contact Care Solace for valuable assistance. This is a complimentary resource provided by **Dodgeland School District**.

care solace.

Calming the Chaos of Mental Health Care

Dodgeland Website has a new page for Mental Health Resources  
You can find it at: [www.dodgeland.k12.wi.us](https://www.dodgeland.k12.wi.us)  
>Families >Mental Health Resources

## ANXIETY DISORDERS

Over 40 million people a year are affected by anxiety, which is the most common mental illness currently. Anxiety disorders are also one of the most treatable mental health problems.

It is normal to experience some anxiety in life. People with anxiety disorders may have feelings of fear or uncertainty that interfere with everyday activities and last longer than 6 months. These fears are persistent and overwhelming.

Anxiety disorders develop from a complex set of risk factors. As research continues on anxiety, genetics is realized to be a larger factor than originally thought. Other risk factors include brain chemistry, personality, and life events.

There are various forms of anxiety disorders:

- [Generalized Anxiety Disorder](#) (GAD)
- [Panic Disorder](#) (PD)
- [Social Anxiety Disorder](#) (SAD)
- [Specific Phobias](#)
- [Obsessive Compulsive Disorder](#) (OCD)
- [Post traumatic Stress Disorder](#) (PTSD)



### Recommended Apps

- [What's Up](#)
- [Anti-stress Games](#)
- [Mindshift CBT](#)

### Recommended Podcasts

- [Your Anxious Child](#)
- [Parenting the Mental Health Generation](#)

### Recommended Books

- [The Anxiety Workbook for Teens](#)
- [Anxiety Relief Workbook for Kids](#)
- [Freeing Your Child From Anxiety](#)



## ANXIETY COPING STRATEGIES

- Take a time out to clear your head. Try to use relaxation techniques, listen to music, mediate, talk a walk or practice yoga.
- Take deep breaths inhaling and exhaling slowly, breathing in through your nose and out through your mouth.
- Count to 10 slowly. Repeat if necessary.
- Eat well throughout the day with well balanced meals, not skipping meals, and increasing the amount of fruits and vegetables that you eat.
- Limit caffeine. Caffeine increases your anxiety and is known to trigger to panic attacks when too much is consumed.
- Talk to someone about how you are feeling and how they can help you.
- Keep track of what triggers your anxiety in a journal. Note if it's school, friends, family, experiences, or situations. Look for patterns.
- Bring more humor into your life as laughing soothes tension and releases stress.
- Accept that you cannot control everything.

## WHICH IS IT?

### Everyday Anxiety

- Self conscious, easily embarrassed, or awkward in social situations
- Nervous before big tests, performances, or other significant events
- Worries about friendships, breakups, or other important life events
- Has anxiety or sadness after a traumatic event; may have trouble sleeping
- Displays realistic fear of dangerous situations, objects, or places

### Anxiety Disorder

- Fears being humiliated, judged or embarrassed in social situations and avoids them
- Constant worry interferes with daily activities
- Irrational fears or avoidance of situations, objects or places that have no real threat of danger
- Panic attacks that seem to come out of the blue; leads to a preoccupation with having other panic attacks
- Recurring flashbacks that are related to events that occurred several months or years before
- Get “stuck” on thoughts and cannot move forward

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## HOW TO HELP

For caregivers, learning how to children with an anxiety disorder is very important as roughly 30% of teens are diagnosed with this mental health disorder.

- Stay calm when you child is exhibiting anxiety about a situation or event.
- Be flexible while trying to maintain a normal routine for your household.
- It's ok to modify the expectations during times of stress.
- Pay attention and use active listening to understand the child's feelings.
- Recognize and praise the small accomplishments each day instead of pointing out a lack of progress or punishing mistakes.
- Connect with school personnel for support at school.
- Reach out to the child's primary doctor for additional support and referrals if needed.

