

MENTAL HEALTH SERVICES IN ULSTER COUNTY SCHOOLS

Ulster County Department of Mental Health

REVISED MAY 2022



What's available to us?

Now more than ever, our kids need support. Decades of research tells us that youth who experience adverse experiences in childhood are more likely to display negative behaviors at school, develop risky behaviors, and face a host of negative health consequences over their lifetimes.

Ulster County offers a variety of programming to county school districts through partnerships with our community-based providers. From evidence-based programs that help youth lay a foundation of pro-social resiliency skills to restorative justice approaches that help strengthen relationships and foster mutual respect and caring, we are here to be your partner in ensuring your students receive what they need to go on to become happy and healthy adults.

We know that despite the services offered, gaps exist. What's more, the pandemic has shifted the landscape in terms of what youth need, and it will likely take us some time to sort out what that will be. As that evolves, we hope that you will reach out to us at Ulster County to let us know what you see as the unmet needs of your school community. We will do our best to assist you.

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POSITIVE SOCIAL DEVELOPMENT

Evidence-based programs available to build resilience and pro-social development.

RESTORATIVE JUSTICE

Building community, strengthening relationships, and fostering cultures of dialogue and respect.

CLINICAL SERVICES

Behavioral health treatment embedded within the school community.

WELLNESS

Promoting emotional, physical, and mental wellness to support learning, behavior, social skills, and overall wellbeing.

Positive Social Development

Too Good for Violence provides students with the skills, knowledge, and attitudes they need for positive social development and supportive relationships.

Too Good for Drugs promotes pro-social attitudes and behavior while fostering healthy relationships, resistance to substance use, conflict, and negative peer influence.

Positive Action is based on the philosophy that we feel good about ourselves when we do positive actions. The essence of the program is to emphasize those actions that promote a healthy and positive cycle.

Teen Intervene is a brief intervention for teens who have experienced mild to moderate problems associated with substance use. Youth work with a counselor to identify and ultimately change their choices and behaviors.

Girls Circle is a support group for girls designed to increase positive connection, personal and collective strengths, and competence.

Life Skills is a substance abuse and violence prevention program that promotes mental health and positive development. In addition to helping kids resist substance use, it also effectively supports the reduction of violence and other high-risk behaviors.



Currently Available



Too Good for Violence

Family of Woodstock

Grades K-12

10 weekly sessions

Too Good for Drugs

Ulster Prevention Council

Grades K-12

10 weekly sessions

Positive Action

Family of Woodstock

Grades K-12

1 session one-on-one as needed

Teen Intervene

Family of Woodstock

Ulster Prevention Council

Middle & High School

2-3 sessions one-on-one

Training available for staff

Life Skills

Ulster Prevention Council

Middle & High School

3 Levels: 15, 10, 5 - 45 min sessions

Girls Circle

Ulster Prevention Council

Ages 9-18

Meets weekly for 1-1.5 hr - ongoing

Restorative Justice

Responsive Restorative Justice in Education (RJE) practices build accountability, promote social-emotional growth, and support positive behaviors in schools.ⁱ Ulster County is taking the lead in supporting new and innovative programming in our districts to help build stronger and more resilience school communities.

In partnership with Ulster County, **Family of Woodstock** will be embedding two Restorative Justice Coordinators in the middle and high schools of 4 County districts beginning September 2021.

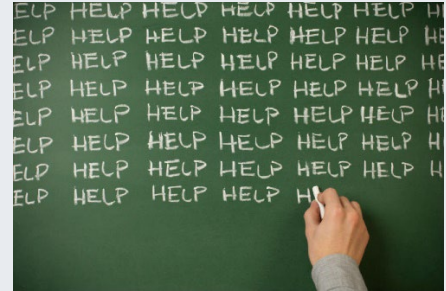
These roving coordinators will have an ongoing presence in the schools to provide consultation, training (for both students and staff), facilitation of restorative circles, mediation, counseling and more.

To learn more about this program, contact:

Dana Katz at Family of Woodstock
(845) 255-8801 or dkatz@familyofwoodstockinc.org



Currently Available



Restorative Justice Coordination *Family of Woodstock*

Kingston City School District
J. Watson Bailey Middle School
M. Clifford Miller Middle School
Kingston High School

Saugerties Central School District
Saugerties Junior High School
Saugerties High School

Ellenville Central School District
Ellenville Middle School
Ellenville High School

Wallkill Central School District
Wallkill Senior High School

Did you know?

Ulster County offers programming specifically geared toward youth at risk of becoming involved with the juvenile justice system through our **Restorative Justice Center**. Additional services are also offered through the **Ulster County Youth Bureau**. Learn how to contact those offices at **UlsterCountyNY.gov**.

Clinical Services

Ulster County behavioral health providers have embedded mental health clinical services in some of our schools. These satellite clinics ease accessibility for busy families, bolster the services available at the school, and strengthen the school-home-community connection.

Services offered may include psychotherapy, medication management, family counseling and linkage to supportive services such as care management and family peer support.

For more information on what's available at your school, or to learn about how to bring clinical services to your district, please contact the Ulster County Department of Mental Health at dmh@co.ulster.ny.us or by calling **(845) 340-4110**.



Currently Available

Astor Services for Children & Families

Kingston City School District

Monday-Friday 8am-4pm

George Washington Elementary School

John F. Kennedy Elementary School

Edward R. Crosby Elementary School

Harry L. Edson Elementary School

J. Watson Bailey Middle School

M. Clifford Miller Middle School

Kingston High School

New Paltz Central School District

Monday-Friday 8am-3:30pm

New Paltz High School

Rockland Children's Psychiatric Center

Ulster County BOCES

Port Ewen - Therapy

(845) 339-8707

Saugerties - Therapy & Day Treatment

(845) 246-0134

For a comprehensive list of community-based clinical services, please visit the UCDMH website:

ulstercountyny.gov/health/mental-health-department



Is it a crisis?

The **Ulster County Mobile Mental Health Team** is a free and countywide service provided by *Access: Supports for Living*. The team operates 7 days a week 10am-10pm and can be reached at **(844) 277-4820**.

Additionally, *Access* offers a **Behavioral Health Urgent Care** at 368 Broadway in Kingston. They are open Monday-Friday 10am-6pm and can be reached by phone 24/7 at **(888) 750-2266 Option 2**.

Wellness & More

Mental and emotional wellness helps children think clearly, develop socially, and learn new skills. Additionally, good friends and encouragement from adults are important for helping children develop self-confidence, self-esteem, and a healthy emotional outlook on life.ⁱⁱ

Helping youth learn how to identify, experience, and vocalize their feelings is vital in helping them grow to be healthy and successful adults. Teaching kids healthy ways of dealing with their emotions will not only help them navigate life now but well into their future.

Ulster County has lots of resources to assist schools in promoting wellness within the learning community. Reach out to the **Ulster County Department of Mental Health** (*contact info below*) to learn more about the services that are available as well as any ideas you have for programs that could benefit your school or district.



Currently Available



Single Point of Access

Ulster County Department of Mental Health
SPOA facilitates timely access and linkage to care management and other supportive services for adults, youth, and families. Services promote recovery and are tailored and responsive to individual needs and preferences. Our SPOA Coordinator and service providers can meet with students and families at the school.

Ending the Silence

National Alliance on Mental Illness

An engaging presentation that helps audience members learn the warning signs of mental health conditions and what steps to take if you or a loved one are showing symptoms. Presentations feature a young adult with a mental health condition who shares their journey of recovery. Through dialogue, we can help grow the movement to end stigma.

Wellness Center Trainings & Workshops

Mental Health Association in Ulster County

In-school workshops on a variety of topics available, customized to your needs.

Need something else?

The **Ulster County Department of Mental Health** works with our community providers to ensure our residents have access to the services they need to achieve the best quality of life. If you see a need in your community that is not addressed here, please contact us at **dmh@co.ulster.ny.us** or **(845) 340-4110** and we will do our best to meet the request.

Professional Development

Investing in yourself as an educator is the best way to ensure both career and academic growth for your students. Even though it can take up precious time, there are many reasons why it matters.

Benefits include:

- Expanding your knowledge
- Boosting your confidence
- Networking with other professionals
- Help you achieve your goals
- Becoming better at what you do.ⁱⁱⁱ

We partner with a variety of community providers who can facilitate customizable training opportunities for school faculty and staff at no cost. The Ulster County Department of Mental Health is also continuously developing new educational opportunities as needs change over time.

For more information on any of these offerings, or to request something new, please contact the Ulster County Department of Mental Health at dmh@co.ulster.ny.us or by calling **(845) 340-4110**.



Available Trainings

Trauma-Informed Care

The basics of TIC and how it can be implemented in your school setting

Adverse Childhood Experiences

How ACEs impact us across the lifespan and what we can do to mitigate effects

Cultural Responsiveness

On a variety of subjects including working with LGBTQ+ youth

Youth Mental Health First Aid

How to help an adolescent experiencing a mental health crisis

safeTALK

How to be suicide alert and assist someone in connecting to help

Motivational Interviewing

A style of communication designed to support intrinsic motivation to change

Engaging Around SUD

How to talk to someone about problematic drug or alcohol use

Drug & Alcohol Prevention

On many topics tailored to your needs

Overview of SPOA Services

Review of County-rostered services for youth, families, and adults with SMI

Overdose Safety Planning & Narcan

How to plan to prevent as well as respond to a drug overdose



ⁱ National Education Policy Center, Jan. 2020

ⁱⁱ Mental Health America, Feb. 2000

ⁱⁱⁱ National Education Association, Feb. 2019