



# SCIP NEWS BITES

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## Improve School Safety by Promoting Good Mental Health

In the wake of the tragic school shooting at Sandy Hook Elementary, there has been a tremendous amount of discussion about making schools safer and the enhancement of crisis plans if an incident would occur.

As the country continues to respond to school shootings, there is an urgent need to broaden the public conversation from a focus on gun control and arming teachers to the equally important issue of untreated mental illness in young people.

The Sandy Hook tragedy has affected parents, educators and students nationwide. In schools and homes around the country, we're asking, "what to do?"

In the words of wisdom from Mother Teresa, when presented with the Nobel Peace Prize in 1979, she was asked, "What can we do to promote world peace?" Her answer was simple: "Go home and love your family."

Experts tell us that the best defense for creating a next generation of resilient, confident and healthy adults is to help kids create strong, healthy family and community connections.

So, the questions facing us when discussing school safety are not just of gun-control or stronger security, but are schools providing services for the mental health and emotional safety of their students?

Essentially, do school districts have prevention and intervention services in place that promote student mental health and assist students with their mental and emotional needs?

Addressing students' behavioral, emotional and mental health issues reduces the barriers to learning, making students more successful and receptive to learning. The more support services, intervention, and mental health treatment students have access to and receive, the healthier they will be in all areas of their lives.

In a society where one in five children has a diagnosable mental illness, early support and referral for treatment is essential. Some school districts have a student assistance program that helps identify students that might be in need of emotional and mental health support and services and refer them and their families to appropriate treatment services. Prevention and intervention programs are effective in promoting the safety of students and staff because prevention and intervention are the most important factors in keeping our schools safe. The School Community Intervention & Prevention (SCIP) program is one of these types of programs. For more information about SCIP in your school please visit the SCIP website at [www.lmep.com/scip.aspx](http://www.lmep.com/scip.aspx) and/or contact your school counselor or administration office.

(Sources: [www.theintelligencer.net/preventingschoolviolence](http://www.theintelligencer.net/preventingschoolviolence), 01-13; [www.kidsconnect.org](http://www.kidsconnect.org), 01-13; [www.edweek.org](http://www.edweek.org), 01-13)

## Parents Speak Up! Your Kids ARE Listening!

Underage drinking is still one of the most prevalent problem behaviors among our young people. Kids who drink at or younger than age 15 are six times more likely to develop alcohol problems than those who wait to start until age 21 or older.

A parents words and actions can and do make a difference! Research shows that parental disapproval of underage drinking is the #1 reason youth do not drink (SAMHSA, US Department of Health and Human Services). Discuss your expectations, often sharing that you disapprove of them consuming alcohol or other substances. Even as teens get older and prepare for college this expectation is still important to share.



Be mindful of the environments that your child is in, do not condone them being around friends that drink or allow access to alcohol. 45% of 12<sup>th</sup> graders that consume alcohol report that they get the alcohol from someone's home when parents are not aware. It is easier to choose not to drink when the alcohol is not readily accessible.

(Sources: [www.oregonlive.com/health](http://www.oregonlive.com/health); [www.samsha.gov/underagedrinking](http://www.samsha.gov/underagedrinking))



# Congratulations!!



SCIP would like to announce the winners of its poster design contest!

Congratulations to:

Secondary Level: **Kelsey Chapek**, age 17, Bishop Neumann High School, Wahoo

Elementary Level: **Tristan Leishman**, age 11, Holmes Elementary School, Lincoln

Additionally, we had one runner up at the elementary level, as one aspect of her design was incorporated into the winning design.

Runner-up: **Katlyn Lankster**, age 10, Holmes Elementary School, Lincoln

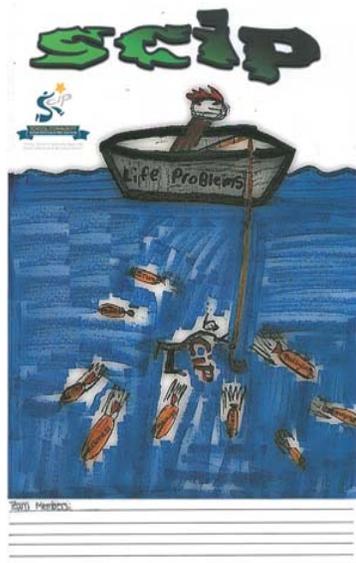
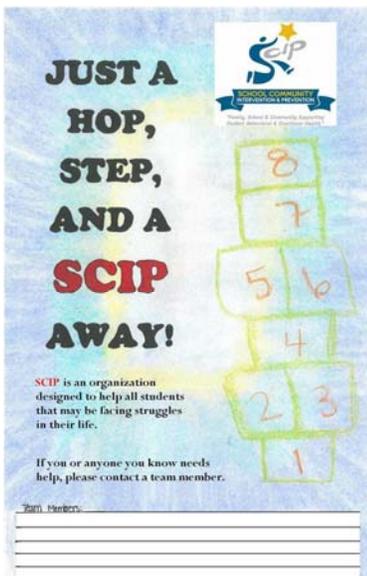
We want to thank everyone who participated and submitted designs.....we had fun looking through all of them!! We had some really good entries and the decision was a difficult one.

The winning posters will be distributed to all SCIP schools throughout the state to be displayed in their buildings, helping to bring awareness of the SCIP program to students and faculty as a program that is available to assist and support students in need.

Secondary Winner



Elementary Winner & Runner-up



## Suicide Prevention Conference

One last reminder to get registered!

"Finding Light Through the Darkness"  
Suicide Prevention Conference

March 27, 2013  
8:00 am - 4:30 pm  
Lincoln, NE  
Holiday Inn Downtown

Additional brochures and registration forms can be found on SCIP's website at [www.lmep.com/scip.aspx](http://www.lmep.com/scip.aspx) under the "Events" tab.

We **Welcome** the following new schools and behavioral health agency to the SCIP Program.

- Humboldt/Table Rock/Steinauer Schools; Humboldt
- Christ Schools; Lincoln
- A Better Way of Life — Jolene Lichty; O'Neill



for your caring attitude and commitment to the success of the youth in your community!