

# Black River Student Support

NEWSLETTER  
OCTOBER 28, 2021

## Hello!

As we enter the second half of the semester, we hope your families are beginning to feel more settled and engaged in productive routines. As we often tell students, if the first half of the semester did not go as you had hoped it would, you still have half a semester to go! There is still plenty of time to turn things around.

We encourage you to consider what has worked well for your family and if there are any areas that could be tweaked. Would creating a family calendar help everyone to feel like they are on the same page? Could you add a daily planner check to your evening? Would setting out school supplies and clothes the night before help you get out of the door on time? Ask your students to help you review what has worked and what has not. Next, have them brainstorm ideas to improve things. If students are engaged in the planning, they are more likely to follow through.



## Personal Care Pantry

Thanks to donations from our wonderful school community, we now have personal care items available for any of our students that may need them. Items available include deodorant, soap, toothpaste, toothbrushes, and menstrual products, as well as some snacks and school supplies. The pantry is located in the basement of the MS/HS building and students may access it by checking in with a social worker or counselor. With the community being so generous, we were also able to add baskets of menstrual products to restrooms in the main building, as well.



## The be nice. Webinar Series Nov. 9

This is a fast-paced opportunity for parents, guardians, and anyone who is interested in learning more about mental health and wellness. The webinar will include the 5 Components for Self Care: Practice optimistic thinking, practice gratitude, live with purpose, strengthen social connections, and volunteer. Register at <https://www.benice.org/mental-health-webinar-series>

**be nice.**  
notice invite challenge empower

## WEBINAR SERIES 5 COMPONENTS FOR SELF CARE

using the **be nice.** action plan

NOV. 9TH,  
6:00 P.M. - 7:00 P.M.

## Expressive Art Group for Teens (13-17)



Encourage counseling is offering a 6-week art group with Molly Henson LMSW, ADS and expressive artist Angie Briggs Johnson. The group will be focusing on anxiety reduction techniques through the use of art. The group will meet from 5:30-7 pm at their Holland office on the following dates: November 3,10,17 & December 1,8,15. To register contact [mollyhenson@therapysecure.com](mailto:mollyhenson@therapysecure.com) or call 616-886-1265. Insurance is accepted for participation or \$45 per group fee must be paid weekly. Participants must commit to attending all 6 sessions.

LOCAL PROGRAMS AND SERVICES TO CHECK OUT



**COMMUNITY  
MENTAL HEALTH**  
OTTAWA COUNTY

**616-396-4357**

A crisis occurs when individuals/families are unable to handle a situation and regular coping skills are not working. Any youth through age 20 who reside in Ottawa county and live in their family home (including foster care/relative home) may use this service. They provide in home mental health intervention, family support and guidance, referral to community resources and assistance in developing safety/crisis plans. Hours: Mon-Fri 2:00-10:00pm.

Located right in our neighborhood at 451 Columbia Ave. Suite C, Out On The Lakeshore offers regular support groups for individuals or friends/family members. Community Resource Drop In Hours: Tuesday & Thursdays from 1 pm - 5 pm. Anyone can contact them via phone 616-994-8090 or email [Info@outonthelakeshore.org](mailto:Info@outonthelakeshore.org) or stop by the Community Center for resources or support during their open hours. [outonthelakeshore.org](http://outonthelakeshore.org)




**hzfoodclub.org**

The Food Club, located at 739 Paw Paw Drive, opened on October 25! This wonderful new program invites qualifying low-income residents to contribute at a level based on their income, offering an affordable way for members to have access to fresh and healthy food of their choosing. Other services at this location include financial wellness, MIBridges navigation and housing and home ownership help.

## Black River staff to connect with:

Lauren Green, MS/HS social worker- [greenl@brpsk12.org](mailto:greenl@brpsk12.org) Annie Veld, MS/HS social worker- [velda@brpsk12.org](mailto:velda@brpsk12.org)  
 Tricia Schrottenboer, MS/HS counselor- [schrottenboert@brpsk12.org](mailto:schrottenboert@brpsk12.org) Karen Scranton, Elem. social worker- [scrantonk@brpsk12.org](mailto:scrantonk@brpsk12.org)