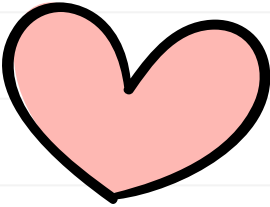


NJTESOL/NJBE
VIRTUAL
PARENT EXPO

MENTAL HEALTH + ELL
CONNECTING WITH YOUR SCHOOL TEAM

Nancy Martinez,
Paterson Public Schools
School Counselor

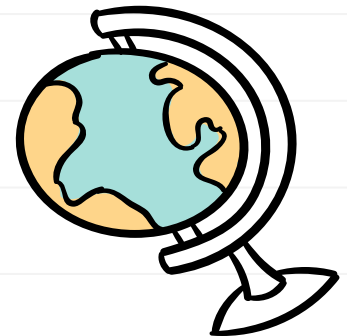
Saturday January 21, 2023 10:00am



9 YEARS IN THE HELPING PROFESSION
FAMILY INTERVENTION SERVICES
ST. JOSEPH'S HEALTHCARE SYSTEM
INTERN: LODI HIGH SCHOOL + PATERSON PS
CURRENTLY: PATERSON PUBLIC SCHOOLS

ELL

INTRODUCTION



SCHOOL DEMOGRAPHICS

84.4%



Hispanic

14.8%



African
American

0.2%



Asian

0.6%



White

Enrollment by Home Language



This table shows the percentage of students by primary home language. Only the top 5 languages with at least 1% of students are shown, and students with other home languages are included in the Other Languages total. To see this data in a table, click the Table View option below the chart.

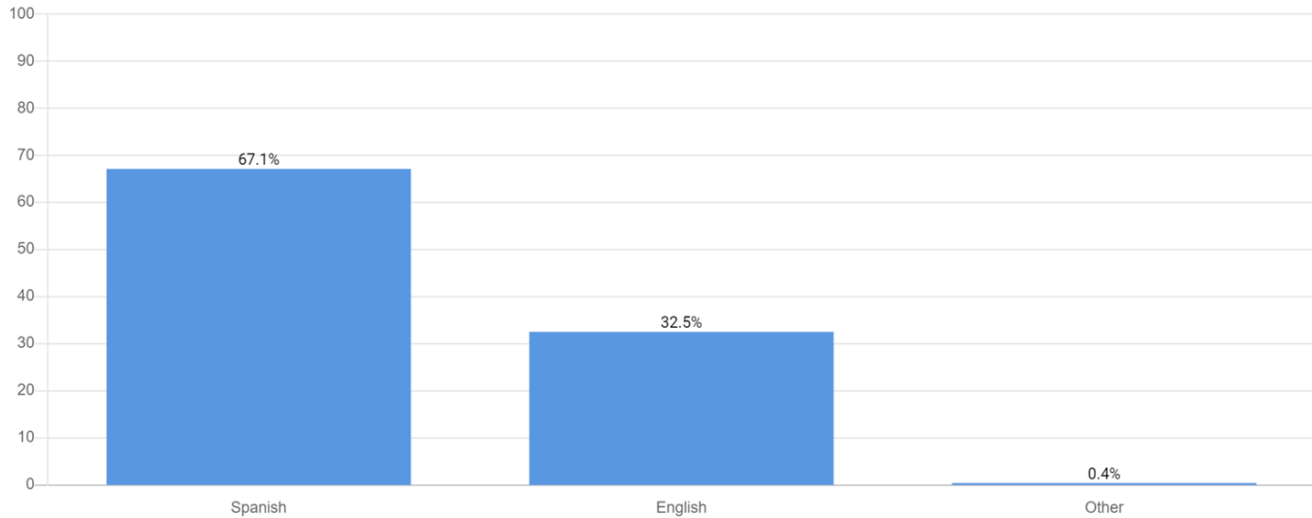


Table View

ROLE OF THE SCHOOL COUNSELOR

School counselors have an ethical responsibility to address students' academic, career and social/emotional development needs. School counselors are leaders, advocates, collaborators and consultants who create systemic change to ensure equitable educational outcomes through the school counseling program.

ASCA

This can be achieved through:

- individual and group counseling
- advocacy for our students
- collaboration with families and communities
- educational initiatives
- preventional programs; I&RS & 504 Committees



RESEARCH

URBAN CITIES

minorities in
cities have d
exposure to
crimes in the
neighborhood
and schools th
white counterp
(Zyromski, 2007)

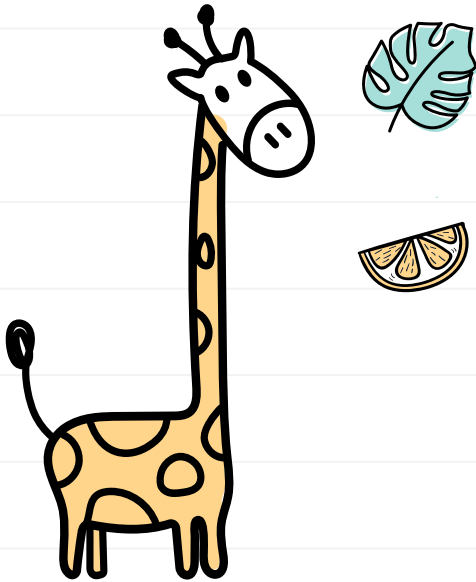
Mental health concerns or
coping mechanisms that are
often seen arise from PTSD:

- Depression
- Hopelessness
- Withdrawal
- Anger
- Aggressive behavior

SOCIETAL OPPRESSIONS

Vulnerability to societal
oppressions such as
racism and prejudices
support high crime
rates, unemployment,
inadequate education
and limited health care
(Zyromski, 2007)

○ SOCIAL MEDIA



Apps Parents Should Know



TikTok- App for creating and sharing short videos. It's often used for bullying, showing drug use, and school fight videos



Omegle- online chat website that allows users to socialize with others without the need to register. The service randomly pairs users in one-on-one sessions where they chat anonymously.



MeetMe- Video chat app that allows you to video chat with people in your area



Whisper- is an anonymous social media that allows users to post and share photo and video messages anonymously.



Hoop- Location based dating app that allows users as young as 13 to join



Reddit- Information based app. Aimed at users 13+. Allows users to post and share on various topics contains pornography, hate speech, and bullying.



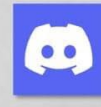
GAS- Photo sharing app that allows users to make polls on students appearances.



Snapchat- sharing photos, videos, and messages with other people. Once you view a message it is automatically deleted.



Holla- is an app that matches users with random strangers for video chat.



Discord- Gaming based social media app. #1 flagged app for bullying in the US.

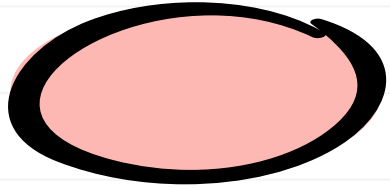


Yubo- dating app geared towards users 13+. The apps allows location based servers to find matches near you.

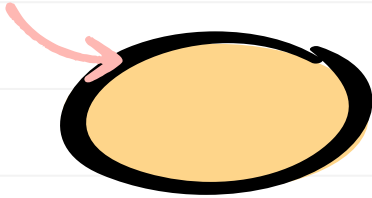


Fake Calculators- are several different secret apps used to hide photos, videos, files, and browser history.

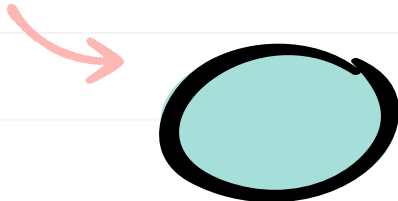
RESOURCES IN PUBLIC SCHOOLS



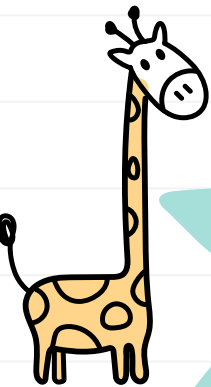
Administration: Principal, Vice Principals



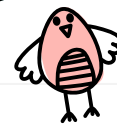
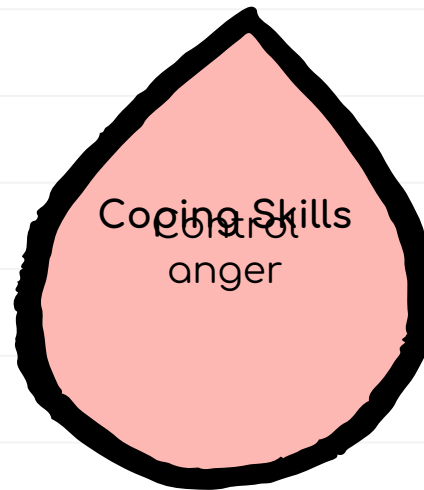
Support Staff: Child Study Team
Social Worker, Psychologist, School Counselors,
Nurse, Harassment, Intimidation & Bullying (HIB),
Affirmative Action (AA) Coordinators



Teachers, Instructional Assistants, Aides

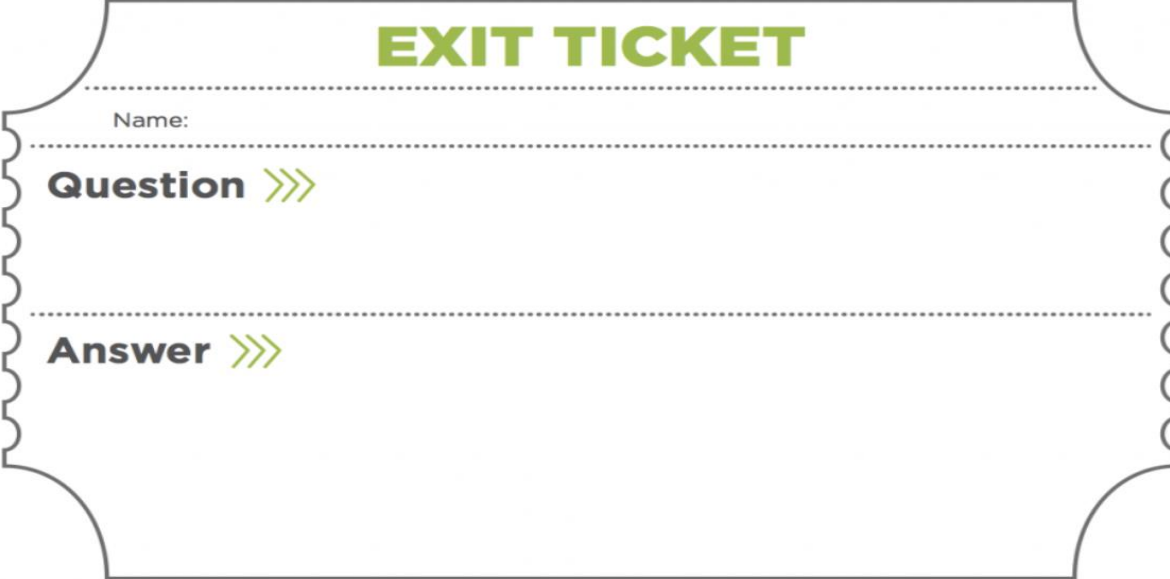


Partners to support social emotional growth of children & adolescents and nurture appropriate behavioral responses. An approach to educate and prevent these incidents from occurring.



Appendix VI- Lesson 1 Exit Ticket

Name two places you can go to if you are having a problem at school or at home.

An exit ticket form with a decorative border. At the top, the words "EXIT TICKET" are written in large, bold, green capital letters. Below this, there is a dashed line followed by the text "Name:". Another dashed line follows. Below that, the word "Question" is written in bold black text, followed by three green chevrons pointing to the right. A third dashed line follows. Below that, the word "Answer" is written in bold black text, followed by three green chevrons pointing to the right. The bottom of the form has a decorative curve.

EXIT TICKET

.....

Name:

Question >>>

.....

Answer >>>

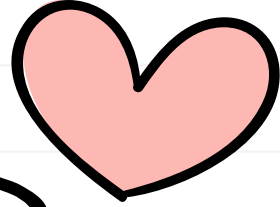
Can you identify a person at your child's school?

- School Staff, parent, student incident reports or allegations.
- Absences, tardiness, Suspensions, and other disciplinary data.

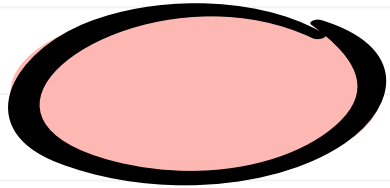
**SUPPORT OF CONTEXTUAL
STAKEHOLDER DATA**

- Lack of education of resources
- Conflict resolution education
- Gang affiliations
- Violent incidents handled by vice principals
- No counseling after incidents

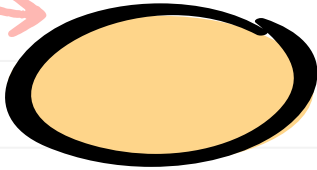
**RECOGNIZING SYSTEMIC
ISSUES**



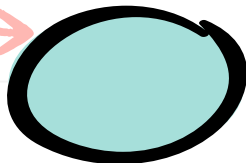
VALUES



Often very strongly held beliefs.

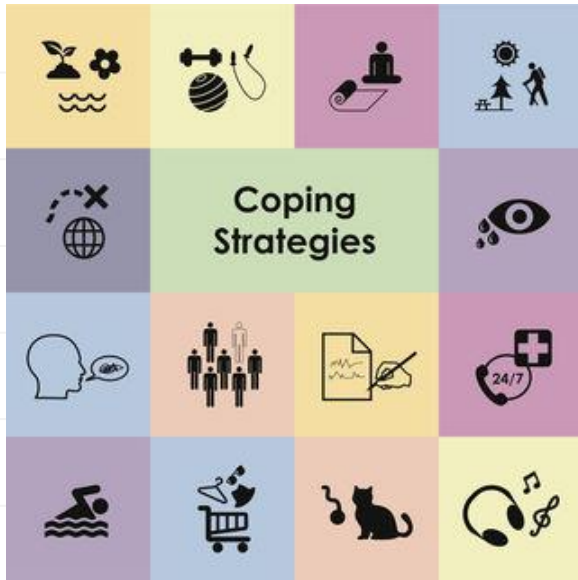


How can our values impede the services provided or recommended by stakeholders and/or community resources?



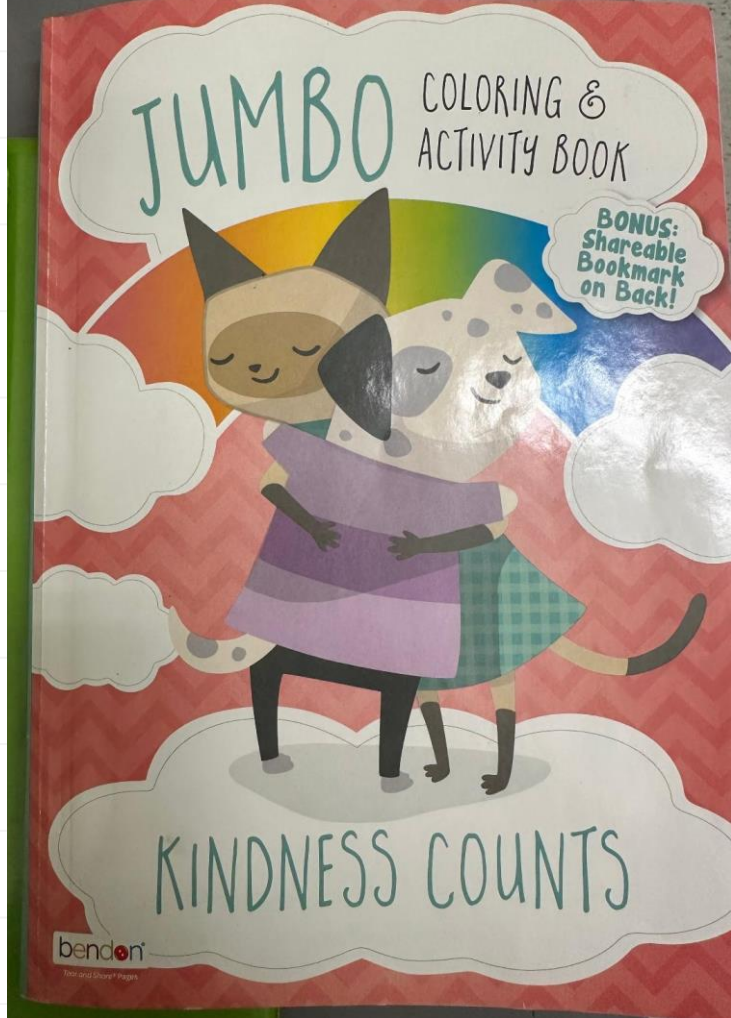
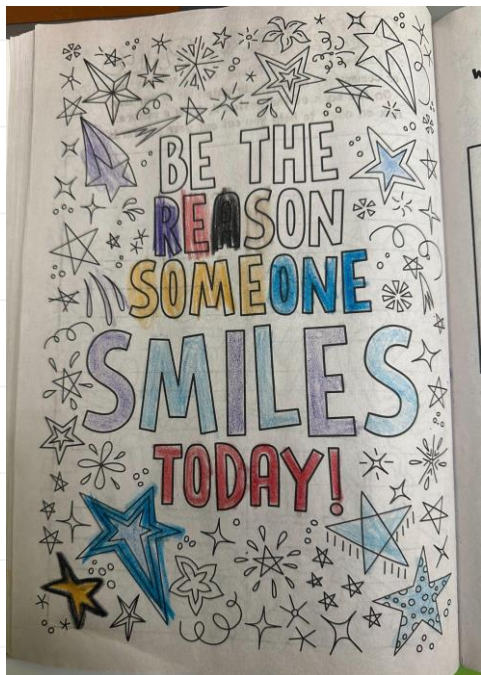
- Communication
- Grief

COPING MECHANISMS

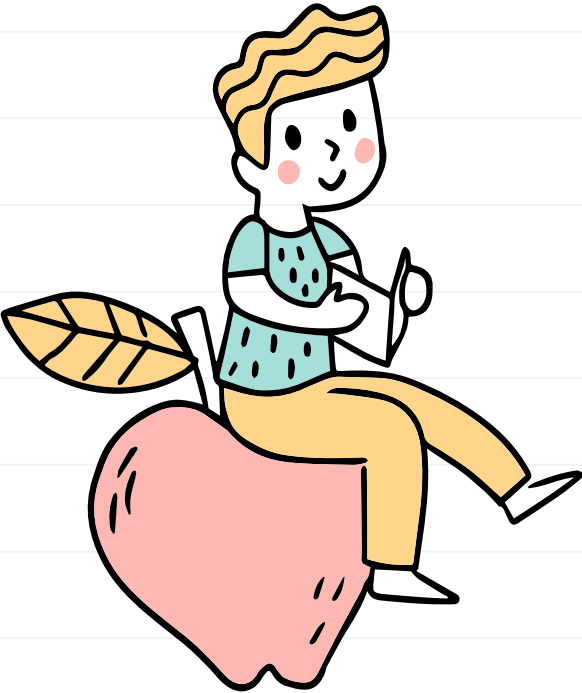


- Healthy/effective coping skills that can be used when children are upset/anxious/angry:
 - Spending time in nature
 - Thinking positively
 - Listening to music
 - Physical activity (sport, jogging, exercising at home/gym)
 - Meditation
 - Talking to family members/friends
 - Coloring

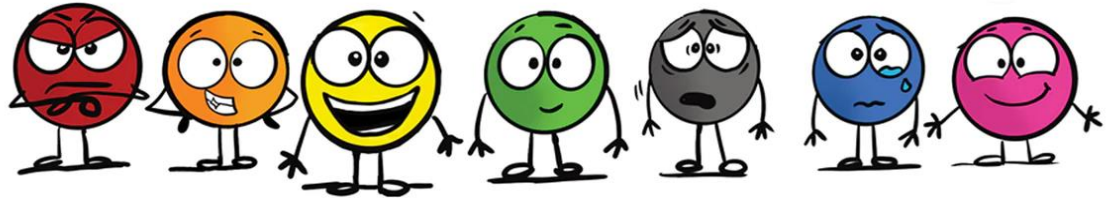




DO WE KNOW HOW WE FEEL?



SPOT YOUR EMOTIONS



ANGER

Annoyed
Mad
Furious
Frustrated
Irritated

CONFIDENCE

Brave
Accepted
Encouraged
Prepared
Grateful
Proud
Determined

HAPPINESS

Optimistic
Delighted
Hopeful
Cheerful
Silly
Goofy
Positivity
Overjoyed
Surprised
Joy
Excited

PEACEFUL

Focused
Relaxed
Calm

ANXIETY

Worried
Afraid
Concerned
Embarrassed
Overwhelmed
Nervous
Scared
Ashamed
Stressed
Shy
Uncomfortable

SADNESS

Left out
Hurt
Lonely
Tired
Upset
Disappointed
Down
Miserable
Discouraged
Bored

LOVE

Compassion
Appreciated
Special
Valued
Cherished
Empathy
Treasured

STRESS RELIEF



PT | Paradise Tonight

5 4 3 2 1

SLOW DOWN & CALM DOWN

FIRST- TAKE 3 SLOW BELLY BREATHS!

5 List 5 things you can SEE



4 List 4 things you can FEEL



3 List 3 things you can HEAR



2 List 2 things you can SMELL

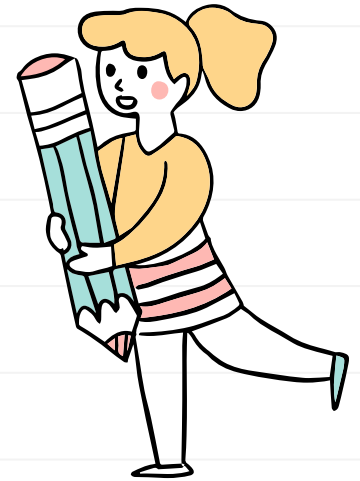
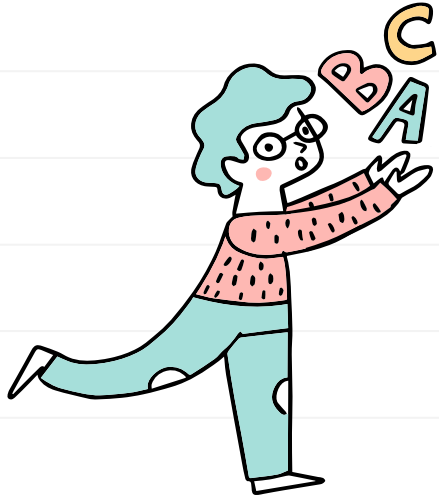


1 List something you like to TASTE



FINISHED? - TAKE ANOTHER 3 SLOW BELLY BREATHS

POSITIVE AFFIRMATIONS





what is acceptance?



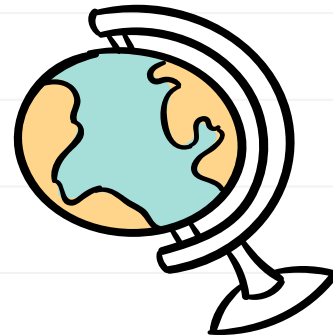
IT'S RAINING

i don't like rain.
i wish it wasn't raining.
my day would be better
if it wasn't raining. my day is
ruined. every day is like this.
it's always like this. why does
it always rain when all i want is
for it to be sunny?



IT'S RAINING

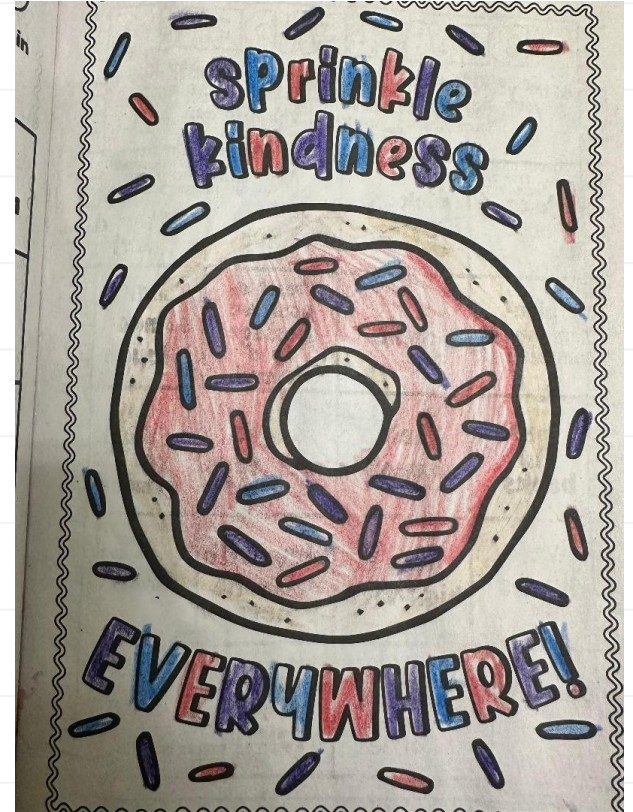
yup.



LAST THOUGHTS

- ❖ Kindness
- ❖ Responsibility
- ❖ Childhood development
- ❖ Culture
- ❖ Advocacy
- ❖ School team, often a first mental health contact/resource

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Do you have any questions?

THANKS!

Nancy Martinez,
Paterson Public Schools
School Counselor

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