NJTESOL/NJBE
VIRTUAL
PARENT EXPO

Mental Health & ELL
Connecting with your School Team

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School Counselor

Saturday January 21, 20223 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
School Demographics

- Hispanic: 84.4%
- African American: 14.8%
- Asian: 0.2%
- White: 0.6%

NJ DOE School Performance Report 2020-2021
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.
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
- preventative programs; I&RS & 504 Committees
minors in urban cities have a higher exposure to violent crimes in their neighborhoods and schools than white counterparts (Zyromski, 2007).

Latino & African Americans youths have higher chances of developing post-traumatic stress disorder (PTSD) from exposure to violence and trauma. (NIMH, 2005)

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

Mental health concerns or coping mechanisms that are often seen arise from PTSD:
- Depression
- Hopelessness
- Withdrawal
- Anger
- Aggressive behavior
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 fights 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 photos and video messages anonymously.
- Hinge: 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 containing pornography, hate speech, and bullying.
- Gas: Photo sharing app that allows users to make polls on students' appearances.
- Snaptchat: 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.
- Yelp: Dating app geared towards users 18+. The app allows location-based servers to find matches near you.
- Fake Calculator: 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.

- Assist in social-emotional growth
- Mindfulness to nurture appropriate behavioral response
- Coping Skills to control anger
- De-escalation strategies to promote development of resiliency

education of counseling services and resources
Appendix VI- Lesson 1 Exit Ticket

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

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.

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

Often very strongly held beliefs.

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

- Communication
- Grief
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
JUMBO COLORING & ACTIVITY BOOK

KINDNESS COUNTS

BONUS: Shareable Bookmark on Back!

KIND HEARTS MAKE A KIND WORLD

BE THE REASON SOMEONE SMILES TODAY!
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

www.dianalber.com
Stress Relief
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

The way you speak to yourself matters
**what is acceptance?**

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**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?

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**IT'S RAINING**

yup.
Last thoughts

❖ Kindness
❖ Responsibility
❖ Childhood development
❖ Culture
❖ Advocacy
❖ School team, often a first mental health contact/resource
Do you have any questions?

THANKS!

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References


