



Family Engagement Newsletter

Bullying and Mental Health

By Wendy Overturf

[Research](#) suggests that children and youth who are bullied may experience negative mental health effects – they may experience feelings of sadness, loneliness, and isolation. Physical health can also be affected—sleep disturbance, heart disease, eating disorders and other ailments can last into adulthood. Academic performance and participation may decline, and some children may retaliate with violence. Bullying is also a risk factor for youth suicide.

What is Bullying?

Bullying is unwanted, aggressive behavior among school-age children that involves a real or perceived power imbalance. The behavior is repeated, or has the potential to be repeated, over time. Both kids who are bullied and those who bully others may have [serious, lasting problems](#).

“In order to be considered bullying, the behavior must be aggressive and include:

An Imbalance of Power: Kids who bully use their power—such as physical strength, access to embarrassing information, or popularity—to control or harm others. Power imbalances can change over time and in different situations, even if they involve the same people

Repetition: Bullying behaviors happen more than once or have the potential to happen more than once.”

(“What is Bullying” [Stopbullying.gov](#))

There are different types of bullying that include:

Verbal bullying is saying or writing mean things.

Verbal bullying includes:

Teasing Name-calling Inappropriate sexual comments Taunting Threatening to cause harm

Social bullying, sometimes referred to as relational bullying, involves hurting someone’s reputation or relationships.

Social bullying includes:

Leaving someone out of activities on purpose Telling other children not to be friends with someone
Spreading rumors about someone Embarrassing someone in public

Physical bullying involves hurting a person’s body or possessions.

Physical bullying includes:

Hitting/kicking/pinching Spitting Tripping/pushing Taking or breaking someone’s things
Making mean or rude hand gestures

What Parents Should Do if They Feel Their Child is Being Bullied

If you feel your child is being bullied, it is important to keep written documentation and to report it to the school. In Wisconsin, each school board must adopt a policy prohibiting bullying by pupils. The school board is required to distribute the policy annually to all pupils enrolled in the school district and to their parents or guardians. The school board is to provide a copy of the policy to any person who requests it. The Wisconsin Department of Public Instruction (DPI) has a [sample model policy](#). The policy requires school district officials and employees to report incidents of bullying and identify the persons to whom the reports must be made. The policy must also identify the school district employee in each school who is responsible for conducting the investigation and require that the parent or guardian of each pupil involved in a bullying incident be notified.

Students with disabilities who are eligible for special education under the Individuals with Disabilities Education Act (IDEA) have an Individualized Education Program (IEP). If parents feel that their child is being bullied they should request an IEP meeting. The IEP can be a helpful tool as part of a bullying prevention plan. Remember, every child receiving special education is entitled to a free appropriate public education (FAPE) and bullying can become an obstacle to that education. For more information, check the link to [“Individualized Education Program \(IEP\) and Bullying.”](#) Parents of students with disabilities should also check the article [“Bullying and Children and Youth with Disabilities and Special Health Needs.”](#)

Additional Resources:

[My Child is Being Bullied \(DPI\)](#), [Bullying \(The National Child Traumatic Stress Network\)](#), [stopbullying.gov](#), [Center for Parent Information and Resources](#), [Is Your Child a Target of Bullying \(archived webinar WI FACETS\)](#)

Statewide Events

[Circles of Life Conference](#)

Circles of Life is Wisconsin's annual conference for families who have children with disabilities and the providers and other professionals who support them. This is an event for the WHOLE family! There are separate sessions for teens with disabilities (Gathering of Youth), programming for siblings (Sibshop), and a Family Fun Night (Super Heroes).

Date: May 12-13, 2022

Location: Holiday Inn Convention Center, Stevens Point, WI. It will also be live streamed and recorded for those who prefer to participate virtually.

[Endless Possibilities Conference](#)

Effective Family Engagement: Honoring Diversity for Successful Partnerships

Keynote: Lola Dada-Olley

[Not Your Mama's Autism \(Podcast\)](#)

A day of virtual training from experts on topics connected to special education for families of students with IEPs and the professionals who support them. This event is coordinated by WI FACETS, in collaboration with WI DPI and other family support/disability organizations.

Date: August 5, 2022

[29th Annual State-Wide Institute on Best Practices in Inclusive Education](#)

This institute will be held virtually.

Tuesday, 7/26/22 Keynote Speakers:

Michael McSheehan, a special education expert and Mike Anderson, a general education teacher, will present their keynote, "Investing in General Educators: Designing Quality Instruction to Engage All Learners." Their approach centers on designing quality instruction to engage all learners by focusing on effective methods for teaching students with disabilities. They will highlight real classroom and student examples from across the K-12 grades that are both inspirational and practical.

Wednesday, 7/27/22 Keynote Speaker:

Anthony Geinopolis is a self-advocate who has had a passion for aviation since he was a young. Anthony and his father will share Anthony's journey of growing up with a disability and transitioning into adult life with a job that fits Anthony's interest, skills, and knowledge in the field of aviation.

Dates: July 26-27, 2022



At Home Learning Strategies

[Children's Activity Calendar: May 2022](#)

This month has activities like creating book character puppets, building bird feeders, playing solitaire, and designing racetracks.



Mathematics and Your Child's Daily Experiences

Working with children to help them discover mathematics in their daily lives is an excellent way for families to enjoy mathematics together. The following are ideas parents may want to try at home.

- Explore opportunities for your child to make connections with mathematics in daily routines (e.g., estimating the distance to a nearby location, measuring the time it takes to complete a chore). Be sure to talk with your child about the math connections in these activities.
- Have your child save his or her change in a piggy bank or other suitable container. Identify coins and bills and estimate and count money.
- Have your child use anything with columns and rows, such as muffin tins or egg cartons, to practice multiplication and early division concepts.
- Spring is a time to start thinking about [planting a garden](#). Older children can look through seed catalogs, garden-center flyers, or the internet to help estimate the cost of the seeds, plants, or supplies needed to set up the garden. Comparison shopping develops estimation skills and money-value sense.

May 5, 2022-Cinco de Mayo

Cinco de Mayo is a celebration of Mexican heritage, culture, and pride. Check out this [Cinco de Mayo Read Aloud for Kids](#). Discover how and why we celebrate Cinco de Mayo with classic costumes, mariachi music, parades, and food.



May 8, 2022-Mother's Day

Celebrate moms with your *kids*! Let their imaginations soar with fun [Mother's Day crafts, cards, and recipe ideas](#).

May 13, 2022-National Apple Pie Day

[Learn a bit of the history of National Apple Pie Day](#)

Check out this easy apple pie recipe. Following a recipe helps children with reading and measuring skills. Cutting an apple is also a great way to practice fractions. This ["Apple Fractions"](#) read aloud is a great introduction to fractions and apples. ["Apple Pie Fractions"](#) is another read aloud that introduces fractions to kids as they decide what size pieces to cut the pie into.

May 15, 2022-Take Your Parents to the Playground Day

It is time to get outside and spend the day with your family. This day encourages parents to make time to play with their children to promote family bonding, which improves mental health among children and adults. Enjoy activities at the park, enjoy some hiking, biking, basketball, or even just throwing a frisbee.

May 24, 2022-National Scavenger Hunt Day

Here are a few suggestions for activities to do with your children.

- Nature scavenger hunts are a great way to help a child explore the world around him. Parents can ask their child to find anything like a rock, bug, plant, or fruit.
- Older children may enjoy a geography scavenger hunt. Use and ask questions like "Name a state that borders Canada" or "A state with desert."



May 30, 2022-Memorial Day

Memorial Day is often a time for parades and family get-togethers. Help your child learn the history of this national holiday by checking out the read aloud [Memorial Day](#).

Online Resources: Mental Health

[Center for Parent Information and Resources \(CPIR\)](#)

The website has links to organizations that can assist in a crisis, quick fact sheets, information about insurance, and school-based interventions. The website also has links to organizations that support specific disorders.

[Wisconsin Department of Public Instruction \(DPI\)-School Mental Health](#)

This website has a multitude of links to resources useful for schools working to improve mental health among students.

[Wisconsin School Mental Health Framework: Building and Sustaining a Comprehensive System](#)

Districts and schools partner with students, families, and the community to build a comprehensive school mental health system (CSMHS). A CSMHS provides a continuum of services and supports to promote student and staff mental health and wellbeing. A CSMHS is not limited to treating mental illness or substance use disorders. Rather, it includes services and supports that promote social and emotional wellbeing, foster positive mental health and school culture, and eliminate systemic barriers to wellbeing and success for all students.

[Wisconsin Safe and Healthy Schools Center](#)

This Agency builds the capacity of Wisconsin public school districts to implement programs in prevention and intervention of alcohol, tobacco, and other drug abuse, mental health, and promote school safety to reduce barriers to learning.

[National Alliance on Mental Illness \(NAMI\)](#)

NAMI is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness.

[NAMI Wisconsin](#)

The mission of NAMI is to improve the quality of life of those affected by mental illness and to promote recovery. The website has many resources related to mental health as well as links to educational programs and support groups.

[Wisconsin Family Ties](#)

Wisconsin Family Ties provides support, education, training, and advocacy regarding children experiencing social, emotional, behavioral, and mental health problems. They have staff who are located regionally throughout the state. Their Facebook page has many links to articles related to mental health needs.

[Youth Suicide Prevention](#)

This page on the DPI website provides information and resources for youth suicide prevention to school staff, administrators, school boards, parents, and other members of the school community.

[Substance Abuse and Mental Health Services Administration \(SAMSHA\)](#)

SAMHSA is the agency within the U.S. Department of Health and Human Services that leads public health efforts to advance the behavioral health of the nation. SAMHSA's mission is to reduce the impact of substance abuse and mental illness on America's communities. The website has an abundance of resources related to mental health issues.

[National Federation of Families for Children's Mental Health \(NFFCMH\)](#)

NFFCMH is a national family-run organization linking more than 120 state and local affiliates and national partners focused on the issues of children and youth with emotional, behavioral, or mental health needs and substance use challenges and their families. The website has links to many [re-sources](#) related to mental health.



The meaning of being a mother is virtually endless. A mother is a protector, disciplinarian and friend. A mother is a selfless, loving human who must sacrifice many of their wants and needs for the wants and needs of their children. A mother works hard to make sure their child is equipped with the knowledge, skills and abilities to make it as a competent human being. Being a mother is perhaps the hardest, most rewarding job anyone will ever experience.



Impact of the Outdoors

Reduces Stress.
Boosts Mood.
Fights Depression and Anxiety.
Puts Your Mind at Ease.
Helps You Exercise...

While we all feel comfortable in our homes, it's not particularly healthy to remain indoors all the time. Your mind and body need to be outside to encounter certain nutrients the outdoors provides. Countless benefits of the outdoors can improve your mental state. One in five U.S. adults struggle with a mental illness each year, and one in 25 experiences serious mental illness. Spending some quality time outdoors can help relieve their mental illness symptoms. [Mental Health Benefits of the Outdoors | Lifeworks Counseling Center \(lifeworkscc.com\)](#)

WI FACETS



Event title links to information & registration for WI FACETS FREE workshops & webinars:

To register by phone: 877-374-0511
All webinars 12:00—1:00 PM
(unless otherwise noted)

WSEMS: Mediation

Presenters: Nissan Bar-Lev, CESA 7 and Courtney Salzer, WI FACETS
Date: May 2, 2022

Up to Me Series: How to Disclose

Presenters: Emily Jonesberg and Sharon Dossett, Rogers InHealth
Date: May 9, 2022, 12pm-12:30 pm

Working with Parents of Exceptional Children & Community Agencies

Presenter: Shannon Stuart, UW-Whitewater
Date: May 10, 2022

Educational Services for Children Placed in Foster Care

Presenters: Julie Incitti and Eva Shaw, WI DPI
Date: May 11, 2022

IEP 8: Redacción del IEP- Parte 4

Si tiene preguntas sobre el taller, o necesita asistencia, llame al 414-374-4645 o por email a nramos@wifacets.org
Presenter: Sra. Nelsinia Ramos, de WI FACETS
Date: May 12, 2022

Supporting Literacy at Home During the Summer

Presenter: Jan Serak, Serak Consulting
Date: May 19, 2022

IEP 9: Revisiones del IEP y Año Escolar Extendido

Si tiene preguntas sobre el taller, o necesita asistencia, llame al 414-374-4645 o por email a nramos@wifacets.org
Presenter: Sra. Nelsinia Ramos, de WI FACETS
Date: May 26, 2022

Learning
Opportunities



Q&A on Serving Children with Disabilities Placed by Their Parents in Private Schools

This Office of Special Education Programs (revised document, February 2022), [Questions and Answers on Serving Children with Disabilities Placed by Their Parents in Private Schools](#), is intended to provide guidance regarding the Individuals with Disabilities Education Act (IDEA) requirements applicable to children with disabilities placed by their parents in private schools, students who are not enrolled in the local educational agencies (LEA), and for whom the provision of free appropriate public education (FAPE) is not at issue. As used in this document, the phrase “FAPE is not at issue” means there is no disagreement between the parent and LEA about the availability of a program to provide FAPE to the child and the parent has placed the child in a private school and is not seeking financial reimbursement for the private school placement.

This Q&A updates and supersedes the Department’s guidance, titled *Questions and Answers on Serving Children with Disabilities Placed by Their Parents in Private Schools that was first issued in April 2011*. This 2022 update includes additional questions and answers that address topics that have arisen as the field continues to implement the applicable provisions of IDEA and its implementing regulations. Additionally, some of this information is explained in the March 9, 2022 [webinar](#) presented by the Office of Special Education Programs.

Research to Read

Increasing Access to Care by Delivering Mental Health Services in Schools: The School-Based Support Program

Swick, Danielle; Powers, Joelle D. *School Community Journal*, v28 n1 p129-144 201

Article Link

It is widely estimated that 25% of school age youth face mental and behavioral health challenges. The vast majority of these youth are insufficiently treated, leaving them vulnerable to negative school outcomes such as attendance, behavioral, and academic problems. One common barrier to treatment is a lack of access to appropriate and consistent care including assessment and intervention. Often when students are identified in schools as potentially struggling with mental health issues, the child is referred out to the community for treatment. While well-intended, this approach is largely unsuccessful if families face challenges such as a language barrier, a lack of transportation or health insurance, or lack of flexibility with their jobs leaving them unable to make appointments. A unique school-community partnership in North Carolina attempted to overcome these obstacles by bringing mental health services to youth at the school campuses. The School-Based Support program largely mitigated problems with access to care and made a positive impact on school outcomes for youth. This report from the field describes the consequences of untreated mental health problems among children, barriers to receiving mental health treatment, and ways student mental health needs are currently addressed in schools. The article then details how the School-Based Support program was formed through a school-community partnership, the program components, evaluation results, and a case example.

This monthly update is provided by the Wisconsin Family Assistance Center for Education, Training & Support (WI FACETS) to share statewide information regarding parent leadership and family involvement. *If you would like to receive this monthly update or if you would like to have your name removed from the distribution list, contact: Wendy Overturf at woverturf@wifacets.org.*



Contributions to the Newsletter

Upcoming newsletter topics: June: ADD/ADHD
July: Speech & Language
August: Other Health Impairment

To submit contributions of articles, events, or resources, you may use the attached word document. Send submissions to woverturf@wifacets.org. If you are unable to access the form, you may send the information in an email.

Material appropriate for the monthly newsletter include web links to sources of family involvement/parent leadership resources, advertisements for statewide trainings for parents, youth or parent/educator audiences, information about statewide parent agencies, recent research pertaining to family engagement, and family engagement success articles.

***The WI FACETS Family Engagement E-Newsletter
can be found online at:***

[Newsletter | Serving Groups \(servingongroups.org\)](https://www.servingongroups.org)



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