



CCPS Mental Health Update

Cecil County Public Schools is committed to empowering our staff and families to meet the social and emotional needs of our students, with a focus on behavioral health and trauma-responsiveness, to assure that every student is ready to learn, achieve success, and experience positive relationships.

Did you know:

Self-Management

is the ability to manage stress, control impulses and motivates oneself in an effective manner.

Strategy of the Month:

Establishing Self-Management in a Virtual World



* Adapted from Landmark Outreach, and EduTopia

Self-Management Skills

- **Impulse Control:** the ability to delay an action for a period of time
- **Stress Management:** develop an understanding of when oneself becomes stressed and practice positive stress relieving activities
- **Self-Discipline:** the ability to control feelings and impulses to follow a plan to achieve an overall goal
- **Self-Efficacy:** developing a belief that you can learn if you try

Self-Management Strategies

Accountability for Challenges or Tasks

- **Goal Setting and Reflection:** set goals and reflect on the progress made towards those goals. Determine when a change of strategy is needed. Remember to promote the process of learning not just the outcome.
- **Contracts-** rules may be put into place, but oftentimes there is a lack of "buy-in". Create rules or norms together to help create a sense of ownership in the process. These contracts can be personalized based on the area of need of the child.
- **Task Lists and Checklists-** assign various tasks to your child throughout the house.

- **Goal Setting:** develop specific, measurable, attainable, realistic, and timely goals
- **Self-Motivation:** intrinsic desire to do something
- **Organizational Skills:** developing habits to help create more productive work times (physical space and materials, and mental pictures)



Provide a visual task chart that can also be manipulated to show when something is accomplished.

Ways to Create More Productive Work Times

- **Develop a Growth Mindset:** this is the understanding the strengths can be developed through hardwork and dedication. Begin developing this by focusing on the process rather than the ability to do something right or wrong.
- **Maintain uncluttered work areas:** create a visually inviting work space, but ensure it provides only the necessary materials to complete a task. This can be completed by placing writing utensils in a pencil box, filing papers into folders after they are finished and cleaning up the space when the work session is finished.

Staying on Track

- **Daily Calendar/Planner:** this helps to develop the ability to categorize, label and sort information. Write down important events and when assignments are due. Color coding information based on at home tasks and school tasks will help a child identify when to complete a task.
- **Flexible Seating or Space:** this can be as simple as standing or laying down to participate in a lesson or activity. Flexible seating keeps the mind alert and focused by increasing blood flow and oxygen to the brain.
- **Build in Breaks:** go for a walk around the neighborhood, stand and stretch, grab a glass of water. Schedule short breaks to build in some movement activities throughout the day.
- **Timers:** set alarms at important times throughout the day with names as a reminder of what is happening next.

If you have a child in need of support and/or resources click on the following link.
[Student Support Request Form](#)

The Maryland Coalition for Families is available to provide the following supports

- Parents and caregivers of children with mental health needs
- Anyone who cares for a loved one struggling with substance use disorder
- Anyone who cares for a loved one struggling with problem gambling

Families and others can reach MCF by:

- Calling our statewide intake line at 410-703-8267
- Emailing info@mdcoalition.org