

Lexington School Community,

As we near the end of a second unprecedented school year of significant procedural changes and lastminute adjustments, we have found our students, families, faculty, and staff in need of additional support. For the remainder of the 2021-2022 school year, Lexington Local Schools will be partnering with the Richland County Mental Health and Recovery Services Board (RCMHRSB) and Catalyst Life Services to implement a School Wellness Program in the Junior High and High School. Over the last two years RCMHRSB has partnered with behavioral health agencies and school systems throughout Richland County to provide Wellness Teams to address various school needs.

The School Wellness Program will consist of a team made up of 2 to 3 Wellness Coordinators and a Supervisor that will provide a myriad of programs to address each school's needs. These programs may consist of the following:

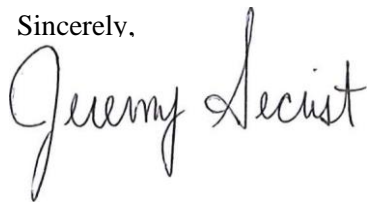
- Education
Educational options for students and faculty on assorted topics (i.e., stress management, time management, addressing test anxiety, signs of depression, among others).
- Group level supports and debriefing
If there is a need for small group work or if a subpopulation has been subject to a traumatic event (i.e., the significant injury of a teammate or the cancellation of a major event), special topical groups can be provided by a Wellness Coordinator such as effective communication, peer stress, faculty teaching team topics, staff support building, etc.
- Pre-crisis interventions
If a student, teacher, administrator, or support staff is becoming overwhelmed due to a particular stressor but has not escalated to a concern for individual safety, a Wellness Coordinator can work with the individual to address these concerns and problem-solve in an effort to stem off a fullblown crisis.
- Student Wellness Meetings
Each student can access up to five individual, brief, solution-focused Wellness Meetings with a Wellness Coordinator. During this time, the Wellness Coordinator will address the concern at hand and attempt to provide implementable solutions that can lead to a resolution. If during the five meetings it is determined that there is a need for more than five brief meetings, the Wellness Coordinator will work with the student in contacting parents/guardians, to discuss further options.
- Crisis intervention
If a student, faculty member, administrative or support staff escalate to a crisis level, a member of the Wellness Team can provide the intervention and/or can mobilize other Wellness Teams from the county program to assist as needed.

We will continue to review the progress of this pilot project throughout the remainder of the 2021-2022 school year. Based on these outcomes we will determine the need to continue this program in future school years. We hope you will take advantage of this program and provide feedback of you and your child's experiences.

We want to thank Joe Trolan, Executive Director of the Richland County MHRS Board, and Laura Montgomery, President and CEO of Catalyst Life Services, for assisting Lexington Local Schools with creating and piloting this program aimed at supporting our students and staff. In addition to this letter, please see the Opt-Out form in Final Forms that will need to be completed by April 8th for anyone wishing not to participate in this program, and the Wellness Assessments that will be given to our 7-12 students participating in the program the week of April 11th. The short assessments will assist our Wellness Coordinators in gathering information and serve as a check-in with our students.

Thank you for your continued support of Lexington Local Schools, and its students and staff.

Sincerely,

A handwritten signature in black ink that reads "Jeremy Secrist". The signature is written in a cursive style with a large, prominent "J" and "S".

Jeremy Secrist

Superintendent

[High School Assessment Preview](#)

[Junior High Assessment Preview](#)