



Lexington School Community,

Lexington Local Schools has partnered 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. We have found that our students, families, faculty, and staff need additional supports. 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 consists 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 full-blown 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.

In addition to this letter, please see the Opt-Out form that will need to be completed by September 8<sup>th</sup>. 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 September 11<sup>th</sup>. 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 cursive script that reads "Jeremy Secrist". The signature is written in black ink and is positioned to the right of the typed name.

Jeremy Secrist  
Superintendent

[Student Wellness Assessment Preview](#)