

Mental Health Newsletter



Summer Edition



It most certainly has been a year of challenges brought on by the pandemic. With that said, it has also been through some of these trials and tribulations that we have also adapted and grown; both professionally and personally. In moments like these, we often forget to be grateful and count our blessings. Our District leaders worked hard to ensure student and staff safety during the Covid pandemic, and we were able to have our students doing “in person” learning. They kept our athletic and extracurricular programs up and running to some extent this year. These efforts improved the mental health of students and adults alike, despite the mental health challenges brought on by the pandemic.

As the Mental Health Navigator, I remain committed to helping Cameron’s students and families in accessing mental health services and resources in our County. I am excited to share some of the following tips to help promote mental health and wellbeing for everyone this summer!

Five Self-Care Tips to Maintaining Mental Health During the Summer

- **Get Outside!** Exposure to natural sunlight increases levels of vitamin D and serotonin, which are known to boost your mood.
- Enjoy your vacation time and make time to read.
- Practice mindful, healthy eating habits.
- Maintain a decent sleep schedule.
- Stay hydrated (H₂O) and be active!



The Key to Staying Mentally Healthy Over the Summer Is to Be Preventative.

Here Are Some Tips for Each Age Group:

- **Children:** Setting play dates with other kids or sending them to a day-care program where they do outside activities can keep their minds occupied and help with socialization. This is key to preventing isolating behaviors later in life.
- **Teens:** Having a part-time summer job is the most important thing they can do to protect their mental health. They will learn the importance of a work ethic; earn money (which they can then spend on fun activities) and prevent boredom—the number one offender during summer breaks.

College students: Having an internship or continuing to work on their educational goals will keep them focused and driven, preventing depression and other detrimental behaviors associated with the disorder.

- **Adults.** It can be unfortunate to be stuck inside working when the weather is gorgeous. This can be just another trigger for depression and other mental illnesses like substance-related disorders. Adults need to utilize their vacation days properly, so they have something to look forward to and get to experience summertime weather on days other than the weekend. Making time for outdoor activities on the weekend and starting an exercise program will keep one's mood elevated.

(Source: Re-think.org)

I would like to take a moment to thank all our administrators, school counselors, teachers, aides, all staff, community-based and school-based mental health providers, and all community partners that helped to support and provide services to many of our Cameron students and families. I'd like to share that all these providers will continue to offer services and supports to our students and families throughout the summer months and during the upcoming school year.

School-Based Mental Health Providers For Cameron School District



Jaymie Waterhouse, MS, LPC

Licensed Professional Counselor

Jaymie is a licensed professional counselor who provides outpatient therapy to individuals, couples, families and groups, with particular interest in working with clients ages 8 to 17. She has training in behavioral therapy for children with autism and is a member of NBCC.

Jaymie provides outpatient counseling in Rice Lake. She also participates in day treatment as a lead therapist and provides school-based mental health services in the Cumberland and Cameron school districts.

Marriage & Family Health Services

NorthLakes
COMMUNITY CLINIC

Turtle Lake

730 Swede Avenue, PO Box 27
Turtle Lake, Wisconsin 54889



The Cameron School District partners with Family Therapy Associates within our district to provide mental health services to our students and families. Recently, Family Therapy Associates announced the opening of a **new office on Main Street in Rice Lake as of June 15th**.

Counseling is available for families, couples, individuals and children. Each therapist at Family Therapy Associates, LLC offers a specific area of expertise. Call to schedule an appointment.

FAMILY

THErapy ASSOCIATES, LLC

Hours: 8:00am-4:30pm, M-TH
8:00am-3:00pm, Fridays
(evening appointments by request)
(715) 246-4840 or
info@ftacounseling.com

**138 North Main Street #230
Rice Lake, WI 54868**



If you would like to refer your child to one of these providers for mental health services, please email me at jsevert@cameron.k12.wi.us and I will assist you.

Wishing everyone a safe, relaxing, fun Summer and please watch for the Mental Health Newsletter "BACK TO SCHOOL" edition in August!

Jolene Severt ~ Cameron School District - Mental Health Navigator~