



# NEWSLETTER

## ESU 8 Distributes Hand Sanitizer and Masks To Area Schools

On the last day of June, with schools preparing for the Fall semester and concerns of COVID still prevalent, ESU 8 received 1,300 gallons of hand sanitizer to be given to the area schools. A few weeks later, ESU 8 received thousands of masks to be distributed to area schools also.

The hand sanitizer was provided by UNL and delivered to Norfolk Public Schools by Lou from the Nebraska Forest Service. ESU 8's Administrator, Corey Dahl, interviewed Lou that day (pictured on the right). A video of that interview is on ESU 8's Facebook:

<https://www.facebook.com/esu8ne/videos/1117882598583721/>

The first week of July, ESU 8 employees, Darrel Sorensen and Adam Mortensen (pictured on the right) distributed 1,240 gallons of hand sanitizer to the schools serviced by ESU 8. They still have approximately 50 gallons on hand for those schools that may need more.

After getting the hand sanitizer distributed, Darrel and Adam were then tasked to sort and deliver 71,665 masks (packs of 3) to ESU 8 schools, with the exception of Norfolk Public who had already claimed their allotment. ESU 8 has approximately 1,500 extra packages of masks, again, for those schools that may need more.

If your schools do need more hand sanitizer or masks, please email Adam at [amortensen@esu8.org](mailto:amortensen@esu8.org).



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Visit [www.esu8.org](http://www.esu8.org) for more information!



## SEPTEMBER EVENTS

### Early Interventions in Reading (EIR) Training

Wednesday, September 9

CANCELLED

### Corrective Reading - Decoding

Thursday, September 10

CANCELLED

### Corrective Reading - Comprehension

Friday, September 11

CANCELLED

### New Teacher Academy

Thursday, September 10

9:00am – 3:00pm

ESU 8 Conference Room A and B

Registration Deadline: September 10

Event Contact: [Heidi Rethmeier](#)

New Teacher Academy is designed to provide support, instruction, and an opportunity for cross-district collaboration to new teachers. Lunch is being provided.

### MTSS Strengthen the Core - Day 1

Wednesday, September 30

9:00am – 3:00pm

ESU 8 Conference Room A and B

Registration Deadline: Wednesday, September 23

Event Contacts: [Toni Arehart](#) and [Steph Lundgren](#)

Year 1 MTSS teams who have begun implementation will work to strengthen core supports and Tier 1 strategies to intensify their knowledge and practices. Teams should include a lower elementary teacher, upper elementary teacher, interventionist, and administrator. Lunch is being provided. The fee for this event is \$20.00.

## NEW ESU 8 EMPLOYEES

We are pleased to welcome these new ESU 8 employees:

- Jenny Bender-Brummels, Licensed Mental Health Practitioner
- Stephanie Drueke, School Nurse
- Anna Fuchtman, Staff Developer
- Emily Green, Speech Pathologist
- Lisa Goodman, Hearing Impaired Instructor
- Erica Mogensen, Speech Pathologist
- Krystl Mullner, School Nurse

## ESU 8 EMPLOYEE PROMOTIONS

Congratulations to Molly and Beth!

- Molly Aschoff, Assistant Administrator
- Beth Ramold, Nurse Coordinator





## ESU 8 MENTAL HEALTH TEAM

**September** is national suicide prevention month. The American Foundation for Suicide Prevention reports that suicide is the 10th leading cause of death in the United States. This shocking statistic can be difficult to digest since suicide is 100% preventable. Untreated or undiagnosed depression is the most common condition associated with suicide. Other mental health concerns such as anxiety, stressors, health issues, and substance abuse can create an increased risk for suicide as well.

How can we all work together to support people in getting the support they may need? The first step is taking an active role in knowing the warning signs and risk factors to suicide. Warning signs can be found in talk, behavior, and mood. A person may talk about killing themselves, feeling hopeless, having no reason to live, being a burden to others, feeling trapped, or being in unbearable pain. A person's behavior may include increased use of alcohol or drugs, looking for a way to end their lives such as looking online methods, withdrawing from activities, isolating from family and friends, sleeping too much or too little, visiting or calling people to say goodbye, giving away prized possessions, aggression, and fatigue. A person's mood may display depression, anxiety, loss of interest, irritability, humiliation/shame, agitation/anger, relief/sudden improvement. Risk factors include health factors, environmental factors, and historical factors. Health factors include having a mental health condition, having serious physical health conditions including pain, and traumatic brain injury. Environmental factors include access to lethal means including firearms and drugs, prolonged stress, stressful life events, and exposure to another person's suicide or too graphic or sensationalized accounts of suicide. Historical factors include a previous suicide attempt, family history of suicide, and child abuse, neglect, or trauma.

The second step after identifying the signs is to ask. Research indicates that asking someone if they are thinking about killing themselves does not increase the likelihood of suicide or suicidal ideation. The next step is to keep them safe. Remove any lethal means that could be present. Next, it is important to be there. Research suggests that acknowledging and

talking about suicide may in fact reduce suicide ideation. Next, help them connect to someone who can offer support. The national suicide hotline is available 24/7, is free and confidential (1-800-273-8255). A trusted individual, family member, friend, spiritual advisor, or mental health professional are all options as well. Finally, stay connected. Studies have shown that the number of suicide deaths go down when someone follows-up with the at-risk person.

For more information please visit:

- <https://suicidepreventionlifeline.org/>
- <https://afsp.org/>
- <https://www.nimh.nih.gov/health/statistics/suicide.shtml>

Sincerely hoping everyone has a great school year,

*Your ESU 8 Mental Health Team*

### SCHOOL PSYCHOLOGY CORNER

Visit the ESU 8 School Psychology page for Transitioning Back to School Resources for Students, Families, and Teachers:

<https://www.esu8.org/school-psychology/>

This page has three downloadable (PDF) documents, one of which has been translated to Spanish.

Another great resource for returning to school and COVID 19 resources is the Nebraska Autism Spectrum Disorder website:

<https://www.unl.edu/asdnetwork/home>

Scroll to the bottom to subscribe to their newsletter.