



HILLCREST

NEWSLETTER

1st Week of January | 2025

School-Based

Mental Health Tips

Happy New Year! As we kick off 2025, here are some tips to help boost your mental health.

- **Take Care of Yourself:** Get enough sleep (7-9 hours a night), eat healthy meals, and stay active!
- **Use Tech Wisely:** Try out mental health apps for meditation or mood tracking & cut back on screen time.
- **Stay Connected:** Keep in touch with family, friends, or a support group—whether in person or online.
- **Practice Mindfulness:** Take 10-15 minutes a day to chill with some mindfulness or meditation.
- **Set Realistic Goals:** Break big goals into smaller steps so you don't get overwhelmed.
- **Ask for Help:** If things get tough, don't hesitate to talk to a therapist or counselor.
- **Balance Work and Life:** Set clear boundaries with work and take breaks when you need to.
- **Stay In the Loop:** Keep learning about mental health and new ways to take care of yourself.
- **Be Flexible:** Focus on what you can control and let go of needing everything to be perfect.
- **Get Outside:** Spend time outdoors to get some fresh air and natural light.

Happy New Year

This Week in the DMV

- 01/09- A Visit with SMYAL- Mt. Pleasant Library- **4-5PM**
- 01/09-Paint a Bird House-Shepherd Park Library-**4-5PM**
- 01/11-Open Studio: Words Matter- Hirshhorn Museum- **10:30AM-3PM**
- 01/11-Community Day: The People's Holiday: A Love of Literacy-African American History & Culture Museum- **11AM-3PM (ticket required)**
- 01/11-Make Your Mark with Martial Arts- American Art Museum- **12-3PM**
- 01/11- Vision Board Party- 5720 Addison Rd-**12-4PM**
- 01/11- future / past: collage workshop- 1325 W St. NW- **2-4PM**
- 01/12- Performing Arts Summer Camp Fair- 1101 6th St. SE- **11AM-3PM**
- 01/12-The World Needs Good People-MLK Library- **3-5PM**



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2024 Year-In-Review

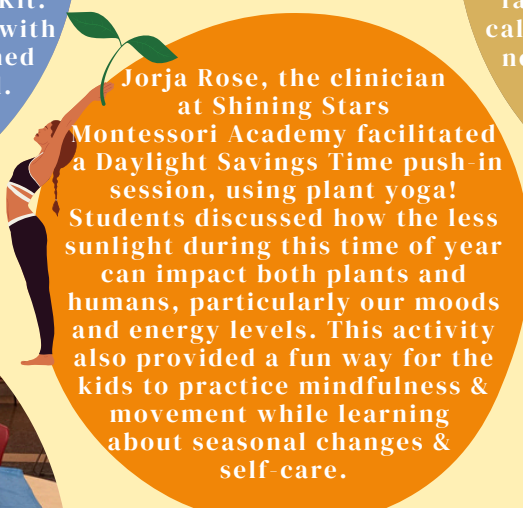
As 2025 starts, we are thrilled to showcase the incredible achievements of our school-based clinicians in the DC area. Our exceptional clinicians have shown extraordinary dedication and effort in 2024, and we are excited to see what they will accomplish in 2025!



Nikki Talarico, the clinician at John Lewis Elementary, did an intervention called The Invisible String Activity Kit. Students created "invisible strings" with the names of loved ones and attached them to hearts, forming a garland. They ate sundaes & shared something to take with them from the activity!



Mary Alice Jackson-Kaye, the other clinician at John Lewis Elementary, facilitated an intervention for teachers called "Leaf a Note." Teachers wrote kind notes for one another on paper leaves. To complement this activity, they read the book *Little Tree*. It was a thoughtful way to foster kindness & appreciation among the staff.



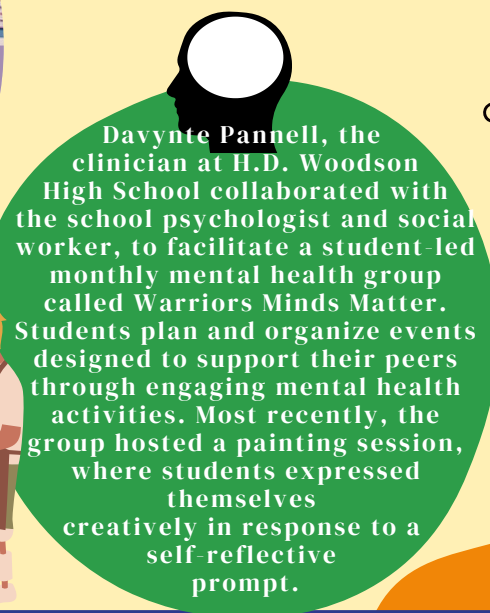
Jorja Rose, the clinician at Shining Stars Montessori Academy facilitated a Daylight Savings Time push-in session, using plant yoga! Students discussed how the less sunlight during this time of year can impact both plants and humans, particularly our moods and energy levels. This activity also provided a fun way for the kids to practice mindfulness & movement while learning about seasonal changes & self-care.



Charmaine Cundiff, the Family Engagement Specialist at H.D. Woodson High School, led a parent-focused intervention centered on mental health awareness. Parents learned about mental health & participated in mindfulness activities. This was a great way to connect parents with mental health services & other supports at the school.



Caroline Hellman, the clinician at J.O. Wilson Elementary, has been using a five-senses grounding technique with students. This approach guides them through exploring each sense, helping them find ways to stay connected to the present moment. It's been especially helpful in supporting emotional regulation!



Davynte Pannell, the clinician at H.D. Woodson High School collaborated with the school psychologist and social worker, to facilitate a student-led monthly mental health group called Warriors Minds Matter. Students plan and organize events designed to support their peers through engaging mental health activities. Most recently, the group hosted a painting session, where students expressed themselves creatively in response to a self-reflective prompt.