



## March is Self-Harm Awareness Month

To increase awareness of self-harm, Project AWARE Ohio has developed an information brief entitled: *Non-Suicidal Self-Injury: What it is, why does it happen, and how can we help?* Please refer to the attached information brief that outlines what you need to know about non-suicidal self-injury and the steps you can take to support someone who is engaging in self-harm. In addition, below are some resources to support individuals who engage in self-injury:

- **S.A.F.E. Alternatives Information Line:** The S.A.F.E. Alternatives Information Line provides referrals and support for individuals who engage in self-injury. If you or people you know engage in self-injury and would like to talk to someone, call **(800) 366-8288**.
- **S.A.F.E. Alternatives Resources for Schools:** S.A.F.E. Alternatives Resources for Schools provides school staff members and volunteers with a comprehensive program to address self-injury in schools. For more information, visit: <http://www.selfinjury.com/schools/>.
- **Self-Injury Outreach and Support:** Self-Injury Outreach and Support provides a helpful guide for how to navigate helping a friend who self-injures. There are a number of tips about how to identify and talk about self-harm with a friend. For more information, visit: <http://sioutreach.org/learn-self-injury/friends/#ffs-tabbed-110>.

## School Social Work Week: “Be the Change”

The first week of March marks the celebration of School Social Work Week. This year’s theme is “Be the Change”. Rebecca Oliver, Executive Director of the School Social Work Association of America (SSWAA), noted, “School Social Workers are agents of change. When students do not feel heard, School Social Workers listen. When students or families have unmet needs, School Social Workers advocate for needed support and/or services. When students, families or communities feel marginalized, School Social Workers are an empowering force for change.” Christy McCoy, SSWAA Board Member and Legislative Chair commented, “School Social Workers advocate at the school level, community level, state level, and national level for needed change to address the needs of all students.” (Taken from, *Be the Change: School Social Workers as Change Agents to Help Students Succeed*, [http://c.ymcdn.com/sites/www.sswaa.org/resource/resmgr/2017\\_SSW\\_week\\_page/ssw\\_week\\_2017.pdf](http://c.ymcdn.com/sites/www.sswaa.org/resource/resmgr/2017_SSW_week_page/ssw_week_2017.pdf)).

School social workers are a vital link in the school community. Take time this week to recognize and thank a school social worker.

The Ohio School Social Work Association would like you to consider nominating your School Social Worker for the OSSWA School Social Worker of the Year award. Details available at <http://osswa.org/information/awards/>.

The Project AWARE Ohio team includes partners in 3 county ESCs. If you are from those local areas and want more information about Project AWARE services, please contact:

**Cuyahoga County ESC:** Mary Wise; (216) 901-4201; [mary.wise@esc-cc.org](mailto:mary.wise@esc-cc.org)

**Warren County ESC:** Vycki Haught; (513) 379-2310; [vycki.haught@warrencountyesc.com](mailto:vycki.haught@warrencountyesc.com)

**Wood County ESC:** Angela Patchen; (419) 354-9010 x228; [apatchen@wcesc.org](mailto:apatchen@wcesc.org)

For information about Project AWARE in other regions of the state, please contact:

Emily Jordan: [emily.jordan@education.ohio.gov](mailto:emily.jordan@education.ohio.gov)

Cricket Meehan: [meehandc@miamioh.edu](mailto:meehandc@miamioh.edu)

Kathy Oberlin (Ohio Mental Health Network for School Success): [oberlink2@gmail.com](mailto:oberlink2@gmail.com)