

DEARBORN HIGH SCHOOL SOCIAL WORK NEWSLETTER

MENTAL
health
MATTERS

SEPTEMBER
EDITION

About us...

Did you know that DHS
has 4 social workers?

Ms. Bazzi
Ms. Bazy
Ms. Berry
Ms. Rumler

WHAT EXACTLY DOES A HIGH
SCHOOL SOCIAL WORKER DO?

Not all students know exactly what a high school social worker does and that is ok! We are here to support all of our students! The social workers at DHS are here to help all students navigate high school. We are interested in your personal, social, emotional, and academic well-being. We work closely with students, teachers, staff, parents, caregivers, guardians and the community to make sure that the learning environment for all students is safe, equitable and fair. Not only do we want students to learn, but we want the high school experience to be fun, positive and engaging.

*DID YOU KNOW...

SEPTEMBER IS SUICIDE PREVENTION MONTH

September is recognized as Suicide Prevention Month. Not only does this initiative focus on raising awareness concerning suicide prevention, this endeavor is dedicated to so much more! The goal is to reduce stigma, promote mental health resources and to offer support to those that have experienced suicidal ideation, whether it be themselves, a loved one, family member, classmate or a friend. Organizations, establishments and communities rally together to focus on education, advocacy, and to provide a safe space for those struggling with mental health challenges. The aim is to encourage open and honest conversations, build communication skills and acknowledge the importance of mental health. Suicide Prevention Month is also a time to show solidarity with those that continue to struggle. We can use this time as an opportunity to spread information about how to recognize warning signs and how to offer help in the most loving, kind and accepting way possible.



MORE NEWS

from the desk of our principal...

As you know, the situation overseas, in Lebanon, is getting worse and we understand that it impacts many of our staff, students and their families. We want everyone to know that we have a support team available to assist, support or lend a listening ear to anyone who may need support.

Ms. Jebril

Need helping making sense of what is happening in the Middle East?

Here is a valuable resource:

<https://www.newsnationnow.com/morninginamerica/talk-kids-conflict-middle-east/>



Dearborn Public Schools

Emotional Support Hotline



DPS is offering an emotional support hotline to assist students and families who are experiencing anxiety, fear and stress. Families reaching out to the hotline by phone or email will be contacted by a school counselor, social worker or psychologist. The hotline is 313-827-8500 or email at dss@dearbornschools.org.

IN THE CASE OF AN EMERGENCY CALL 911



Social Worker Contact Info:

Ms. Bazzi

bazzit1@dearbornschools.org

Ms. Bazy

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Ms. Berry

berrym1@dearbornschools.org

Ms. Rumler

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Read More On

The Impact of War on Students...



Understanding the Impact of War on Students

On going war can bring a range of emotions and reactions among students. Some children and teens exhibit fear and confusion, sadness, anger and even rage. Whether they are directly affected through family ties or displaced relatives, or simply absorbing the news from the world around them, children and teenagers are not immune to the stresses that come with global conflict.

Here are a few common ways in which students may be impacted:

- **Emotional Stress:** Anxiety, fear, or sadness may arise, especially for students with family members in targeted areas.
- **Distraction from Academics:** The constant inflow of distressing information can make it difficult for students to focus on schoolwork.
- **Social and Cultural Sensitivity:** Some students may feel isolated, discouraged or misunderstood, especially if they or their families are from regions targeted by the conflict.
- **Increased Media Exposure:** Constant exposure to graphic news reports or involvement in discussions at home, in school or social circles can lead to heightened stress and feelings of helplessness.

How We Are Supporting Students

At DHS, we are committed to ensuring that all students feel safe, supported, and heard during these difficult times.

Here is how we are addressing the challenges posed by the ongoing global conflict:

- **Creating Safe Spaces:** We have opened up opportunities for students to talk to trusted adults such as teachers, school counselors, and staff if they are feeling anxious or overwhelmed by reports of the conflict in the Middle East.
- **Counseling and Emotional Support:** Social Workers and Counselors are available to meet with students who need someone to talk to. Whether they are experiencing distress, fear, or uncertainty, we are here to listen, provide guidance and validate how our students are feeling and encourage open communication and dialogue.
- **Peer Support:** We are encouraging students to be kind and compassionate to one another. We are stressing the importance of mindfulness by self-awareness. We encourage our student to be aware of how these conflicts may affect others.

What You Can Do as a Parent, Guardian or Caregiver

As parents, guardians and caregivers, your role is instrumental in helping your child navigate their feelings about global events.

Here are a few ways you can provide support at home:

- **Open Conversations:** Encourage your child to share their thoughts and feelings about what they are hearing and seeing. Provide a safe space for them to ask questions, answering with honesty and integrity.
- **Limit Media Exposure:** We recognize the importance of staying informed, however, constant exposure to social media, can be distressing. Not all sources of information are credible. Screen what your child has access to and watch the news together so you can discuss what is being shown, the information that is being delivered and how your child reacts.
- **Reassure Them:** Let your child know that feeling upset or concerned about world events is normal. Remind your child that they are safe, and focus on positive stories about people helping others during times of crisis. Support a local organization that is dedicated to peace, reconciliation and unity.
- **Teach Compassion and Empathy:** Use this moment as an opportunity to teach your child about empathy, compassion, and understanding. Discuss the importance of helping others and how we can support those who are suffering from the effects of war here and abroad.

Building Hope and Resilience

Despite these challenges, we want to emphasize the importance of hope. It is crucial that students understand that, even in difficult times, there are people and organizations working towards peace and that change is possible.

And it starts at home.

Highlighting positive stories of resilience, community support, and humanitarian efforts can provide a sense of comfort and direction for students who may be feeling overwhelmed.

As a school, we believe in fostering a community that stands together in solidarity, compassion, and understanding.

Please do not hesitate to reach out to us if you or your child needs additional support during these times.



To our Students, Parents, Teachers,
Staff and Members of Our School Community...

As we observe current global conflicts, specifically the ongoing war in the Middle East, it is imperative for us as educators, social workers, administrators and caregivers to acknowledge how these circumstances may affect our students. Though some in our DHS Community may be witnessing these atrocities from afar, the emotional and psychological impact of war can have a lasting effect on many of us. Whether through social media, personal connections, exposure to constant news coverage, conversations in the classroom or simply a growing awareness of world events, we are here to help navigate these challenging times. Please reach out. We can process together.

Teri Bazzi

LLMSW

Abeer Bazzi

LMSW

Mariam Berry

LLMSW

Stacy Rumber

LMSW

**PEACE
& LOVE**



what's next...
October is
Invisible
Disabilities
Awareness Month

SEPTEMBER 2024