

DEARBORN HIGH SCHOOL SOCIAL WORK NEWSLETTER

OCTOBER, 2024

DID YOU KNOW...

October is Invisible

Disabilities Awareness Month

in·vis·i·ble dis·a·bil·i·ty

/in'vizəb(ə)l/ /disə'bilədē/

adjective

unable to be seen; not visible to the eye.



MYTH BUSTER

ADHD IS NOT A REAL DISORDER

FACTS:

-RECOGNIZED BY MEDICAL

ORGANIZATIONS

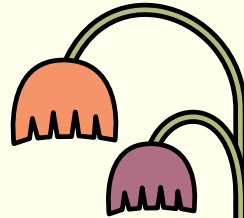
-LISTED IN THE DSM-5

-GENETIC CONDITION

-BRAIN DIFFERENCES

-COMMON CONDITION

-SYMPTOMS IN MULTIPLE SETTINGS



LEARNING DISABILITIES

- Dyslexia
- Dyscalculia
- Apraxia
- Dysgraphia

NEURODIVERGENT DISABILITIES

- Autism Spectrum Disorder
- Attention Deficit/Hyper Activity Disorder
- Obsessive Compulsive Disorder
- Sensory Processing Disorder

MENTAL HEALTH DISORDERS

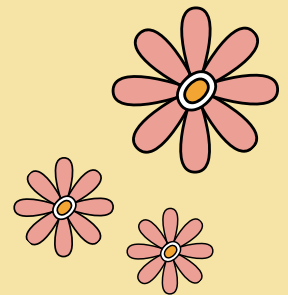
- Anxiety
- Depression
- Post Traumatic Stress Disorder
- Eating Disorder
- Mood Disorder
- Bipolar Disorder

According to the Invisible Disabilities® Association:

People often ask us to define invisible disability. In simple terms, an invisible disability is a physical, mental or neurological condition that is not visible from the outside, yet can limit or challenge a person's movements, senses, or activities. Unfortunately, the very fact that these symptoms are invisible can lead to misunderstandings, false perceptions, and judgments.

Invisible Disabilities® Association

VALUABLE RESOURCE



FIVE FACTS ABOUT INVISIBLE DISABILITIES

- **Not Obvious:** Invisible disabilities are conditions that aren't immediately visible or obvious. We can look at a person and think that they are fine, when in reality, they are really struggling. Things like chronic illnesses, mental health disorders, neurological conditions, and sensory impairments significantly impact a person's daily life.
- **Varied Conditions:** Invisible Disabilities are all different and they have different levels of pain and side effects. Common invisible disabilities include chronic pain such as migraine, fibromyalgia or sickle cell disease, mental health disorders like anxiety and depression or neurological disorders like dyslexia, epilepsy and ADHD. Learning disabilities are also invisible!
- **Misunderstood or Overlooked:** Because the disability isn't obvious, individuals with invisible disabilities may face skepticism or misunderstanding from others. People might assume that because they "look fine," they aren't experiencing real challenges. And this is not true! Invisible disabilities are sometimes more challenging because of the lack of understanding.
- **Classroom Challenges:** People with invisible disabilities often encounter difficulties at school. Students may need accommodations such as extra time on tests, homework and assignments, but might hesitate to get the help that they need because of the disclose of the stigma or they are afraid that their peers will ridicule or bully them.
- **Need for Advocacy and Awareness:** Increasing awareness of invisible disabilities is important for promoting equity, inclusion and empathy. Organizations and advocates push for better recognition of these conditions to ensure appropriate support and accommodations in schools, colleges and the workplace for those in need.

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.

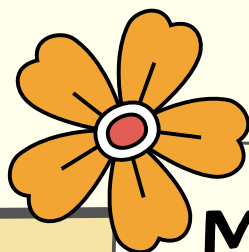


Mental health matters

WHAT EXACTLY DOES A HIGH SCHOOL SOCIAL WORKER DO?

"What does a high school social worker do and do I need one?"

Many students ask us this question all the time! 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.



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

* Come see us, we are in the Main Office

bazzit1@dearbornschools.org
bazyya@dearbornschools.org
berrym1@dearbornschools.org
rumlers@dearbornschools.org

* Or send us an email



**ASKING FOR
HELP
IS OK**

October 2024

