

# RAMPED

August 2023 - Vol. 2



## UPCOMING EVENTS:

- 8/15: Pettus ISD Staff - RAMPED Mental Health First Aid Introduction
- 8/15: STCH Luncheon
- 8/6: Camino Real Meeting
- 8/16: Mental Health Service Professional Grant Administration (MHDG) Webinar
- 8/17: Greet Students - Pettus
- 8/18: Greet Students - Kenedy
- 8/21: Runge Planning Meeting
- 8/21: Tour de Counselors
- 8/22: PAX Good Behavior Game Training
- 8/23: Superintendent Roundtable
- 8/28: Region 3 - Educator Wellness & Trauma Informed Schools - Day 1
- 8/29: MHDG GPRA webinar
- 8/30: Region 3 - Educator Wellness & Trauma Informed Schools - Day 2
- 9/4: Labor Day Holiday
- 9/11: Patriot Day
- 9/11: Counselor Luncheon

RAMPED Consortium Stakeholders,

Greetings! Here we are, starting a promising new school year! It is an exciting time, with new opportunities for stakeholders to invest in the education and well-being of our young learners. With that, comes the realization that the job of educating our youth looks vastly different than what it looked like 30 years ago. Students and staff in our RAMPED Consortium of Rural Schools are blessed that the Superintendents in our districts recognized that the mental health and well-being of their school communities must be made a priority. The RAMPED grant is the product of the collaborative effort of five school districts to provide more mental health and social services in their districts. I am honored to have had the opportunity to work with student-centered Superintendents, led by Superintendent Kuenstler towards first applying then being awarded this \$8.2 million grant. This monthly newsletter will inform all stakeholders of RAMPED efforts towards the goal of providing much needed mental health professionals in our communities.

This is going to be a beautiful year of growing healthier communities through mental health and social services in our schools!

Thank you for investing in our students!!!

*Dr. Yvette Buehring*

RAMPED Program Director

## RAMPED I.S.D. PARTNERS

### Karnes City

Superintendent:  
Katherine Kuenstler  
KCHS Principal:  
Daniel Hutchins  
KCJH Principal:  
Kelly Ruiz  
RES Principal:  
Jennifer Foster  
KC Primary Principal:  
Kevin Hans

### Kenedy

Superintendent:  
Dr. Calvin Bowers  
KS Principal:  
William Bailey  
KS Asst. Principal:  
Brian Trees  
KES Principal:  
John Smith  
KES Asst. Principal:  
Melissa Leza

### Pawnee

Superintendent:  
Anthony Annis  
EL-HS Principal:  
Raymond Robinson

### Pettus

Superintendent:  
Dr. Katie Atkins  
PS Principal:  
Rickey DeLeon  
PE Principal:  
Laura Holder

### Runge

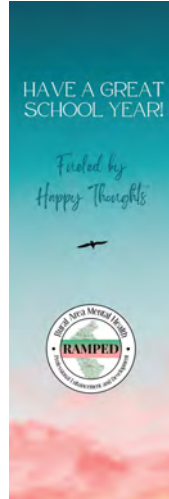
Superintendent:  
Hector Dominguez  
EL-HS Principal:  
Angelina Torres  
EL-HS Asst. Principal:  
Allison Wells



# WHAT'S HAPPENING:

## Staff Feeling the Love!

One of the goals of the RAMPED grant is to assist districts assure that teachers in their schools feel supported! Through coordinating efforts with administration, professional development, training, being present on all campuses through a rotation, resource libraries and counseling support the RAMPED Team is ready for the task at hand! Whether it is a 4-hour training or simple gestures like a Staff Bookmark presented first week of school, RAMPED plans to follow the districts' lead and be present for staff. The Staff Bookmark that suggested that they "Think Positive Thoughts!" while wishing them GOOD LUCK with the new school year was presented to ALL staff in ALL departments in all 5 school districts. The Bookmark also offered "Self-Care" tips and RAMPED staff contact information. In collaboration with campus leaders the support will be consistent and intentional throughout the year!



## Mental Health 101 Presentations:

Five campuses provided us the opportunity to present Mental Health 101 to their staff during in-service. This was an opportunity to introduce the grant as well as highlight some mental health and self-care tips for school day staff to start off the school year. This semester we already have campuses scheduled to complete the full 6.5-hour training. "Mental Health First Aid Training is a skills-based training course that teaches participants about mental health and substance use issues. Just as CPR helps you assist an individual having a heart attack, Mental Health First Aid helps you assist someone experiencing a mental health crisis. In the course, you learn risk factors and warning signs for mental health, strategies for how to help someone in both crisis and non-crisis situations, and where to turn for help."

## Students Matter!

Turning on the nightly news, we see that more and more students are feeling isolated from society, experience mental distress and in the worst cases take out their anger and frustrations on the innocent. For many students, school is not just academically challenging, but also intensely isolating. Research shows that 80% of children face loneliness at times in school. The data indicates that social praise and mimicry are great ways to start making connections and minimize feelings of isolation.

Towards our efforts to help districts support the mental health and well-being of our student populations, RAMPED presented 1300 student "YOU MATTER" cards designed by a KCHS student leader, Abigale Ingle to all 11 campuses. The cards are the first of many planned efforts to help administrators and staff minimize the isolation felt by students and instead build feelings of self-worth and efficacy in students on their campuses.

It takes a community to raise a healthy child!



# RURAL AREA MENTAL HEALTH PROFESSIONAL ENHANCEMENT AND DEVELOPMENT

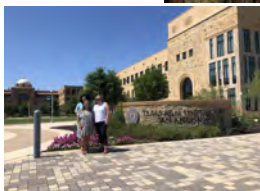


## Social Work: Stories from the Field

My time with the RAMPED grant has been a very busy one. Since June, I have visited the local campuses, reached out to Campus Principals and Counselors, visited in person with our partnering college campuses, attended a community resource roundup, participated in numerous training opportunities, and provided training as well. It has been a whirlwind of introductions and learning. We were excited to hear about a fast-track field opportunity with Our Lady of the Lake that could potentially begin this Fall. Texas State staff was eager to extend an invitation to meet with our teachers and provide training for our stakeholders. We also began a new working MOU with UTSA. I am happy to announce that I am now a Certified Mental Health First Aid Trainer. I look forward to providing this training to all our Districts along with new training opportunities related to mental health.

## The Heart and Mind Connection

WELCOME BACK from your RAMPED School Counselor Supervisor! It has been an INCREDIBLE honor to be included in the “beginning of school” experience with your amazing districts! The amount of time, effort, and love you place into making school a second home for students is phenomenal. It has been a busy but exciting time in the RAMPED office. In addition to presenting during in-service, greeting students at the doors, and meeting administrators, counselors, and staff, I have been exhausting recruiting efforts with our university partners as well as promoting our “Grow Your Own” initiative. I look forward to gaining future school counselors (residents) who are excited to support rural schools through their mental health programs. Additionally, I am a newly certified Mental Health First Aid trainer! As always, being a resource for you and your students is a top priority. Please remember to take care of you and each other.



## Building Healthy University Partnerships

Working towards the goal of creating a healthy pipeline of mental health professionals in our communities, the RAMPED TEAM has spent the last few months visiting with university partners to get programs excited about RAMPED! Once engaged and committed, the establishment of guidelines for RAMPED participants was determined. The team has visited partner campuses as well as conducted multiple ZOOM meetings with partner teams to create the most beneficial contractual arrangement possible for both parties. Consistent communication with all stakeholders is key to the success of the relationship. University partner staff recognized the essential need for mental health services in rural communities and are committed to providing our 11 sites with practicum students as well as welcoming our consortium teachers in to their graduate programs.





# RAMPED IS GROWING OUR OWN MENTAL HEALTH PROFESSIONALS


Earn up to **\$16,400** per semester  
while doing your  
practicum/internship in a rural  
school.

\*SEEKING EDUCATORS WANTING  
TO PURSUE A MASTER'S DEGREE  
IN SCHOOL MENTAL HEALTH  
THROUGH UNIVERSITY  
PARTNERS

\*COMPLETE YOUR PRACTICUM OR  
INTERNSHIP AT A RAMPED  
DISTRICT

\*COMPLETE YOUR HOURS  
DURING THE DISTRICT'S  
AFTERSCHOOL PROGRAM

HELP STUDENTS IN RURAL  
SCHOOL THROUGH:

- \*CRISIS INTERVENTION
  - \*SCHOOL CONNECTEDNESS
  - \*COMMUNITY OUTREACH
  - \*ACADEMIC ADVISING & POST  
SECONDARY READINESS
  - \*ATTENDANCE CONCERNS
  - \*FAMILY ENGAGEMENT
  - \*OTHER SERVICES DEEMED  
NECESSARY
- 



For more information, contact the RAMPED  
Program Director, Dr. Yvette Buehring at  
[ybuehring@kcisd.net](mailto:ybuehring@kcisd.net)

830-780-6224 ext 224

