

# RAMPED

January 23, 2024 - Vol. 6

## UPCOMING EVENTS:

- 1/24: Counselor Roundtable
- 1/29: Stress Less w/Mindfulness Session 1
- 2/2: Groundhog Day
- 2/3: National Wear Red Day
- 2/4: World Cancer Day
- 2/5: Stress Less w/Mindfulness Session 2
- 2/12: Stress Less w/Mindfulness Session 3
- 2/14: Valentine's Day
- 2/20: Presidents' Day

*\*RAMPED funding is made available through the U.S. Department of Education's Mental Health Service Professional Demonstration Grant.*

RAMPED Family,

Happy New Year! What an exciting time for educators and specifically those that are allowed the opportunity to provide new innovative services towards improving the mental health and well-being of the young learners in our school districts. With the additional support that comes with resources such as the RAMPED Mental Health Grant, we can assure that we have provided a holistic range of support to staff, students, families and the community.

With the Spring semester, we will see more graduate student RESIDENTS providing support services to our 10 campuses, more Save the Children resources being used in RAMPED efforts and more collaborations with other grants towards providing all available resources needed towards students reaching their full potential.

We look forward to a highly productive and engaging Spring Semester of support services for our student and adult communities!!!

Thank you for all that you do for communities!

*Dr. Yvette Buehring*

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  
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:

## Principal Roundtable

On January 10th, the RAMPED consortium of eleven campus principals gathered to discuss the transition into the RAMPED Spring semester. Several important items were discussed during the meeting including expectations established during the Superintendent Roundtable before the Christmas Break, Fall semester successes, and Year 2 grant requirements. A much-appreciated breakfast was provided for the roundtable by Supt. Kuenstler's office.

Principals continued to pledge their commitment to taking full advantage of all services available through the RAMPED grant for both students and staff. That pledge included securing parent permission documentation, provision of space for grant operations, and invitations to speak to staff regarding the new opportunity for tuition reimbursement for those who enroll in mental health graduate programs. We look forward to meeting monthly with this student-centered group of administrators towards efforts to improve the mental health and wellbeing of all our communities! -Dr. Yvette Buehring



## Stress Less with Mindfulness

We are so happy to work with Texas AgriLife and Karnes City Adult Education to present Stress Less with Mindfulness. This will be a 5-week course that begins on January 29th and continues every other Monday at 5:00 PM. Everyone is invited to attend. We ask for you to RSVP with the RAMPED office. Snacks and childcare will be provided. Please see the dates and topics for these classes. - F.E.

Session 1: 1/29-Begin with the Breath

Session 2: 2/5-Mindful Eating

Session 3: 2/12-Mindful Walking/Thought Surfing

Session 4: 2/26-Be Kind to Your Mind

Session 5: 3/4-Laughter is Good Medicine

## Youth Mental Health First Aid Training

On January 3 we had the great fortune of training Karnes City secondary paraprofessionals in Youth Mental Health First Aid. KCISD can celebrate having an additional twelve certified mental health first aiders in the district! This is a big accomplishment! Paraprofessionals are crucial to student success and they are now empowered to recognize signs and symptoms of mental health challenges as well as equipped to put the A.L.G.E.E steps in place when necessary. Just as a reminder, in addition to Mental Health First Aid, the RAMPED team is trained in Emotional Backpack, PAX, and Trauma Informed Classrooms. We can also customize training for staff and parents. Keep us in mind when planning training for staff or parents!- P.H.



## New RAMPED Counselor Resident

I am so proud to welcome one more school counseling resident to the RAMPED team! Kendra Pacheco will be assigned to Karnes City Primary! This placement supports the RAMPED grant goals by providing more health professionals in rural schools. Mrs. Pacheco is a graduate student at Our Lady of the Lake University and is looking forward to serving students at KCP. If you are still undecided about whether to pursue a master's degree in social work, school counseling, or school psychology, please reach out to me and allow me a short time to visit with you to explore options. I would love to tell you why there has never been a better time than now. - P.H.





# **RURAL AREA MENTAL HEALTH PROFESSIONAL ENHANCEMENT AND DEVELOPMENT**

## **Heart and Mind Connection**

**HAPPY NEW YEAR!** Can you believe it is already January? I am super excited for new beginnings this semester! RAMPED experienced several successes in the fall and we look forward to starting strong in 2024. Wishing you all an amazing January! Please make it a priority to take care of yourself by participating in our monthly self-care challenges! The tasks are fairly simple and prizes are awarded to everyone who participates! Much love and gratitude to you! Your RAMPED Grant School Counselor Supervisor - Patricia Huber, MSC

## **Social Work: Stories from the Field**

December was an exciting month for our 2 social work residents as they both completed their hours to receive their stipend for the Fall Semester. The residents expressed gratitude and plans of paying debt and planning for the future. It was an opportunity to reflect on the semester as well and set goals for the spring semester. They are excited to return and have new residents from UTSA join them on January 15th. December was filled with opportunities to distribute candy canes to students at the 10 campuses. The pure joy of a student's smile receiving a candy cane was heartwarming. After we returned from the holidays, the team quickly began to plan for the spring and returning residents. We are looking forward to working closer with our Grow Your Own teachers in our districts who are beginning their new journey of graduate school in the field of mental health. Our regular cohort meetings will provide support to those currently enrolled and encourage those still considering applying. Year 2 offers a new stipend opportunity for our Grow Your Own teachers enrolled in coursework. We are excited to add this next level of support to our staff.- Frances Ehrlich, LMSW

Any questions regarding this newsletter may be emailed to:  
April Peralta at [aperalta@kcisd.net](mailto:aperalta@kcisd.net) or call  
830-780-6225





Karnes City ISD Adult Ed Presents

## Stress Less with Mindfulness

A five-class series that introduces participants to the experience and practice of mindfulness to reduce stress.

Session 1: 1/29-Begin with the Breath

Session 2: 2/5-Mindful Eating

Session 3: 2/12-Mindful Walking/Thought Surfing

Session 4: 2/26-Be Kind to Your Mind

Session 5: 3/4-Laughter is Good Medicine

Presented by Texas A&M AgriLife Extension  
Meagen Dennison, County Extension Agent

Scan QR Code for more information about the sessions



Snacks Provided

Childcare Provided



### Event Info

Where: 302 E. Mayfield (brown brick building by RES gym)

When: Every Monday starting January 29<sup>th</sup> from 5:00-6:00 PM (See dates above)

RSVP Requested

Special Accommodations Upon Request

Contact Information: Dr. Yvette Buehring [ybuehring@kcsid.net](mailto:ybuehring@kcsid.net) 830-780-6224



# HEALTH, NUTRITION, & WELLNESS



Join Otto Kaiser Memorial Hospital's diabetes program **every other Tuesday from 6-7pm** for a four-class series & cooking classes on improving health and eating well.

## LEARN MORE ABOUT:

- Jan 30: Nutrition & Healthy Eating
- Feb 13: Eating Well on a Budget
- Feb 27: Knowing Your Health Numbers
- Mar 5: Stress Management & Physical Activity

## Event Info:

- Tuesdays, 6-7pm (see dates above)
- 303 E. Mayfield ( blue building between RES and KC Primary school)
- RSVP Requested
- Special Accommodations Upon Request
- Contact: Dr. Yvette Buehring, (830) 780-6224, [ybuehring@kcisd.net](mailto:ybuehring@kcisd.net)

**CHILDCARE PROVIDED!**

**SNACKS PROVIDED!**