

# KV COMMUNITY HEALTH & WELLNESS

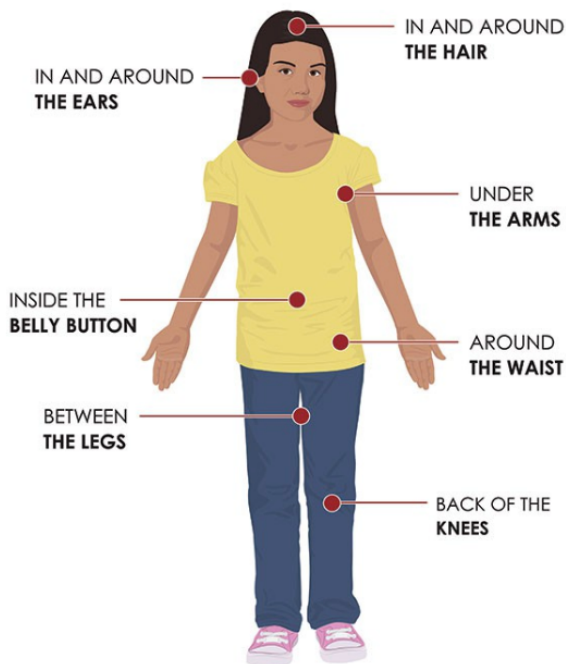


A Newsletter by the  
Kelloggsville Health & Wellness Committee



## It Is Tick Season!

Ticks are most active during the warmer months, April through September. It is important to check your body and clothes for ticks each time you come in from outside. If you find a tick attached to your skin, it is important to remove the tick as soon as possible.



1. Use fine-tipped tweezers to grasp the tick as close to the skin's surface as possible.
2. Pull upward with steady, even pressure.
3. After removing the tick, thoroughly clean the bite area and your hands with rubbing alcohol or soap and water.
4. Never crush a tick with your fingers. Dispose of a live tick by placing it in a sealed bag/container, or flushing it down the toilet.

You can find this information and more at the CDC website on ticks at [cdc.gov/ticks](https://www.cdc.gov/ticks)

## MORE INFORMATION ON HEALTH & WELLNESS:

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# New Mental Health Clinician at KHS

We are excited to announce that we officially have a new Mental Health Clinician at Kelloggsville High School!

Sonia Frausto began providing school-based outpatient therapy services for students at the high school starting in late March and is excited to start supporting the school. We are excited to introduce Sonia below!

My name is Sonia Frausto. I am the new Mental Health Clinician at Kelloggsville High School and I am so glad to be here and start working with students at KHS! I am married with four children. We have 2 adult children, one son & one daughter, and two teen boys, 15 & 17.

I have been practicing social work and mental health for 7 years. While working in the field, I earned my Bachelor's degree in Social Work in 2015 from Spring Arbor University and my Master's degree in Social Work in 2018. Throughout my career, I have worked as a clinician at Bethany Christian Services with refugees from Central America and as an advocate for domestic violence and sexual assault survivors. I have also done home-based work in the community as a therapist with youth ages 3-17. I am glad to be here and excited to start working for this school!

If you are interested in therapy services for your high school student, you can reach out to **Sonia Frausto** at (616) 240-5642. [sfrausto@kvilleps.org](mailto:sfrausto@kvilleps.org)

## Summer Therapy Services

Our elementary, middle, and high school clinicians are excited to continue working with students this summer! If you have a student who is already receiving services, please keep an eye out for information from your clinician regarding summer services. If you are interested in beginning mental health therapy services for your student or being placed on a waitlist for services in the fall, please reach out to the clinician at your student's school for more information.

### **Marissa Brill**

*Southeast, West, and Central Elementary*  
(616) 648-2682 (call or text)  
[mbrill@kvilleps.org](mailto:mbrill@kvilleps.org)

### **Amy Waldo**

*Kelloggsville Middle School*  
(616) 570-2805 (call or text)  
[awaldo@kvilleps.org](mailto:awaldo@kvilleps.org)

### **Sonia Frausto**

*Kelloggsville High School*  
(616) 240-5642 (call or text)  
[sfrausto@kvilleps.org](mailto:sfrausto@kvilleps.org)

# What do stress and physical health have in common?

Stress has an impact on your body, thoughts and feelings, and behavior. Long-term stress can lead to health problems such as blood pressure, heart disease, obesity, and diabetes. There are three different kinds of stress, positive stress, tolerable stress, and toxic stress. Positive stress is a normal part of the development and may cause an increase in heart rate. Tolerable stress is from traumatic events that take longer to recover from. A toxic stress response is from prolonged exposure to events such as physical or emotional abuse, caregiver substance abuse or mental illness, exposure to violence, or burdens of family economic hardship.

## Signs your child may be stressed

- They refuse to go to activities they usually enjoy
- Mood swings, acting out
- Stomach aches
- Headaches
- Change in sleep patterns



## Ways to Reduce Stress

How much sleep you need changes as you age. The American Academy of Sleep Medicine and the Sleep Research Society recommend:

- **Accept your needs.** *What situations make you feel physically and mentally agitated? Once you know this, you can avoid them when it's reasonable to, and cope when you can't.*
- **Manage your time.** *Prioritizing your activities can help you use your time well. Making a day-to-day schedule helps ensure you don't feel overwhelmed by everyday tasks and deadlines.*
- **Practice relaxation.** *Deep breathing, meditation, and progressive muscle relaxation are good ways to calm yourself. Taking a break to refocus can have benefits beyond the immediate moment.*
- **Exercise daily.** *Schedule time to walk outside, bike, or join a dance class. Whatever you do, make sure it's fun. Daily exercise naturally produces stress-relieving hormones in your body and improves your overall physical health.*
- **Set aside time for yourself.** *Schedule something that makes you feel good. It might be reading a book, going to the movies, getting a massage, or taking your dog for a walk.*
- **Eat well.** *Eating unprocessed foods, like whole grains, vegetables, and fresh fruit is the foundation for a healthy body and mind. Eating well can also help stabilize your mood.*
- **Get enough sleep.**

## Looking Ahead to Summer

With summer just around the corner, it can be easy to feel worried and stressed about having your kids home more. It's a big adjustment for both them and you each time the school year ends!

With that in mind, here are some tips to help your summer start (and continue!) well:

- Create a daily schedule with your child. Going from a very structured school day to all-day freedom can be very challenging for kids and can lead to arguments between siblings, boredom, and restlessness. Your schedule doesn't have to be set in stone, but creating routines for each part of the day (morning, afternoon, and night) can help you and your child know what the expectations are from the beginning and prevent daily arguments and complaining. Routines can include daily hygiene tasks (getting dressed, brushing teeth, bathing/showering), chores, time for reading or learning-based activities, independent time, and more. Create your routines and schedules WITH your child to help increase their buy-in and desire to follow those routines.
- Find something fun to do each week that your kids can look forward to! Whether that's as simple as a game or movie night or a fun outing like going to the zoo or the beach, letting your kids create a plan for each week can help give them something to look forward to.

## Community Resources in Kent County

### **Safety**

Poison Control: Poison prevention, first aid and what to do in case of a poisoning emergency. 1-800-222-1222 (24-hour hotline)

Helen DeVos Injury Prevention Program: Education on safety topics to eliminate unintentional childhood injury and death, reduced price car seats. 616-391-7233

YWCA 24-Hour Confidential Crisis Line: Support for victims of domestic and dating violence, sexual assault, child sexual abuse, and stalking. 616-451-2744 (24-hour hotline open to everyone)

### **Health, Dental, and Immunizations**

Kent County Health Department - Children's Special Health Care Services: Specialized medical treatment, supplies and equipment for children with chronic health conditions. 616-632-7066 Mon-Fri 8AM-5PM

Kent County Health Department - WIC: Nutrition education, breastfeeding support, referrals to other healthcare providers, immunizations, and supplemental foods. 616-632-7200 Mon-Fri 8AM-5PM

Kent County Health Department - Community Clinical Services: Immunizations, tuberculosis testing and services and sexually transmitted disease testing. 616-632-7200 Mon-Fri 8AM-5PM

Kent County Health Department South Clinic and My Community Dental Centers: Provides dental services to Medicaid enrollees and low income, uninsured residents. 1-877-313-6232 Mon-Fri 8AM-4:30 PM