The 22/23 school year is well underway and Fall is in the air. As cooler temps, and shorter days set in, we know a shift is upon us. This season is time for transition, a time to hit the reset button, to set new goals, and get organized for the months ahead. That said, this time of year can also be a stressful and challenging for families. From time changes, school schedules, and added activities, the impact of the busy back-to-school season can be challenging. To help you and your family transition more smoothly to these changes, the incredible team of therapists and community partners who help provide services to youth in Sheboygan County through the Providing Access To Healing (PATH) School-Based Mental Health Community Impact Initiative are here to help provide insight into what may be impacting the youth in our community. Throughout this article PATH Partners will provide helpful information, tips, and resources and hopefully offer some comfort in knowing that you and your family are not alone; there is help - there is hope.

Wish you a rejuvenating Fall season filled with much gratitude,

Brianna Heusterberg
Director of Providing Access To Healing (PATH)
United Way of Sheboygan County
What is Sleep Hygiene?

BY FRANK SIMAC, MS, LPC, CSAC, ICS
SCHOOL-BASED MENTAL HEALTH PROGRAM MANAGER,
LAKESHORE COMMUNITY HEALTH CARE

As the school year continues underway and the Fall season sets in, many of our PATH school-based therapists notice difficulty adjusting sleep schedules from the summer months.

Paying attention to sleep hygiene is one of the most straightforward ways that you can set yourself up for better sleep.

Strong sleep hygiene means having both a bedroom environment and daily routines that promote consistent, uninterrupted sleep. Keeping a stable sleep schedule, making your bedroom comfortable and free of disruptions, following a relaxing pre-bed routine, and building healthy habits during the day can all contribute to ideal sleep hygiene for you and your children.

Every sleeper can tailor their sleep hygiene practices to suit their needs. In the process, you can harness positive habits to make it easier to sleep soundly throughout the night and wake up well-rested. See page two for helpful tips and tricks to build better sleep for you and your family.

“The best bridge between despair and hope is a good night’s sleep.”

-MATTHEW WALKER, WHY WE SLEEP: UNLOCKING THE POWER OF SLEEP AND DREAMS MATTER

Source: https://www.sleepfoundation.org/sleep-hygiene
SLEEP HYGIENE

HELPFUL TECHNIQUES

SET YOUR SLEEP SCHEDULE

• **Have a Fixed Wake-Up Time:** Regardless of whether it's a weekday or weekend, try to wake up at the same time since a fluctuating schedule keeps you from getting into a rhythm of consistent sleep.

• **Prioritize Sleep:** It might be tempting to skip sleep in order to work, study, socialize, or exercise, but it's vital to treat sleep as a priority. Calculate a target bedtime based on your fixed wake-up time and do your best to be ready for bed around that time each night.

FOLLOW A NIGHTLY ROUTINE

• **Keep Your Routine Consistent:** Following the same steps each night, including things like putting on your pajamas and brushing your teeth, can reinforce in your mind that it's bedtime.

• **Unplug From Electronics:** Build in a 30-60 minute pre-bed buffer time that is device-free. Cell phones, tablets, and laptops cause mental stimulation that is hard to shut off and also generate blue light that may decrease melatonin production.

CULTIVATE DAILY HABITS

• **Get Daylight Exposure:** Light, especially sunlight, is one of the key drivers of circadian rhythms that can encourage quality sleep.

• **Be Physically Active:** Regular exercise can make it easier to sleep at night and also delivers a host of other health benefits.
STAYING CONNECTED, FEELING LOVED.
Support and Acceptance

Love and Acceptance
BY FRANK SIMAC MS, LPC, CSAC, ICS
SCHOOL-BASED MENTAL HEALTH PROGRAM MANAGER, LAKESHORE COMMUNITY HEALTH CARE

New school year, new classrooms, new classmates - every year, changes. As changes occur, stable and consistent relationships help people adoptive to these changes. As the parents, and school/community support teams of the youth in our community, we have the ability to offer this kind of stability to our youth by offering our unconditional positive regard.

What is Unconditional Positive Regard? Unconditional Positive Regard occurs in relationships were we are accepted and loved as we are. Now this isn’t to say we must accept and love all behavior; however, remember that behaviors are neither good or bad, they are what people do to get their needs met and what they’ve witnessed themselves or practiced. It is basic acceptance and support of a person regardless of what the person says or does.

Humans are built to love and be accepted. Youth who are loved and accepted are given experiences to take risks, learn new behaviors, and grow. Together, we can make sure every youth is connected at home, and school.

“People are just as wonderful as sunsets if you let them be. When I look at a sunset, I don't find myself saying, 'Soften the orange a bit on the right hand corner.' I don't try to control a sunset. I watch with awe as it unfolds.”
-Carl R. Rogers
A WAY OF BEING
FOR TEACHERS

Sometimes unconditional positive regard is as simple as how we greet our students when they are late to class. How we greet them can communicate either our unconditional care or our lack of regard needing something from them.

If we don’t have unconditional positive regard:

- We might say, “You’re late, sit down,” or sarcastically say, “Nice of you to show up” and/or unintentionally roll our eyes. These responses tell students that we care about them only as long as they follow expectations — essentially, they are an inconvenience.

- If the above examples happen, or if a student goes into the hallway and are told to take off their hat, if they sit down at lunch and are warned to speak more quietly, then the cumulative message of school is that orderliness is the most important thing.

Instead, we can greet our student with “Hey! It’s great to see you today. Settle in a minute and then I’ll catch you up.” When we work from unconditional positive regard, the message is that I value you for who you are, not what you do or how you do it. This doesn’t mean that I won’t address attendance issues later, but my priority when my students arrive isn’t to scold them about compliance. The priority is to greet them in a way that says they matter and that their presence is more important than how fast they got here.

FOR PARENTS

Loving unconditionally means loving your kids for what they are, not for what they do or what they don’t do. This is also called unconditional parenting.

Unconditional parenting means that even when your child does something ‘wrong’ or is ‘naughty’ in the old fashioned sense of the word, you do not withdraw your positive regard or love. Why?

- Unconditional positive regard is extremely healing. Nothing beats the power of feeling unconditionally loved.

- When we feel ‘wrong’, ‘bad’, angry, sad, frustrated, and/or unhappy, THAT is when we really need to feel our parents’ love the most. The worse we feel, the more love we crave.

As our children’s main supporters we can:

- Understand “bad” behavior doesn’t mean a child is "bad"
- Spend time listening or playing without expecting anything in return
- Express and share our love and care for them

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Join a number of community partners for playful educational opportunities developed to support our children’s mental health, overall well-being, and positive connection to others. Click here to learn more or to register today!

**PLAY IS HEALING FALL POP-UPS**

**GET INVOLVED: COMMUNITY VOLUNTEERING**

Sheboygan County Food Bank, along with community members/partners coordinate the Community Cafe (Mon. - Sat.). Volunteers help with: light food prep, setting up & serving lunch, hospitality, and clean up. Click here to learn more and/or to volunteer as a family.

**MONTHLY YOUTH & FAMILY RESOURCE GUIDE**

This guide helps keep our community in the loop on activities and resources available to families in Sheboygan County! Visit the Community Partnership for Children’s webpage to see this month’s events and activities!

**PARENT CAFES**

Parent Cafés explore the five Strengthening Families Protective Factors through guided peer-to-peer learning, self-reflection and conversations that strengthen the social and emotional health of families. Click here to learn more!

**NOURISH FARMS: COOKING CLASS**

Join this youth focused cooking class! Youth and their grownups will work together to make a delicious pasta meal from scratch. Contact: info@nourishfarms.org or call 920-550-2020

**HOLIDAY MAKE & TAKE**

Enjoy a joyful afternoon at the Above & Beyond Children’s Museum featuring fun activities for the whole family. Contact: Andrew@abkids.org or Visit: www.abkids.org

**SET THE SEASON AGLOW**

Make the Season Bright with a dazzling tree-lighting at The Shops at Woodlake Kohler. Join in for magical day sure to delight young and old. Click here for more information.

**TEEN SELF-CARE SUNDAY SERIES**

Teens, join Yoga on the Lake to kick off each week with a yoga class focused on self-care. Ages 12+. $20 for a single workshop or $60 for the full series. Register by calling the studio directly at 920.453.2817

**Importance of Getting Involved**

Community involvement is beneficial in all areas of life, but perhaps the greatest examples of the profound and inspiring ways that it impacts our society, is when we look at the benefits of community involvement within families and our children.

Getting your child connected to their community gives them a deeper sense of belonging, it allows them to view themselves as an important part of a larger network of people. Community projects bring people together, boosting the mental wellbeing and quality of life to all those involved and has been shown to increase self-esteem.

Community involvement also helps children form social connections through a shared objective, fighting off feelings of loneliness or self-doubt, uniting them with a network of people they can rely on for support, advice and friendship.

Community projects which benefit other people give children a sense of purpose and meaning, taking a break from their own problems and allowing them to focus on the good they can bring to someone else’s life.

MHA Lakeshore promotes mental wellness through education, prevention programming, advocacy, and resource referrals for care and recovery. Find help today by visiting mhalakeshore.org or calling them at 920-458-3951.

Remember - your story matters!

Call 2-1-1 anytime for free assistance with basic needs, mental health or substance use resources/support, and/or for help during disaster situations. For personal assistance call the three-digit number 2-1-1 or 877-947-2211. You can also text your zip code to 898211 or Click here for more information.

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Making youth mental health a priority.
What Is PATH?

PATH is a school-based mental health program that helps create increased access to services for youth by removing financial and geographical barriers.

Who Can Receive PATH Services?

PATH provides counseling to students ages K3 through 12th grade who may be experiencing emotional or behavioral concerns with a barrier that prevents counseling in the community.

What School Districts in Sheboygan County have PATH?

- Cedar Grove-Belgium
- Elkhart Lake-Glenbeulah
- Howards Grove
- Kohler
- Oostburg
- Plymouth
- Random Lake
- Sheboygan Area
- Sheboygan Christian
- Sheboygan Falls
- Head Start

How do I learn more and/or get my child in PATH?

Contact your child’s school counselor to learn more about PATH, if your child qualifies, and if there is availability at your school.
HOW TO SIGN UP YOUR CHILD TO RECEIVE PATH SERVICES:

Contact your child’s school counselor to see if your child qualifies for services and/or if there is availability at your school.

2022-2023 PARTNERS

SPECIAL THANKS TO ALL WHO HELP MAKE THIS COMMUNITY IMPACT INITIATIVE POSSIBLE

TO LEARN MORE AND/OR GIVE TO THE CAUSE

https://www.uwofsc.org/our-impact/path/

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