



Holly Area Schools

Excellence in Action!

October 10, 2024

Dear Holly Area Schools Families,

I hope this message finds you well. I am writing to recognize an important day for our school community and beyond: **World Mental Health Day** is today, **October 10, 2024**. This day is dedicated to raising awareness about mental health and promoting well-being for people of all ages.

At Holly Area Schools, we believe that mental health is just as important as physical health. To be successful learners and caring members of our community, it's essential that we support each other's emotional well-being. This includes creating an environment where every student feels safe, valued, and supported.

I encourage all families to take a moment today to talk about mental health, check in with one another, and explore ways we can continue to prioritize well-being both at home and in school. Remember, no one must face challenges alone, and reaching out for support is a sign of strength.

As a district, we are committed to:

- **Encouraging open conversations:** Mental health is something we all experience. It's okay to talk about it, ask for help, and support one another.
- **Prioritizing self-care:** Simple actions like taking breaks and finding time to connect with others can make a big difference.
- **Providing resources:** Holly Area Schools offers various programs and supports to help students and families navigate mental health challenges.
 - Our school district provides support through our counseling teams, social workers, parent outreach coordinators as well as partnerships with Holly Area Youth Assistance, Holly Area Community Coalition, and Easterseals.
 - A new partnership that the district has invested in for our families is **Care Solace**, a free and confidential service that supports our students, staff, and their families in navigating mental health care. This partnership enhances our ongoing commitment to the well-being of our school community. It is personalized for your needs, confidential, and intended to be user-friendly and comprehensive.
 - *In the past few weeks, our families have engaged in nearly 500 communications with Care Solace and 20 warm handoffs "cases" initiated to support students and families.*

Administration Office

6161 East Holly Road
Holly, Michigan 48442
Phone: 248-328-3100
Fax: 248-328-3145
www.hask12.org

Scott M. Roper, Superintendent
Steven Lenar, Asst. Superintendent Administrative Services
Michelle Szczechowicz, Executive Director of Educational Services
Patricia Murphy-Alderman, Director of Human Resources
Jennifer Lauria, Director of Special Education

- Whether you seek support for your child, yourself, or another family member, Care Solace provides access to a broad network of services, including counseling, therapy, and crisis intervention. Call Care Solace at **888-515-0595** any time or explore resources on your own at caresolace.com/hask12

Additionally, our new parent outreach program offers a space where families can feel supported and empowered to act knowing they aren't facing these challenges alone. This program is overseen by Cheryl Price, the district's counseling specialist, and Sydney Sinclair, the district's family school liaison. A new webpage on our district website will soon be launched with more information about the new parent outreach program.

A Love and Logic workshop is a parent outreach program event happening this month. Please review this information on the [Parenting with Love and Logic Watch Parties](#) hosted at Holly Elementary on October 15th, 22nd, and 29th. Attached with this communication is another copy of the flier that is linked. Parents can register at <https://forms.gle/4KPeV3yiHiRbXqG46>

We are proud of the efforts our students and families make every day to create a positive and caring school environment. Together, we can continue to support one another and promote a culture of kindness and mental well-being in our community.

Thank you for your ongoing partnership and commitment to the success and well-being of our students.

Sincerely,

Scott M. Roper, Superintendent
Holly Area Schools