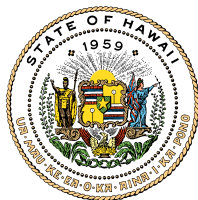


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OFFICE OF STUDENT SUPPORT SERVICES

July 29, 2024

TO: Department of Education Employees (All)

FROM: Annie Kalama 
Assistant Superintendent

SUBJECT: Well-Being and Mental Health Support Resources for Students, Families,
and Staff (NEW)

The purpose of this memorandum is to provide information about well-being and mental health support resources. Beginning August 1, 2024, the Office of Student Support Services will offer a variety of valuable resources through [ParentGuidance.org](https://www.parentguidance.org) as part of the Here to Help initiative. These resources are freely accessible and are intended to support students, families, and the Hawaii State Department of Education (Department) staff as follows:

Resources:

- 1. Mental Health Series Sessions:** Virtual sessions providing insightful discussions and practical strategies on various mental health topics relevant to students and families. Information and promotional materials regarding the session dates and topics will be shared through complex points of contact as well as the Department's public facing [Here to Help site](#).
- 2. Parent Coaching:** Confidential coaching sessions for parents and legal guardians to assist them in supporting their children's mental health and navigating challenges effectively. Coaching includes weekly virtual sessions and messaging throughout the week.
- 3. Well-Being Coaching for Staff:** Dedicated mental health coaching for staff to ensure they receive the support necessary to maintain their mental health. The format is similar to that of parent coaching.
- 4. My Life is Worth Living:** A powerful program incorporating an engaging animated series aimed at preventing youth suicide and promoting positive mental health among students.

5. Other Free Resources: A variety of additional resources tailored to meet the diverse needs of our school community.

Staff are encouraged to explore these resources and disseminate this information to students, parents, legal guardians, and other staff members. By utilizing these tools, a supportive and healthy environment can be collectively fostered for everyone in our school community.

Schools are also asked to display the *Here to Help ParentGuidance.org medallion* on their websites. This clickable symbol reflects their commitment to mental health support and encourages students, parents, legal guardians, and staff to access essential resources, thereby promoting overall mental wellness.

For additional information and to access these resources, please visit:

- Here to Help Department Public Site: *heretohelp.hidoe.us*
- Parent.guidance.org Site: *Parent Guidance*
- Parent and Staff Coaching Registration: *Parent Coaching*
- My Life is Worth Living Site: *My Life Is Worth Living*
- Here to Help Parent Guidance.org Medallion: *bit.ly/parentguidanceH2Hmedallion*

Should you have any questions, please contact Ayada Bonilla, Educational Specialist, Student Support Section, at (808) 305-9800 or via email at ayada.bonilla@k12.hi.us.

AK:ab

c: Superintendent
Deputy Superintendents
Assistant Superintendents