



Winter/Spring Newsletter

2025

Recharge and Reconnect: Take Time Out from Tech & Do a Digital Detox!

Do you ever feel like your phone is controlling your time? Are you constantly scrolling, Snapchatting, or checking social media, only to realize you've lost track of the world around you? The struggle is real. It's easy to get caught up in the digital world, but too much screen time can leave us feeling distracted, overwhelmed, and disconnected from the people who matter most.

That's why the Disconnect to Connect (D2C) Coalition invites you to Take Time Out from Tech and Do a Digital Detox by participating in the Global Day of Unplugging from sundown on Friday, March 7, to sundown on Saturday, March 8, 2025. This is the third year our community has committed to being screen free for a day while embracing real-life connections.

How to Join the Movement:

Take the pledge to try to be screen-free for 24 hours.

Encourage others - challenge friends, family, students, classmate and coworkers to participate.

Spread the word - post about the event before March 7 using #BeScreenFree, #GreeneCountyUnplugged and #GDU2025.

Get creative - print out our "Why I Unplug" poster, snap a selfie, and share it on social media or email it to lfox@gcph.info.

Promote unplugging and being screen free - display a message on your marquis, newsletter, website or local radio/TV station.

Taking a break from screens helps reduce stress, improve focus, boost mental well-being and strengthen relationships. Whether you use this time to go on a hike, play a board game, cook a family meal, or simply relax without digital distractions, you'll be amazed at how refreshed you feel.

If your business, school, or organization would like to be recognized as a supporter, email lfox@gcph.info to be included in our promotional efforts.

So this March 7-8, let's unplug, recharge, and reconnect - together.

GLOBAL DAY OF UNPLUGGING

MARCH 7-8, 2025 ★ GREENE COUNTY, OH

Sundown to Sundown - 24 hours

★ **For 24 Hours, I pledge to "Be Screen Free!"** ★
I will unplug to....

#GreeneCountyUnplugged



**Global Day
of Unplugging**



I'm Disconnecting on March 7th for



Global Day of Unplugging

**Protecting my mental health and connecting for
meaningful human interactions is a priority!**

#GreeneCountyUnplugged #GDU2025



**Public Health
Greene County**

Greene County Educational Service Center
360 East Enon Road, Yellow Springs, Ohio 45387
937.787.1303



Greene County Superintendents Honor Fairborn's Gene Lolli

Greene County school superintendents celebrated the career of Gene Lolli, superintendent of Fairborn City Schools who retired in December of 2024. Best wishes go to Mr. Lolli as he embarks on his next chapter. Congratulations also go to Amy Gayheart, the new superintendent for Fairborn City Schools.

Pictured from left to right: Dr. Gabe Lofton, Xenia; Mr. Brian Masser, Cedar Cliff; Dr. Sabrina Woodruff, Greenview; Dr. Terri Holden, Yellow Springs; Mr. Gene Lolli, Fairborn; Mr. David Deskins, Greene County Career Center; Mrs. Terry Graves-Strieter, Greene County Educational Service Center; Dr. Doug Cozad, Bellbrook-Sugar Creek; and Mr. Paul Otten, Beavercreek.

PERFECTION!

Kudos to the GCESC staff perfect attendance award recipients for the first semester of 2024-25 school year.

**Burke, Jeffery
Chaffin, Andrea
Irvin, Angela
Kessel, Audrey
Kumbusky, Janice
McCormack, Amy
McCree, Lillian
Michaels, Kimberly**

**Nickles, Melynda
Opicka, Amanda
Phipps, Julie
Shuttleworth, Todd
Wallace, Melissa
Weisman, Jamie
Young, Tyla**



Congratulations to Kasey Mahaffey for being named Treasurer at the GCESC February board meeting!



Suicide Prevention Stressed Through Sources of Strength

The Greene County ESC Prevention Team has helped train students and staff in the Sources of Strength Secondary program with over 600 students participating across two school districts in the first two quarters of this school year.

Sources of Strength is a suicide prevention program that focuses on building the strengths of individuals through school-wide programming.

The eight strengths include: family support; positive friends; mentors; healthy activities; generosity; spirituality; physical health; and mental health. Sources of Strength is also one of the approved programs that meet Ohio Department of Education and Workforce's requirements for the Suicide Prevention and Violence Prevention component of the Suicide Prevention, Violence Prevention, Social Inclusion and School Safety Mandate. The teams of peer leaders and adult advisors in each district have enthusiastically implemented the program and grown what they learned into a blossoming school climate of positivity and strength.

Erin's Law

Since the passing of Erin's Law, both school staff and students are required to receive education aimed at preventing child sexual abuse. To meet the Ohio Department of Education and Workforce (ODEW) requirements, the prevention

team has been trained in ODEW approved programming, and partnered with the Greene County Prosecutor's Office to co-present the training. In the first two quarters of the 2024-2025 school year, the prevention team has trained over 1,300 students and 132 school staff in Greene County.

For students, the prevention team has been trained in the Monique Burr Foundation (MBF)'s Child Safety Matters. MBF Child Safety Matters curriculum includes presentations for grades Kindergarten to fifth grade, with each grade level having its own presentation that is age-level and comprehension-level appropriate. MBF Child Safety Matters teaches the five safety rules which can be utilized in a variety of situations where a student may feel unsafe. The five safety rules include: Know What's Up; Spot Red Flags; Make a Move; Talk it Up; and No Blame No Shame. .

For staff, the prevention team members are trained facilitators of the Darkness to Light curriculum Stewards of Children. Stewards of Children teaches participants how to recognize and respond to child sexual abuse through five steps: Learn the Steps; Minimize Opportunity; Talk About It; Recognize the Signs; and React Responsibly.

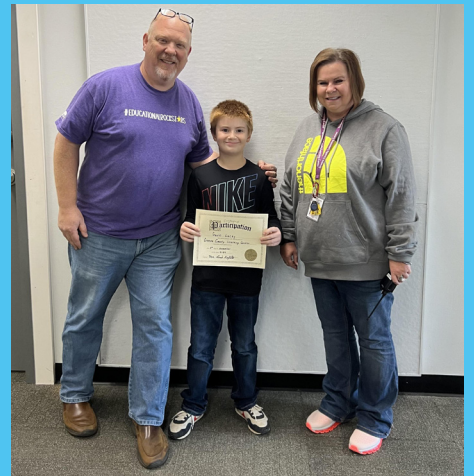
Learning Center Enjoys a Great First Semester

The Greene County Learning Center is having a terrific school year. One of the main goals of the program is support students by teaching them positive coping skills and strategies that they can use in everyday life. The Center focuses on students learning emotional regulation skills that they can apply in the classroom environment so they may be more active participants in the school setting. To date, nine students have been able to transition to their home school district or the Center's transition classroom in Fairborn. The transition classroom allows students to practice their skills in a traditional school setting so they can be even more successful in their home school building. The Learning Center team works with the receiving school to develop a transition plan that works for the individual student.

In October, the Center held its Annual Pumpkin Decorating Contest. Kroger of Xenia donated pumpkins to each Learning Center classroom and the class teams decorate with no carving involved. The students did a great job of teaming to create amazing final products with their pumpkins.

The Learning Center staff is always working to acquire new skills. At the November Professional Development Day, GCESC Occupational Therapist (OT) Nicole Melin presented to the staff on "The Origins of Stress" and "Support a Calm Learning State." Melin did a fantastic job in these presentations, and the center staff have worked hard to implement what they have learned.

Additionally, in collaboration with the GCESC Mental Health Department, the Learning Center staff are currently going through a 10-week Attachment, Regulation, and Competency (ARC) Training. This is a grant-funded training that the GCESC obtained through the Child Health Research Institute (CHRI). The ARC framework is a flexible, components-based intervention developed for children and teens who have experienced complex trauma in their lives. The training will give staff even more tools and resources for students and families.



This student returned to his home school district after the first semester this school year.



Another student returned to his home school district at the end of the second quarter this year. The LC staff is proud of both students for their hard work and effort.



The Learning Center also held the annual pumpkin decorating contest. The winning class won a pizza party for their efforts.

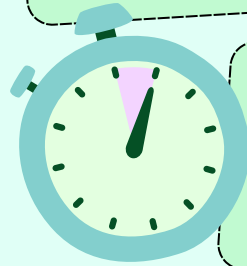
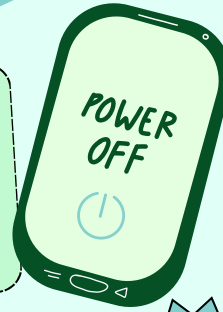
3 WAYS TO BE SCREEN FREE: TAKE TIME TO DISCONNECT TO CONNECT



1

Create Screen Free Zones

Make meal times, family areas, and bedrooms screen-free to encourage connection and rest.



Set Daily Limits

- 1 hour or less
- High quality screen time
- View with a family member

2

3

Replace Screen Time with Play Time

Encourage outdoor play, dancing, silly games, and hands-on activities to spark creativity!



RISKS OF TOO MUCH SCREEN TIME

- DEVELOPMENTAL DELAYS- language, social, and problem-solving
- DISRUPTED SLEEP- brain stimulation interferes with restful sleep
- LOW ACTIVITY- less movement leads to unhealthy habits and minds
- EYE STRAIN- young eyes and bodies were not designed for screens
- LOSS OF EXPERIENCES- zoning out or missing out on opportunities

BENEFITS OF DISCONNECTING

- Stronger relationships and social skills through interactions
- Increases creativity with imaginative play & problem-solving
- Boosts confidence & resilience through independent play
- Improves focus in school and day-to-day activities



ECMHTEAM@GREENEESC.ORG

DISCONNECT TO CONNECT RESOURCES



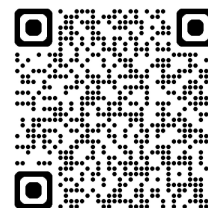
Screen Time
Guidelines



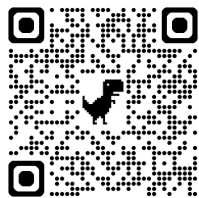
Help Me Grow
DCY



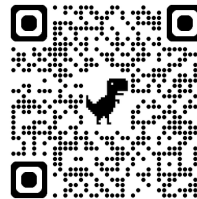
Greene County
Public Health



Greene County
Public Library



Greene County
Parks and Trails



Community Resources

Goodwill Easter
Seals



Violence Free
Futures



Greene County
Public Library



GREENE
PARKS &



MHRB
Mental Health
& Recovery Board
Clark | Greene | Madison



Public Health
Prevent. Promote. Protect.
Greene County



Department of Job & Family Services
Family & Children First Council



OHIO INFANT & EARLY CHILDHOOD
MENTAL HEALTH & WELLNESS



BUILDING RESILIENT SCHOOLS AND HOMES



A CONSCIOUS DISCIPLINE VIDEO SERIES



**Conscious
Discipline®**

Spots are limited!

Caring for children is more
challenging than ever! These
videos will help you gain the
skills to respond to your child's
behavior and to create more joy
and connection!

[CLICK HERE TO REGISTER AND GAIN ACCESS TO VIDEOS](#)

Checkout Dates:

March 17th: 10am

March 21st: 12pm

April 21st: 11am

April 25th: 9am

[CLICK HERE TO JOIN A CHECKOUT
SESSION VIA ZOOM](#)



**Watch when
and where
you choose**



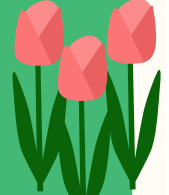
**Strengthens
Relationships**



**No behavior
charts**



**Appropriate
for ALL ages
and needs**



Positive Parenting

Raising Resiliency:
Uplifting families

Free, informal, 30 minute virtual sessions



<https://zoom.us/j/97049694203>

No registration required

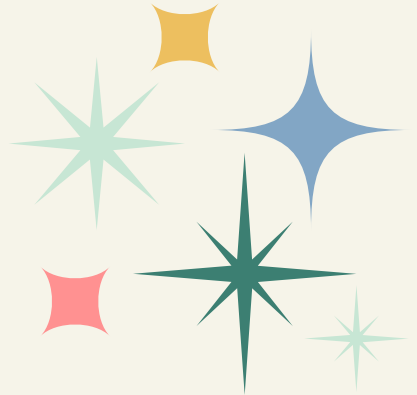
Tuesday March 11th at 8 pm

Thursday March 13th at 1 pm

Tuesday March 25th at 8 pm

Thursday March 27th at 1 pm

**Are you curious about Early
Childhood Mental Health Consultation,
but short on time to explore it more?
Do you have a question or scenario
you want to talk through?**

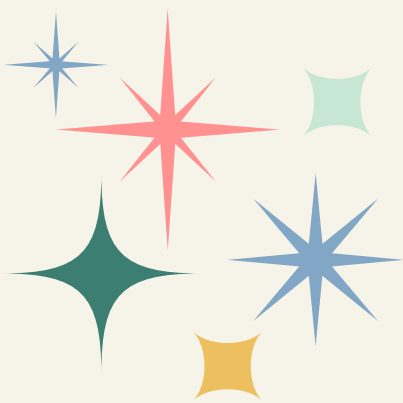


JOIN US FOR:

**A MENTAL
HEALTH MOMENT**

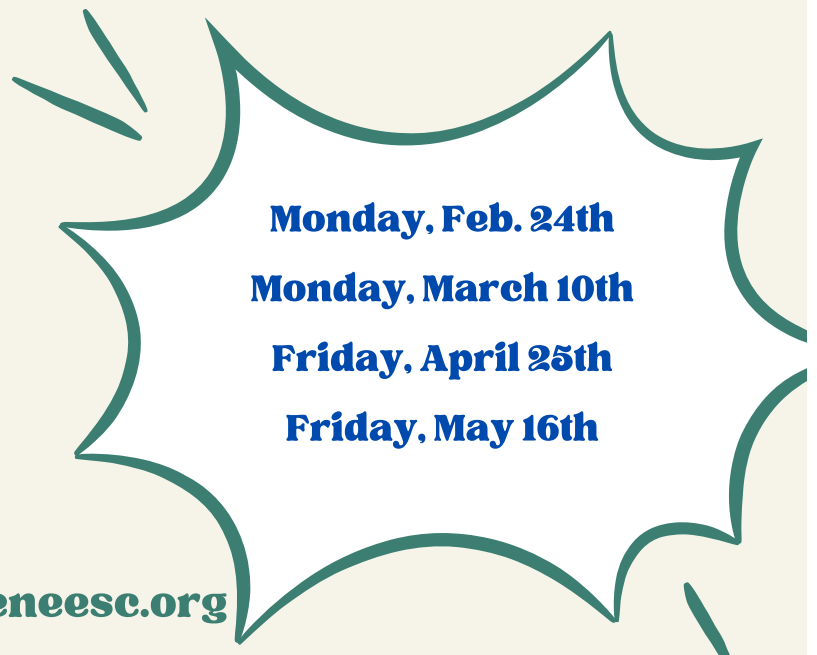
**~ Open office hours for early childhood professionals
on Zoom ~**

Follow [this link](#) at a date below **between 1 and 2pm:**



Questions?

Contact: mnickles@greeneesc.org



**Monday, Feb. 24th
Monday, March 10th
Friday, April 25th
Friday, May 16th**

VIRTUAL PROFESSIONAL DEVELOPMENT SESSIONS (PART 2)

Please join us for these free online sessions provided by our Early Childhood Mental Health Team. These sessions are designed for anyone who works directly with or supports those who work with children ages birth to eight. Participants are welcome to attend any and all sessions, but must register separately for each.



**2ND AND 4TH FRIDAY
APRIL - JUNE 2025**

*Some dates have been changed from the original schedule



12:30 - 2:30 PM



**OCCRRA REGISTRATION
REQUIRED**



QUESTIONS? CONTACT
khairston@greeneESC.org



To learn more about each Professional Development offering please visit OCCRRA's Training Search using the accompanying (ST number).

**APRIL 7TH (ST #10151391) &
25TH (ST #10151392)**

Introduction to HOPE

HOPE builds upon the recent explosion in strengths-based approaches, using this growing body of knowledge to better understand and support child health and development...

0.5 OA Contact hours

**MAY 9TH (ST #10151393) &
23RD (ST #10151394)**

Creating A Mentally Healthy Classroom

Does your learning environment meet the mental health needs of ALL children? Explore the components of a mentally healthy learning environment, including specific strategies...

1.5 OA Contact hours

**JUNE 13TH (ST#10151396)
*ONLY ONE OFFERING IN JUNE***

The Social Resilience Model

The Social Resiliency Model, founded by Dr. Laurie Leitch, Threshold Global Works, was created to accelerate leading-edge initiatives, informed by neuroscience, that amplify social resilience, health literacy, and human potential. SRM is based on four Core Concepts: Attachment, Safety, Attention, and Activation....

1.0 OA Contact hours

Free Social Emotional Learning (SEL) Toolkit and Training for Early Childhood Professionals!



Funded by the Ohio Department of Children and Youth and Ohio Mental Health and Addiction Services, 1,250 social emotional learning toolkits were created to help support the social-emotional development of children 3-to-5-years-old. In this training, early childhood education professionals will explore the importance of universal SEL, be introduced to the toolkits, and explore concrete ways each of the items can be used to support the growth, development, and learning of children in early childhood settings.

- OCCRRA: 4 Ohio approved hours!
- Toolkits are available while supplies last, and distribution may vary depending on program needs.
- By attending the training, you agree to join a mailing list for follow-up data collection.

**Attendees will
receive a 33-item
SEL toolkit,
valued at approx.
\$850!**

Training Information: SEL Toolkit Training

Time: 10:00 AM - 2:00 PM

Date: 14 March 2025

Location: Dayton Metro Library - Centerville Branch

3980 Wilmington Pike, Kettering OH 45429

Made possible through the collaboration of SST 10 and SDA 8 and Greene County ESC

Registration Information: <https://forms.gle/KySW4EF9M4HzvGKW9>

Deadline to register: 7 March 2025

For questions, contact:

Michelline Turnbow, mturnbow@greeneesc.org

Tyla Young, tyoung@greeneesc.org



SCREEN AGERS



ELEMENTARY SCHOOL AGE EDITION

DATE: Tuesday, April 22, 2025

TIME: 6 PM to 8 PM *Light dinner/refreshments*

WHERE: GCESC 360 E. Enon Road, Yellow Springs, OH



FREE! REGISTER/Email: wwooten@greeneESC.org



screenagersmovie.com