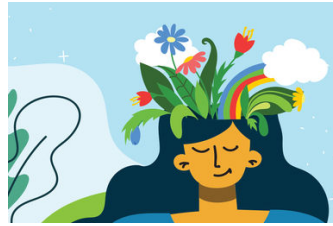




# HEALTHY HEARTS & MINDS

CCYSB YOUTH SUICIDE PREVENTION

MARCH 2025



## SELF-INJURY/HARM AWARENESS DAY

March 1st is recognized as Self-Injury/Harm Awareness Day (SIAD). It serves as an important reminder that awareness and understanding surrounding self-harm is crucial in our communities. SIAD was first celebrated in 1999 with the intent of breaking the stigma surrounding self-injury and promoting education and support for those who may be struggling with this. Self-harm is complex and often misunderstood by the general public which creates challenges in terms of treatment. Self-injury/harm is "the deliberate, self-inflicted destruction of body tissue resulting in immediate damage, often without suicidal intent." It can include a variety of behaviors such as intentional carving or cutting of the skin, subdermal tissue scratching, burning, and banging/punching objects with the intention of hurting oneself. In order to promote the values of reducing stigma and increasing support, we wanted to share 4 ways to observe SIAD.

- 1. Learn about self-harm.** Even just understanding the facts about self-harm can help to create a more supportive environment for those who are struggling.
    - Self-harm is not attention-seeking behavior. It is often a coping mechanism for intense emotional pain.
    - Self-injury is more common than most people think and can impact individuals of any age, gender, or background.
    - Self-harm is not a sign of weakness or lack of willpower. Instead it is typically a symptoms of underlying mental health issues that need to be addressed.
    - Learn more about self-injury/harm:  
<https://www.selfinjury.bctr.cornell.edu/>
  - 2. Share your story.** If you have personal experience with self-harm, sharing your story can be a powerful way to raise awareness and show support for others struggling. Your story could be a source of comfort and hope for someone going through a similar struggle.
  - 3. Support others.** SIAD is a time to offer support and understanding to others. This can be as simple as sending a message to someone you know who may be struggling. Providing a non-judgmental, listening ear can be so helpful. Let them know they are not alone and help is available.
  - 4. Spread awareness.** We all know how powerful social media can be as a tool for sharing awareness. Sharing educational resources and even hopeful personal stories can provide needed support for those struggling. You can use hashtags such as #SIAD or #SelfHarmAwareness while posting messages of support.
- There is hope and help for those struggling with self-injury/harm. You are not alone and you deserve to be here.

## What's Inside:

Self-Injury/Harm Awareness Day

World Down Syndrome Day:  
Improve Our Support Systems

National Drug and Alcohol Facts Week



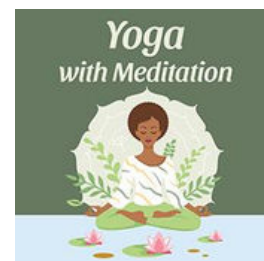
**Free Resource  
for Homework Help!**  
(all you need is a library card!)



CARROLL COUNTY  
PUBLIC LIBRARY  
Infinite Possibilities

Brainfuse HelpNow

Live online tutoring and more! Chat online with a tutor 2 p.m. to 11 p.m. seven days a week. Kindergarten through college students can get help in math, science, English, social studies and more. Build academic skills through diagnostic skills, lessons, flash-cards and quizzes. Adults can access resources for GED. Microsoft Office skills and resume writing.



March 24, 2025; 6:30-7:30pm; Eldersburg Library

Experience the many benefits of yoga and meditation. This class, taught by Rebecca Berg, welcomes students of all levels. Adaptations for using a chair will be shared if participants are uncomfortable getting on the floor. Meditation exercises will be incorporated into the practice. Please wear comfortable clothing; bring a blanket, yoga mat, and a strap (or belt or towel).



## WORLD DOWN SYNDROME DAY: IMPROVE OUR SUPPORT SYSTEMS

World Down Syndrome Day is celebrated on March 21st every year. The date was chosen to represent the triplication (trisomy) of the 21st chromosome which causes Down syndrome. This day has been officially observed by the United Nations since 2012. The goal of World Down Syndrome Day is to help people understand and support those with Down syndrome better. Sadly all around the world, people with Down syndrome are treated badly in many ways including being denied quality educations, being denied good healthcare, being denied the chance to work and earn their own money, not being allowed to make decisions about their own lives, and not having their voices heard. So, on March 21st we can create a single, global voice advocating for the rights, inclusion, and well being of people with Down syndrome. Each year, a theme is chosen with the message that supporters are being asked to share all around the world. The 2025 theme is "Improve Our Support Systems."

What needs to improve? Many people with Down syndrome around the world don't get the support they need and the support systems that they do have do not respect the human rights of people with disabilities. While many of the support systems advocates are asking to be changed are dependent upon governments, there are still ways to get involved in World Down Syndrome Day on an individual or community level. Keep reading for some ideas!

- Join in the "Lots of Socks" campaign by wearing mismatched or colorful socks to represent the extra chromosome associated with Down syndrome.
- Read inclusive books by choosing stories that feature characters with Down syndrome to learn about different abilities. Some suggestions: *"Hannah's Down Syndrome Superpowers," "I Am a Masterpiece," "A Storm of Strawberries,"* and *"The Good Hawk."*
- Create art projects, such as making posters, drawings, or crafts related to Down syndrome awareness and World Down Syndrome Day.
- Participate in Random Acts of Kindness. You can do a random act of kindness such as bringing coffee to local hospital staff or law enforcement and include a note with some information about Down syndrome and WDS.
- Social media awareness- post messages on social media using the hashtag #WorldDownSyndromeDay and follow creators with Down syndrome. (Some suggestions: @chefadamlibby, @madelinesmodelling\_, @candidlykind).

Other important points to remember:

- Be respectful and inclusive: always treat people with Down syndrome with respect and dignity.
- Focus on positive messages: highlight the abilities and strengths of people with Down Syndrome
- Ask questions if appropriate: but remember to be mindful of boundaries.



## NATIONAL DRUG AND ALCOHOL FACTS WEEK

National Drug and Alcohol Facts Week (NDAFW) is an annual event that is focused on the science of drug use and addiction that educates and empowers youth to make informed decisions about substance use and their health. It was launched by scientists at the National Institute on Drug Abuse (NIDA) to stimulate educational events in communities so teens can learn what science has taught us about drug use and addiction. NDAFW 2025 takes place from March 17-23, 2025. Participating in NDAFW can help you to learn lifesaving skills focused on overdose awareness and response. Visit their webpage:

<https://nida.nih.gov/research-topics/national-drug-alcohol-facts-week/learn-about-ndafw>

All throughout the year, you can test your knowledge about drugs and drug use by taking the National Drug & Alcohol IQ Challenge. The full game can be played solo or in teams through Kahoot (<https://create.kahoot.it/details/0c339ba3-618a-4fae-a89d-c02a917e33d2>), or keep reading to play along with some of the questions here!

1. "Bath salts," or synthetic cathinones, are sometimes sold in small foil or plastic packages labeled as:
  - a. Plant food
  - b. Glass cleaner
  - c. Research chemicals
  - d. All of these
2. Which component of the cannabis (marijuana) plant is psychotropic, or produces a high by altering consciousness?
  - a. CBD
  - b. THC
3. Vaping nicotine can be addictive just like smoking cigarettes.
  - a. True
  - b. False
4. What is a common reason people may use drugs, even if they know using drugs may be unhealthy for them?
  - a. To cope with trauma
  - b. To feel pleasure/experience a "high"
  - c. To enhance performance in sports or school
  - d. All of the above
5. These pathways in the brain are responsible for getting us to repeat pleasurable activities- also known as reinforcement.
  - a. Dopamine
  - b. Steroid
  - c. Hormone
  - d. Sensory
6. Driving after using marijuana isn't dangerous like driving after drinking alcohol.
  - a. True
  - b. False

Answers: 1. d, 2. b, 3. a, 4. d, 5. a, 6. b

## Safety Plans Work

There is hope.



1. Write 3 warning signs that a crisis may be developing.

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2. Write 3 internal coping strategies that can take your mind off your problems.

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3. Who/What are 3 people or places that provide distraction?  
(Write name/place and phone numbers)

_____	Phone _____
_____	Phone _____
_____	Phone _____

4. Who can you ask for help? (Write names and phone numbers)

_____	Phone _____
_____	Phone _____
_____	Phone _____

5. Professionals or agencies you can contact during a crisis:

Clinician: \_\_\_\_\_ Phone \_\_\_\_\_

Local Urgent Care or Emergency Department:

Address \_\_\_\_\_ Phone \_\_\_\_\_

Call or text 988 or chat 988lifeline.org

6. Write out a plan to make your environment safer.  
(Write 2 things)

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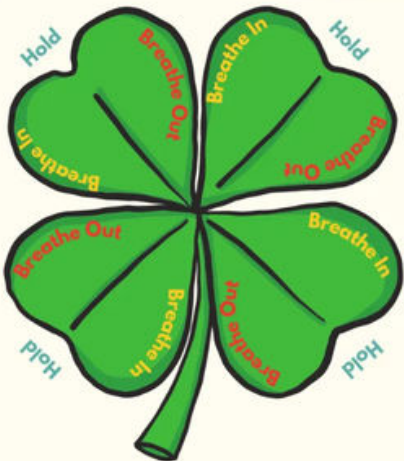


Modified from Stanley & Brown (2021)

PEP22-08-03-007

## Clover Breathing

Trace the shamrock with your finger, breathing in and out with each curve



## Crisis Resources

National Suicide & Crisis Lifeline:

9-8-8 (Call or Text)

Chat: <https://988lifeline.org/chat>

The Trevor Project  
[thetrevorproject.org](http://thetrevorproject.org)

1-866-488-7386

text 678-678

Carroll County Mobile Crisis:

410-952-9552

To access assessment and treatment services at CCYSB call

410-848-2500 x 1

or

Walk-in Assessment Hours:

Tuesday: 8:30am-11 am & 2-5pm

Wednesday: 11:30am-2pm

(We have a limited number of assessment slots available each day. See our website for arrival and check-in details)



CARROLL COUNTY  
YOUTH SERVICE BUREAU

"It Starts With the Heart."

WE ALL  
NEED  
MENTAL  
HEALTH  
SUPPORT.



TEXT



MDYoungMinds  
to 898-211

Teens, get supportive text messages.



Scan to learn more



The Governor's Office of Crime Prevention, Youth, and Victim Services, on behalf of the Children's Cabinet, funded this project under award number CCIF-2023-0005. All points of view in this document are those of the author and do not necessarily represent the official position of any State or Federal agency



Name: \_\_\_\_\_

**MARCH CHECK IN**

How are you today? How are you feeling? What's going great? What could make today better?

Find today's date and color in the clover based on how you feel.

I'm Great = Color it Green

I'm Okay = Color it Purple

I'm Meh = Color it Yellow.

I'm Struggling = Color it Blue.

I'm struggling and need to meet with a teacher. = Color it Red.

I'm in a dark place and need to meet with the counselor. = Color it Black.

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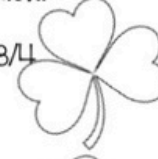
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