WERE YOU AWARE...?

April 16th is National Stress Awareness Day! Starting in 1992, the Health Resource Network sponsored this day to increase awareness on the causes and cures of stress. Though our stress response can be helpful in an emergency, it can have harsh impacts if experienced every day. Reducing stress can come in many forms including but not limited to, exercise or taking a walk, sleeping (naps!), spending time with family or friends you love, mindfulness/meditation, being outside, or cuddling a pet.

ThompsonCARES Updates

TSD sends 13 students from all 5 middle schools to Hearts & Horses’ 8-week Changing Leads Program. The students started on 3/20 and will graduate on 5/8.

Campus Connections dedicates Monday evenings for our TSD students to attend their 12 week mentoring program. The spring semester started on 2/5 and students will graduate on April 30th from the program.

SOS (Signs of Suicide) has been implemented in all 6 middle schools and taught to 2,179 middle school students this year!

CONNECTION CORNER

Brandon Maynard currently works as a co-responder, employed by SummitStone Health Partners and embedded with the Loveland Police Department. He provides mental health support and consultation for the Loveland Police Department for individuals who are experiencing mental health emergencies. Brandon has an essential role in the Thompson School District by corresponding with the School Resource Officers and responding to schools if a student is experiencing a mental health emergency, whether significant mood disturbances, or if they are suicidal. Along with that, Brandon has provided educational seminars and presentations for TSD, much like he did at the Wellness Night last month.
- UPCOMING COMMUNITY CLASSES AND EVENTS -

Please visit the ThompsonCARES website or click on the event name to see additional events, learn more and for registration information. All classes below are FREE unless indicated otherwise.

- Appropriate for TSD Staff  |  - Appropriate for Community Members  |  - Appropriate For Youth

**The "Silent Epidemic" of Youth Suicide, Presentation by Clark Flatt (The Jason Foundation)**
April 12th, 6 - 8 pm (Arrive by 5:45pm)
McKee Hospital Conference Center - 2000 Boise Ave, Loveland CO. 80538
The Jason Foundation, Inc. is dedicated to the prevention of the “Silent Epidemic” of youth suicide through educational and awareness programs that equip young people, educators/youth workers and parents with the tools and resources to help identify and assist at-risk youth. Please RSVP to Ellen Woolwich by email: ellen.woolwich@strategicbh.com

**Fort Collins Autism Resource Fair**
April 15th 12 - 4 pm
Fort Collins Museum - 408 Mason Court Fort Collins, Colorado 80524
This event is for families and caregivers of loved ones on the autism spectrum who are looking to connect with local resources, services and supports. Community agencies such as PSD, Foothills Gateway, The ARC, CAYAC, Respite Care and many others will be on hand to answer questions.

**FUNdraiser for 3HopefulHearts**
April 19th, 6 - 8 pm
Painting with a Twist - 1112 Oakridge Dr, #107 Fort Collins, CO 80525
Cost: $35
Help support this amazing organization with painting and fun! Proceeds will be used to support 3HopefulHearts. 3Hopeful Hearts (Honoring, Hoping, Healing) is dedicated to helping provide parents and families support after the loss of a child. Their mission is to provide bereaved parents and families opportunities to honor, find hope and seek healing through events, support, education and remembrance.

**Loveland Youth Gardening Program**
Applications Due May 1st
The Youth Gardening Program (YPG) is a supportive summer program for students with extra challenges in their lives (special needs, at-risk for not graduating or struggling in school, behavioral emotional challenges, bullied, living in poverty or single parent homes, and much more), ages 13-18. YPG runs 10 weeks in the summer (Monday- Thurs, 9-12) with after-school sessions in May, August, and September. Youth practice job skills, earn money, grow food, and build relationships. The program takes place at LYG’s site: 907 S. Lincoln Ave.

**Youth Mental Health First Aid (YMHFA)**
No cost, Ages 18+
Youth Mental Health First Aid is an 8-hour evidence-based certification course that teaches participants about common mental health and substance use issues among students.
- April 14  //  Saturday, 8 - 4:30 pm  //  TSD Admin Building - 800 S Taft Ave, Loveland

Look for more upcoming dates and registration links: bit.ly/ymhfaTSD

Please note that Thompson School District only endorses events that are presented by or sponsored by the district.