

## SANTA FE INDEPENDENT SCHOOL DISTRICT



4133 WARPATH ~ P.O. BOX 370  
SANTA FE, TEXAS 77510-0370

PHONE: (409) 925-3526  
FAX: (409) 925-4002  
[www.sfid.org](http://www.sfid.org)

Leigh Wall, Ed.D  
Superintendent of Schools



March 27, 2019

As part of our commitment to keep you informed, we wanted to take the opportunity to provide more information about the mental health and wellness resources available to our school community.

As we approach the first year mark of the unimaginable tragedy we experienced on May 18, we understand the difficulty this time period may cause for our students, staff and families. Our hearts go out to the communities that have experienced recent deaths by suicide following terrible tragedies.

Enhancing mental health resources has been a primary focus for the district and we continue to work diligently to support students and staff through this difficult healing and recovery process. We have visited with other communities impacted by similar tragedies in an effort to better understand and prepare for supporting our community through the difficult time period ahead. Working closely with our coordinated response partners, including Gulf Coast Center, Texas Children's Hospital Trauma and Grief Center, Texas Department of Health and Human Services and Region 4 Education Services Center, we have comprehensive mental health services and support in place. We are also ensuring district staff receive training to recognize and assist students in need of support.

If you or someone you know are in need of support, we encourage you to take advantage of the many options available. We have four wellness counselors with specialized backgrounds in trauma and grief working in the counseling offices at Santa Fe High School. Counseling appointments can be made by students, or parents on behalf of students, by contacting [ginger.shelton@sfisd.org](mailto:ginger.shelton@sfisd.org). Students can also go directly to the counseling center for support at any time. Region 4 counselors are also available for students and staff to provide counseling support at our elementary and junior high campuses. In addition to the options available on campus, a variety of support services including group-specific counseling support for students and parents, peer support groups, art and recreational therapy, and educational workshops are available through the Resiliency Center. The Santa Fe ISD crisis hotline can also be reached at 1-800-595-0869 for support 24 hours a day, seven days a week.

Our counselors and coordinated response partners are also available to provide tools and support for talking to your children about this difficult time period and any concerns they may have. Santa Fe High School counselors will host a community information session on talking to students about trauma and grief in April. Wellness counselors will also host a coffee talk at Santa Fe High School tomorrow at 9 a.m. focused on emotional coping and how to recognize common

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signs of distress. The Day of Remembrance and Resilience at Santa Fe High School on May 17, 2019 will also provide students the opportunity to participate in wellness-based activities and workshops and learn more about the support services available through the Resiliency Center.

Our strong sense of community has always been a hallmark of Santa Fe and now it is more important than ever that we come together and check in on one another as we continue to heal and move forward.

For more information about available mental health support services, visit [www.ci.santa-fe.tx/resiliency-center](http://www.ci.santa-fe.tx/resiliency-center), call 409-218-7129 or follow City of Santa Fe Resiliency Center on Facebook. Additional information about mental health resources, may be found at [www.santafeupdates.com](http://www.santafeupdates.com). Resources concerning suicide prevention are also available at <https://suicidepreventionlifeline.org/how-we-can-all-prevent-suicide/>

Should you have any questions about our mental health support services, please contact Assistant Superintendent for Curriculum and Instruction Dr. Jackie Shuman at [jacqueline.shuman@sfisd.org](mailto:jacqueline.shuman@sfisd.org).

Sincerely,

Leigh Wall, Ed.D.  
Superintendent of Schools  
Santa Fe ISD