

NEWSLETTER

MARYLAND STATE SCHOOL HEALTH COUNCIL

[HTTPS://MARYLANDPUBLICSCHOOLS.ORG/ABOUT/PAGES/MSSHC/INDEX.ASPX](https://marylandpublicschools.org/about/pages/msshc/index.aspx)

HEALTHIER GENERATION'S ANNUAL AMERICA'S HEALTHIEST SCHOOLS AWARD

- Healthier Generation's annual America's Healthiest Schools Award is now open for applications. Please share the following link with schools that may be interested in applying:
healthiergeneration.org/award
- 8 Maryland schools received this award last year, including three in Montgomery Co, one in Baltimore City and four in PG County

RAP CLUB MENTAL HEALTH PROJECT

- RAP Club is a 12-session trauma-informed group intervention that promotes positive coping and mental wellbeing. The program is intended for universal delivery to 8th graders, not just those with mental health challenges. Core program components include mindfulness practices, CBT skills, and education about the effects of stress on the body. RAP Club reduced PTSD symptoms in a trial conducted across 29 Baltimore City Public Schools, with effects maintained across 12 months during the transition into high school. Boys also experienced improvements in anxiety and behavior problems. In addition, RAP Club had a protective effect during the COVID-19 pandemic: students who had participated in the RAP Club 1-4 years earlier did not experience increased anxiety during the pandemic, whereas students in the control group did.
- Based on these positive program impacts, we are applying for funding for a new study to scale up the program to other districts.
- If your district may be interested in partnering on this project, please reach out to Dr. Tamar Mendelson at tmendell@jhu.edu to learn more.

UPCOMING WEBINARS

- February 16, 2023
3:30-4:15pm
- All Hands on Deck: Supporting Sex Ed in Schools
- To sign up for more information: email us at MarylandSSHHC@gmail.com

GOT NEWS?

- Email us at marylandsshc@gmail.com if you'd like anything shared in our monthly newsletter

