

ASCA WEBINAR SERIES



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Aevidum: A Culture of Caring for Mental Health Awareness

Webinar Presenter: Lisa Fulton
Webinar Date: February 6, 2017



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Learning outcomes:

- Identify Aevidum's mission and vision
- Recall examples of how Aevidum can change the culture of a school.
- Describe how to start an Aevidum program at their own school.



Poll

- I have previously heard about Aavidum?
- Yes or No



What is Aavidum?

Aavidum creates positive mental health environments where all students feel accepted, appreciated, acknowledged, and cared for in schools and communities across the nation.

The word Aavidum, which means “I’ve got your back,” was created by students after they lost a classmate to suicide.





- The Aavidum message is delivered creatively through a series of student-generated materials, interactive displays, high-energy assemblies, community events, music, artwork, stories, PSAs, etc.
- Aavidum students are encouraged to use their gifts and talents and to recognize the gifts and talents of their peers to create cultures of care and advocacy in their schools and communities.



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Aavidum has about 150 chapters in elementary schools, middle schools, high schools, and colleges across the nation with the majority of chapters being in Pennsylvania. Chapters also exist in California, Delaware, Florida, and Illinois.





Aavidum Video

To Watch Full Video: You Tube: Aavidum Effect



Aavidum Curriculum

- Lessons about mental health, stress, depression, suicide, being a good friend, self-esteem, and help-seeking
- For 8th – 12th grade students
- Available for download from the Aavidum website





ELCO Middle School's Story

- May 2013
- Kick Off Assembly
- Over Night Handprints with Everyone's Name Posted Around the School
- Mental Health Information
- Guest Speakers
- Original Song – Written and Performed by the Students



Current Club

- Thirty Students
- Meets During Club Period for 40 minutes twice a month
- One activity per month



Activities

- Aevium Awareness Soccer Games
- Food Collections
- Positive Notes on Lockers and Desks
- Mental Health Awareness Week
- Random Acts of Kindness



Activities

- Club Recognitions
- Staff Appreciation
- All Mirrors Covered Up with Positive Quotes
- Homeroom Door Decorating Contest
- Positive Holiday Notes
- New Year's Resolutions



Activities

- Morning Greetings
- Who are You Grateful For
- Middle School T-Shirts
- 50 Reasons to Smile Video
- Assemblies
- Color Run



Aavidum Awareness Soccer Game 2014





Aavidum Awareness Soccer Game 2015



Food Drives



Aavidum Food Drive

Bring in canned goods September 24th to the 27th!

Hand In at lunch to the aavidum representatives!

Which ever grade collects the most canned goods gets to sit anywhere they want one day at lunch!



Positive Notes on Lockers and Desks

- Sticky Notes made with positive sayings and placed on lockers or desks



Mental Health Awareness Week

- Students encouraged to wear a certain color to school each day of the week to represent a mental health disorder
- Facts about that disorder read on the announcements that morning



Monday 21st – Self-Harm – Wear Orange

Tuesday 22nd – Suicide – Wear Yellow

Wednesday 23rd – Depression – Wear Green

Thursday 24th – Bullying and Harassment – Wear Purple

Friday 25th – Eating Disorders – Wear Blue



Sample Announcement

Did you know public figures like Abraham Lincoln, Beyonce, and Demi Lovato all have dealt with depression? Depression in teens is common. Although 20% of teens will suffer from depression by the end of their teenage years, the majority of people who receive treatment for depression experience significant improvement. Don't be afraid to reach out for help. Trained counselors are available 24/7 at the National Suicide Prevention Lifeline, 1-800-273-8255. Remember to have your friends' backs. Aavidum.



Random Acts of Kindness

The Aavidum Theme for the month of March is Being a Friend. Sometimes friends can be found in unexpected places. Today we are asking everyone to be a friend to someone who may not expect it by performing random acts of kindness and friendship. In homeroom, you will be receiving a friendship shamrock with a random act of kindness written on it. Your goal for today is to perform the task given to you on your shamrock. Together we can create an “I’ve got your back” culture at ELCO Middle School.



Club Recognitions

The names of students in every club written on a handprint and hung around the café.





Staff Appreciation

- Thank you letters written to every staff member
- Greeted the bus drivers in the AM with letter and breakfast pastry or PM with cookies
- During ACE took cart around to the school staff and gave letters, coffee, juice, and pastries
- Second Year took cart around to the school staff and gave letters, cookies, and tea



Mirror Cover Up

- After school covered every mirror in the building (including staff bathrooms)
- Wrote positive messages and quotes on the paper
- Made announcement and kept mirrors covered for the day to promote positive self-esteem



Mirror Saying – Girls

“We’ve all been hurt by words before. So before you speak think about how your work might affect someone else.” – Unknown

Learn to love yourself the way you are.

Never put someone else down to make yourself feel better.

You are amazing. Never forget that.

You’re Beautiful

Just be you because life is too short to be anyone else.

SMILE, you are beautiful!

Be happy with who you are

Always think positive

You are smart, confident, strong, caring, powerful, beautiful, worthwhile and precious

The happiest people do not have the best of everything. They make the best of everything they have.

Only you can make you happy.

You are always stronger than you think you are.



Mirror Saying – Boys

Stay Strong

1 in 10 men have eating disorders

“It’s not whether you get knocked down, its whether you get up.” – Vince Lombardi

“You are never a loser until you quit trying.” – Mike Ditka

“I’ve failed over and over and over again in my life and that is how I succeed.” – Michael Jordan

“There may be people with more talent than you but there’s no excuse for anyone to work harder than you do.” – Derek Jeter

If it doesn’t challenge you, it won’t change you.

“It is hard to beat a person who never gives up.” – Babe Ruth

“I’ve got a theory that if you give 100% all of the time, somehow things will work out in the end.” – Larry Bird

Only you can make you happy.

You are always stronger than you think you are.



Homeroom Door Decorating Contest

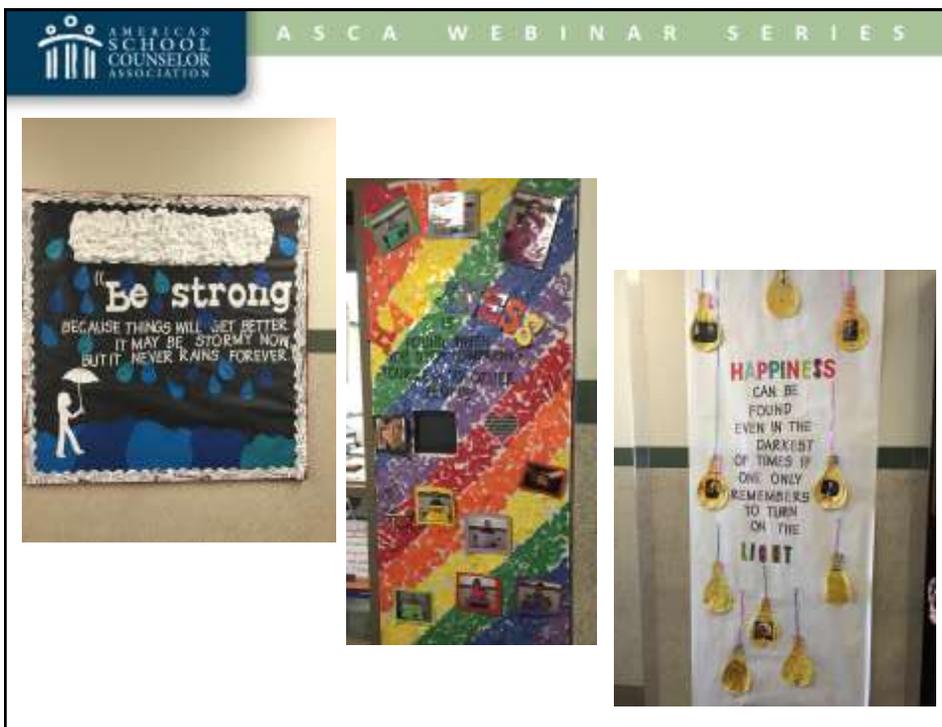
- Contest for each homeroom to decorate door/hall/etc. according to contest rules
- Winning homeroom earns a prize



Contests have included:

1. The display should showcase the talents (artistic, musical, athletic, scientific, etc.) of the students in the homeroom.
2. The display should showcase what Aevium means to you. It should relate to the overall "I've Got Your Back" theme of Aevium.
3. Each homeroom should find a quote that conveys a positive and encouraging message. The display should then relate to the quote.





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Positive Holiday Notes

- Given to students in homeroom around various holidays
- Examples for December:
 - Happy Holidays! Remember we've got your back! Hotline# 1-800-273-8255 OR
 - Aavidum cares for you, appreciates you, accepts you, and acknowledges you. Happy holidays!

(attached to a candy cane or mini holiday chocolate candy bar)

Example for February:



New Year's Resolutions

- Students given a star with the phrase, "My New Year's Resolution Is" for them to write their resolution
- Bulletin Board Display in the cafeteria with the phrase, "Shoot for the Moon, Even if you Miss You'll Land Among Stars"
- New Year's Resolutions Stars Hung on the bulletin boards around the cafeteria



New Year's Resolutions



Morning Greetings

- Every morning for a week, Aavidum club members greeted every student upon entering the building
- On Monday, students were given a positive note
- On Friday, students were given an Aavidum bracelet



Who Are You Grateful For

Students were provided this form and completed forms were posted on bulletin board outside of the office

_____ is grateful
name _____

for _____

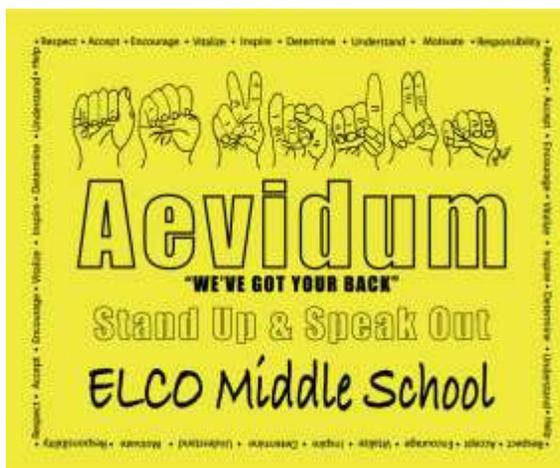
because _____

aavidum
The GET YOUR BACK



Middle School T-Shirts

Designed by
Aavidum
Student and
Sold to
Students and
Staff

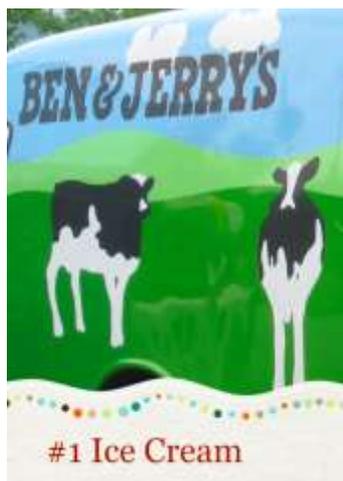




50 Reasons to Smile Video

For Example:

- #1 Ice Cream
- #2 ELCO Tailgate
- #3 Band
- #4 School Field Trips
- #5 Fluffy Dogs
- #6 Summer
- #7 Dinner Dance
- #8 Candy
- #9 Friends
- #10 Vacations



50 Reasons to Smile Video

- Use Graphics and Pictures
- Student Pictures
- Music: “Happy” and “Firework”
- Over 6 Minutes in Length





Assemblies

- Every year an assembly is given to 6th grade students to introduce Aavidum
- National speaker: I am Corey on Character Education in 2015 and Shane Burcaw with Laughing at My Nightmare on positivity in 2017



Color Run

- Sponsored by Aavidum and Teen Hope





I've Got Your Back.

Lil' AVIDUM

- Avidum's elementary school program
- Contains classroom lessons about
 - Empathy
 - Caring/Kindness
 - How to help others
 - Signs of sadness
 - How to be a good friend
 - Critical thinking
 - Problem Solving
- Contains suggestions for campaigns and activities
- Available for download on the Avidum website



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The Talk

- Avidum's newest initiative
- Simple and effective way to introduce Avidum to schools
- Healthy communities are places where everyone feels
 - Accepted
 - Acknowledged
 - Appreciated
 - Cared for



Poll

- I think I could start an Aavidum Club at my school?
- Yes or No



How Can You Start a Club?

- Contact Francesca Pileggi: Aavidum Executive Director at clubs@aavidum.org to get started.





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www.aevidum.org

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Instagram: @aevidum