



STATE OF SOUTH CAROLINA
DEPARTMENT OF EDUCATION

MOLLY M. SPEARMAN
STATE SUPERINTENDENT OF EDUCATION

MEMORANDUM

TO: District Superintendents
Principals
Professional Development Coordinators

FROM: Sabrina Moore
Director, Office Student Intervention Services

DATE: September 21, 2021

RE: Mental Health 101 Training Series

Recently, Suzanne Snyder, a licensed professional counselor with over 20 years in the mental health field, joined the South Carolina Department of Education as the Mental Health Program Manager. In this role, Ms. Snyder, who specializes in depression, anxiety, and life issues with an emphasis on working with adolescents, young adults, and the LGBTQ+ community, will be responsible for helping districts integrate mental health in schools and respond to the mental health needs of students and staff more effectively.

Beginning on Tuesday, October 5, and continuing throughout the month, Ms. Snyder will host a series of webinars titled *Mental Health 101*, which are designed to help participants better understand the various mental health needs of students and staff. Please share this information with the appropriate individuals in your district and schools and encourage them to use the links below to register. Access to the webinars, which will be hosted in Microsoft Teams, will be sent to all registrants one week prior to the event.

Webinar Date and Time	Webinar Description and Registration Link
October 5, 2021 11:00 a.m.–12:30 p.m.	Mental Health 101: Series Introduction Increase your awareness of mental health in children and adolescents. There will be a Q & A after this Introduction session to discuss topics of interest.
October 12, 2021 11:00 a.m.–12:30 p.m.	Mental Health 101: Warning Signs of Mental Health Issues Be in the know! Basic information about warning signs for depression, anxiety, suicide awareness.

Webinar Date and Time	Webinar Description and Registration Link
October 19, 2021 11:00 a.m.–12:30 p.m.	Mental Health 101: Coping with Loss Coping with loss is difficult for children and adults. Whether the loss is related to COVID-19, school shootings, virtual school, or other incidents, join the discussion to learn how to recognize and help students manage their emotions.
October 26, 2021 10:00 a.m.–11:00 a.m.	Mental Health 101: Holiday Preparedness Learn ways to de-stress and get ready for the holiday rush. If you aren't taking care of yourself, you can't take care of your students.

If you have questions about the webinar series or need assistance integrating mental health in your district or school, please contact Suzanne Snyder at 803-734-4033 or ssnyder@ed.sc.gov.