

COMMUNITY COMMONS

CEB Collaborative Partner Pages



Pictured from left to right: Jill Rogers, Ihsan Muhammad, Sally Maldonado, David Satran, Lynn Biddle-Cloud

A Collaborative Community that meets students where they are.

Dear Community,

As we celebrate Mental Health Awareness Month, I want to express my heartfelt gratitude to every one of you who invests time and resources to address this critical health need that impacts everyone, regardless of race or zip code. By working hand in hand with our community, we create a comprehensive and nurturing environment where young minds flourish.

Together, we will continue our focus on increasing access to quality care by increasing awareness, removing barriers, and dismantling stigmas related to mental wellness. No organization can do it alone, but together, we can transform lives.

Warmest regards,

Linda Jennings
Community Education Building, CEO

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ChristianaCare's SBHC reflects on Mental Health and Trauma Awareness

Mental health is important at any age and includes our psychological, emotional, and social well-being and is essential to our overall health. Our mental health affects how we feel and subsequently act, handle stress, and relate to others.

Conditions such as our genetics, negative life experiences or family history contribute to mental illness. A person's experience with mental illness can range from mild to severe. Some common mental health disorders include anxiety, Attention Deficit Hyperactivity Disorder (ADHD), bipolar, depression, eating disorders, Post-Traumatic Stress Disorder (PTSD), personality disorders, schizophrenia, seasonal affective disorder, self-harm and suicide.



In this month's newsletter we will be exploring more about anxiety, the role of trauma, and some resources that you can use to learn more or reach out to if you are seeking help.

Mental health disorders, or mental illness, are experienced by 1 out of 5 adults.

Anxiety.

Individuals with anxiety disorders tend to have extreme fear or worry that impairs their daily functioning and exceeds what is expected for their current age group or setting. A person often feels threatened, worried, or in danger to a degree that does not match the situation. Unlike brief moments of stress or worry, symptoms of anxiety often last at least 6 months or more. Due to the severity of these feelings, anxiety may limit someone's job opportunities, personal growth, social life, and activities.

**ANXIETY IS
BASED IN
FEAR,
WHICH IS A
SENSE OF
DANGER.**

Fear can trigger the body's "Fight or Flight" response. This response is an innate survival response that causes a hyper-aroused state with several physical symptoms such as an increase in heart rate and blood pressure, sweating, trembling or muscle tension and more. A sudden, intense need to escape a situation will trigger this response, and it is called a panic attack. This differs from anxiety, which is longer term and an anticipatory fear of something happening. When the body experiences the stress of this fear over a prolonged period, it becomes more and more difficult for it to reach a normal equilibrium.

There are many options for treating and managing anxiety. The main treatment is cognitive behavioral therapy. This therapy is used to challenge irrational fears and unhealthy thinking and channel negative thoughts into positive thinking. Techniques and coping skills for managing anxiety and panic attacks are centered around identifying triggers and assisting the body in relaxing with basic relaxation skills, an exercise regimen, and identifying peer and adult supports. There are also safe and effective medication options you can discuss with a primary care or mental health provider.

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Trauma.



Anxiety disorders and panic attacks can be results of experiencing a traumatic event or multiple traumatic experiences that have compounded themselves over time.

Trauma is a real or threatened event that someone goes through, and can include vicarious experiences, in which the person then relives the experience through memories, nightmares, flash backs or physical triggers of their senses. Trauma can occur at any age. Long-term effects of trauma can result not just in anxiety but other mental health disorders such as PTSD, depression, and substance abuse- to name a few.

Resources.

Here are some resources if you are interested in more information about mental health and trauma or if you are experiencing mental illness and are seeking help.



The Body Keeps the Score: Brain, Mind and Body in the Healing of Trauma, by Bessel Van Der Kolk, MD. (2015)

The Boy Who Was Raised as a Dog, by Bruce Perry, MD, PhD, and Maia Szalavitz. (2017)

Therapist Aid: www.therapistaid.com

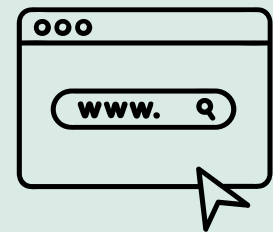
Provides free, evidence-based education and therapy tools

Psychology Today: www.psychologytoday.com

Find a therapist near you

SAMHSA: www.samhsa.gov/mental-health

U.S. Department of Health and Human Services Substance Abuse and Mental Health Services Administration



Kuumba Academy School-Based Health Center at CEB (for Kuumba students) - 302-660-4756



- Registration links: [11 and under](#), [12 and up](#)
- [Kummba Academy SBHC Appointment Request](#)

Delaware Guidance Services delawareguidance.org 302-652-3948

Christiana Counseling christianacounseling.com 302-995-1680

ChristianaCare Child and Adolescent Psychiatry 302-320-2100 ext 3

Suicide Prevention Lifeline: www.988lifeline.org 988

Delaware Helpline: delaware211.org 211

Child Priority Response Line (24/7 Mobile Crisis): 1-800-969- HELP (4357)

Adult Mobile Crisis (18+): 1-800-652-2929

Citations:

Substance Abuse and Mental Health Services Administration. (2023, April 24). What is mental health? SAMHSA. Retrieved May 3, 2023, from <https://www.samhsa.gov/mental-health>

Black, D., Borenstein, J., Franck, E., Hales, R., Kupfer, D. Schultz, S. (2015). *Understanding mental disorders: Your guide to DSM-5*. American Psychiatric Association.

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UD AAP's David Teague named 2023 recipient of the Delaware Center for Justice's Mary Elizabeth Mical Outstanding Volunteer Award.

Written by Erin Tanner

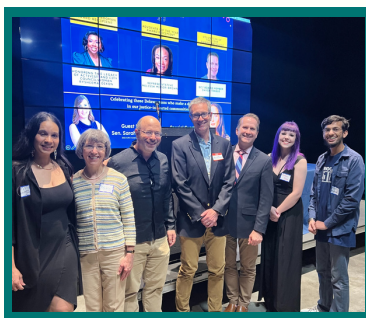
David Teague, professor of English at the AAP's Wilmington campus and associate director of the Associate in Arts Program, has been named as the 2023 recipient of the Delaware Center for Justice's Mary Elizabeth Mical Outstanding Volunteer Award. Dr. Teague will be receiving the award at a ceremony on May 12, 2023, in recognition of his many significant contributions to the Delaware community.



*Dr. David Teague stands with his daughter, Annabel Teague, after receiving his Volunteer of the Year award.
Photo courtesy of Marisa de los Santos*

Dr. Teague's résumé of volunteer projects and initiatives is nearly as multifaceted as he is himself: As a member of the Delaware Center for Justice (DCJ) board of directors, Dr. Teague has worked to create educational programming about the challenges faced by disadvantaged communities. As a Leadership 100 instructor, he has inspired countless students to follow in his footsteps with civic engagement. As a creative writing professor and celebrated children's book author, he has taught students of all ages how to translate their experiences into stories and demonstrated the impact that personal narratives can have in promoting social change.

In addition to serving on the boards of the DCJ and the Delaware Humanities Forum, Dr. Teague has a long history of organizing volunteer initiatives that bring together UD students and the Wilmington community. One notable project was the creation of the New Beginnings Community Garden at the YWCA Home-Life Management Center in downtown Wilmington. Alongside his Leadership 100 students, AAP faculty, and other community members, Dr. Teague helped to create a sustainable garden that provides fresh produce to residents of the Home-Life Management Center and other local families in need.



In 2018, Dr. Teague's students participated in the "Wilmington 1968" storytelling project, a collaborative effort to preserve the history and experiences of Wilmington residents during a significant period of civic unrest and social change. Dr. Teague's creative writing students also collaborated with Creative District Wilmington and The Episcopal Church of Saints Andrew and Matthew in 2018 to create the "19 Questions" mural, which aimed to engage Wilmington residents in a dialogue about social issues.

*UD faculty, staff, and students were all smiles at the May 12 ceremony, celebrating Dr. Teague's well-deserved Volunteer of the Year award from the Delaware Center for Justice.
Photo courtesy of David Satran*

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In 2014, Dr. Teague developed the “Just Write!” creative writing program, which was designed to offer a supportive environment for underserved children and teenagers in Wilmington to explore their creativity and develop their writing skills. Through a series of workshops and writing sessions, students received guidance and support from Dr. Teague and other writers, while also having opportunities to share their work with each other and the wider community.

As remarkable as this history of civic engagement is, the most remarkable aspect of all is that it is only the tip of the iceberg – we simply don’t have the space to share the rest! In all of the varied community-focused projects, programs, initiatives, and events for which Dr. Teague has volunteered his time and expertise, however, one thing is clear: His deep commitment to advocacy for our most vulnerable communities and dedication to creating a more equitable society for us all.

Congratulations on this well-deserved award, Dr. Teague!

Delaware Guidance Services is ready to serve you.

We are Delaware’s largest provider of non-residential behavioral health services for children and families. DGS’ mission is “to provide quality therapeutic services to children, youth, and their families to increase their social, emotional, and behavioral wellness” and its vision for Delaware is “to have resilient families nurturing children’s well-being.”

Our Services.

- Family-Based Mental Health Services
- 24 Hour Community-Based Crisis Response
- Outpatient Therapeutic Support for Families
- Outpatient Counseling
- Parent-Child Interaction Therapy
- School-Based Services
- Professional Development



Outpatient Services.

Delaware Guidance Services (DGS) offers outpatient behavioral health services at all five of our locations statewide. Outpatient counseling is a process of courageous conversations with a trained therapist that can help children, teens, and parents or guardians in difficult situations. Some children need help to overcome anxiety, depression, or another kind of mental health concern. Others need to heal from the effects of a traumatic event, abuse, neglect, or family breakdown. Our therapists help children and youth learn constructive ways to deal with problems or issues.

[More Information About All Services](#)

[More Information About Outpatient Services](#)

www.delawareguidance.org/referral OR call to schedule, (302) 262-3505

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CEB Collaborative receives recognition for work in education equity and innovation.



CEB Hosted Legislative Breakfast.

The Collaborative kicked off this month with a Legislative Breakfast focused on meeting the needs of the students and families in the Wilmington community. We thank our tenant partners and Senator Lockman, Senator Brown, Representative Stephanie T. Bolden, Representative Cooke, Senate Policy Director Kiki Evinger, and Senate Policy Analyst Val Gould for attending the breakfast to learn about the impact the collaborative is having and providing critical feedback as to how we can expand and deepen our work. Tenant partners and local representatives enjoy breakfast in the CEB Library to discuss the Collaborative's existing services, impacts, and gaps and opportunities.

CEB Collaborative Goes to Legislative Hall.



Our state leaders in the Delaware General Assembly recognized CEB Collaborative's critical work promoting educational equity and innovation for students and their families in Delaware. Senator Tizzy Lockman and Representative Stephanie T. Bolden sponsored Senate Concurrent Resolution No. 43. Senator Sturgeon, and Representatives Ramone and Cooke also expressed passionate support with their comments from the floor. Several members of the CEB Collaborative attended the legislative sessions with CEB to witness the unanimous passing of the resolution.

CEB, Delaware Guidance Services, UD Associate in Arts Program, and Kuumba Academy were present at Legislative Hall for the reading of the Resolution session in Dover to represent the collaborative.

[Read the resolution here](#)

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Embracing holistic health care in education.

Mental health significantly impacts academic performance, overall well-being, and future success. Adequate support enables students to cope with challenges, develop resilience, and maintain positive relationships. It enhances academic performance, fosters resilience, and addresses underlying issues that hinder learning.

At CEB, students and families have access to physical, mental, and behavioral, preventative and acute care all under one roof. With our partners, ChristianaCare, Delaware Guidance Services, University of Delaware, students and families benefit from:

- School Nursing Hub
- Mental & Behavioral Health
- School-Based Health Center
- Health Education
- HEALTH for All Community Health

Recognizing mental health as an essential component of education is crucial in nurturing the holistic development of students and fostering thriving communities.

