

Miss Kendra Programs

JULY NEWSLETTER
#AskEveryChild



Up and Running Again in the '21 - '22 school year!

2021-2022 was a busy year for Miss Kendra! The program was less hindered by the pandemic, and the need was great. In our specialist model schools in New Haven, CT and Minnesota's Twin Cities, our staff conducted more than 1,500 classroom sessions and nearly 4,000 individual stress reduction sessions with students. We estimate that teachers conducted over 9,000 classroom sessions this year in our teacher-based model schools.

Altogether, we estimate that this year over 150,000 letters were written to Miss Kendra, and teachers, counselors and parent volunteers wrote 150,000 replies, validating children's worries and providing a safe and caring relationship of support.

"The Miss Kendra Program is full of heart," commented Erinn Webb, program coordinator, "really, many hearts."

New Foundations Program on the Launching Pad

Due to interest from many schools in a simplified version of the Miss Kendra Program that covers the basic elements of the program, the Miss Kendra staff have just finished designing the "Foundations" program, which can be implemented on an ongoing basis by schools that cannot yet implement the full (now called "Signature") program.

"I think that this innovation gives school districts greater flexibility in implementing the Miss Kendra Program across all schools in the district, as not all schools are prepared to engage in a full-on trauma-informed SEL program. The Foundations program allows a school to test the waters and establish trauma-informed norms in the school, while providing a robust introduction to students about toxic stress and its impact on their success," commented Dr. David Johnson, the CEO of the program. The program will be initiated in several schools this fall.

Miss Kendra Counselor Certification Training

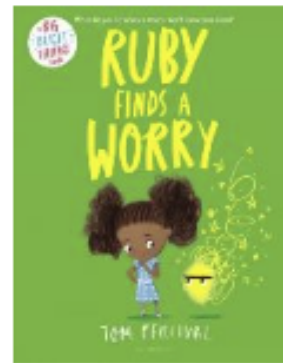
This in-person training, August 1 - 5, is designed for school counselors, specialists, and educators to learn more about bringing trauma-informed, impactful practices to the classroom.

[Learn more](#)

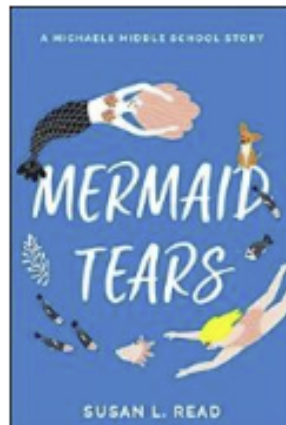


What are you reading this summer? The Miss Kendra Programs team shares a few of our favorite social emotional learning reads below.

Ruby found a worry, and she can't quite shake it. This imaginative story helps us understand just how persistent and pesky worries can be and teaches kids like Ruby how they can learn to coexist with unpleasant feelings and worries.



[Ruby Finds a Worry by Tom Percival](#)



For the middle-grade reader or teacher who could use a reminder of just how impactful they are, middle school teacher Susan L. Read's Mermaid Tears speaks to the universal fear of being abnormal and the beautiful things that come from being seen.

[Mermaid Tears by Susan L. Read](#)

The story of our very own Miss Kendra brings the universal imaginal social buffer to life. Reading or hearing The Legend of Miss Kendra inspires kids to open up and share their feelings, thoughts and stories.



[The Legend of Miss Kendra](#)

Find even more summer reads on Cup of Jo's list of ["16 Books that Foster Acceptance."](#)

Are you in the loop?

Don't forget to follow Miss Kendra Programs on [Facebook](#) and [Twitter](#) for the latest tips, takes and teachable moments.



National Suicide & Crisis Lifeline

Anyone in the United States has a new resource for mental health emergencies. The Suicide and Crisis Lifeline is a national network of crisis centers offering support for anyone experiencing mental health-related distress or worried about a loved one who may need crisis support.

All calls and texts to **988** will be directed to the Lifeline, as will calls and texts to 1-800-273-8255 (TALK). State hotlines are still active and available as well, like 211 in Connecticut. Follow [@988Lifeline](https://twitter.com/988Lifeline) for more information.

