

Title I-D eBrief

A Newsletter from the Wisconsin Department of Public Instruction (DPI)

December 2020/January 2021

Self-Care

These are truly unprecedented times and the impacts across our globe are varied in depth, multitude, and length. There is consistency in the shared experience that the pandemic has made a lasting impact on all of our lives. While some of us have well established systems of support or stable parts of our lives, there are still stresses that have significant impacts on all of us. We hope you take time to care for yourself throughout these difficult times. As you know, our students depend on us, and when we meet our needs, we are then able to meet their needs.

For this edition of the newsletter, we want to do something different and in response to this unique moment. We want to offer a few first steps for self-care and the permission to take time and space to do what you need for yourself. With this unprecedented time we may face challenges we never expected. These challenges may result in a variety of responses but it is important for us to reflect and build our awareness of our needs and seek help when we need it. The Wisconsin DPI Student Services/Prevention and Wellness Team has provided a list of mental health and wellness resources in the [Wisconsin DPI: A Focus on Mental Health and Wellness During School Closures. This can be good place to begin as we reflect and identify needs that are popping up for us.](#) Our students will need everyone's support throughout this time and beyond. Make sure you have given yourself what you need to make it through this for them.

Take care and be well.

- [UW-Madison Department of Psychiatry COVID-19 Mental Health Resource Guide: Stress and Coping Tools](#)
- [UW-Madison Department of Psychiatry COVID-19 Mental Health Resource Guide: Support for Families and Children](#)
- [TRAILS to Wellness: Self-Care During COVID-19 For Student Support Professionals](#)
- [The Compassion Resilience Toolkit for School Leaders and Staff](#)

Survey Request

At the beginning of the coronavirus pandemic, the Title I-D team at DPI offered virtual time and space for Title I-D programs and educators to network by sharing what was working, challenges, and questions. We continued the calls at the beginning of this school year and want to take a moment to thank everyone that has participated. We are interested in your feedback if you want to continue these or if there is another form of support that we can offer to meet your needs. Please take a moment to fill out [our survey on our Title I-D Network calls.](#)

Title I-D eBrief is published by the Department of Public Instruction. Get a PDF version of this newsletter [here](#).

To access additional resources on the TI-D website, click [here](#). As always, please feel free to reach out to us regarding specific questions and/or assistance.

We want your feedback on these newsletters. Please take two minutes to fill out [this form](#) – it helps inform us on what you find helpful and what you need.

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