

# ECASB & Erie County

Collaborating For Stronger Public Schools in Erie County

May 2025



**Lisa Chimera**  
*Deputy County Executive*

As we approach the end of the 2024-25 school year, I thank all who have dedicated their time to educating our children over this past year. This includes school board members, administrators, faculty, staff, coaches and parents. The lessons taught both in and out of the classroom help to shape our future leaders. In this month's newsletter we share information and resources on physical and mental health, as well as important dates and observations. I wish everyone the best of luck in these final weeks of the school year.

## Resources:

Live Well Erie: <https://www.erie.gov/livewellerie>

Erie County Department of Social Services: <https://www.erie.gov/socialservices>

Erie County Department of Health: <https://www.erie.gov/health>

Erie County Office of Health Equity: <https://www.erie.gov/health-equity>

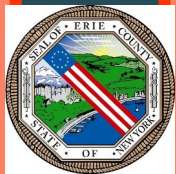
## News from Erie County:

### Mental Health Awareness Month

Mental health is more than just a state of mind. It affects how we see ourselves, interact with others, and make decisions, and it plays a role in our physical health as well. During Mental Health Awareness Month, we'd like to highlight the comprehensive newsletter, "Let's Talk about Mental Health," produced by the Erie County Office of Health Equity (ECOHE). Available in English, Spanish, Arabic, Bengali/Bangla, Swahili and Burmese, this publication includes resources, facts and ideas that all of us can put to good use. Access this and other ECOHE newsletters at [www.erie.gov/health-equity](http://www.erie.gov/health-equity).

ECOHE offers Mental Health First Aid trainings. These sessions give adults the tools they need to provide immediate, practical support to someone experiencing a mental health challenge. Classes for adults who work with adults and adults who work





# *ECASB & Erie County*

## Collaborating For Stronger Public Schools in Erie County

**May 2025**

with teenagers are available to be scheduled. See [www.erie.gov/mhfa](http://www.erie.gov/mhfa) to learn more.

The free smartphone app Erie Path also offers information and resources to help address the mental and behavioral health challenges faced by children and adolescents. Available for both Android and iPhone devices, and in multiple languages, the app can help parents and caregivers to:

- Find available programs and services for children and adolescents
- Access information that explains what their children and adolescents may face
- Explore practical strategies for helping children and adolescents in their care

To learn more, go to: [www.erie.gov/eriepath](http://www.erie.gov/eriepath).

### SMART Conference

Since its inception, Erie County has been an active member of the SMART (Supporting Mental Health by Advocating for Resources Together) Collaborative. Representatives from several county departments regularly participate in meetings with P-12 educators, community agencies and other stakeholders to collaborate on available Mental Health and Social Emotional Learning tools within our community. The goal of SMART is to provide opportunities for school districts and service providers in Erie County to network, share resources, and plan together to meet the needs of the whole child through integrated student supports or students, families and communities.

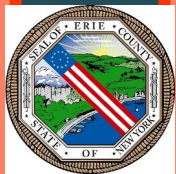
The next SMART meeting will be held on May 28 at the University of Buffalo. Throughout the day there will be opportunities to learn about resources directly from agencies and community organizations, better understand student needs around mental health and learn about innovative best practices for navigating barriers and accessing care.

### May is Adolescent Health Month

May is National Adolescent Health Month, an annual observance emphasizing the importance of building on young people's strengths and potential, encouraging meaningful youth engagement in adolescent health activities, and highlighting key topics in adolescent health.

Key topics for schools to consider:

- Driver's safety: educating about the dangers of high-speed driving, drug and alcohol use while driving, and texting while driving.
- Stress and anxiety: finding ways to encourage good time management skills and



# ECASB & Erie County

## Collaborating For Stronger Public Schools in Erie County

**May 2025**

healthy sleep routines (8-10 hours each night are recommended for teens).

- Independence: adolescents will be full-fledged adults sooner than we can blink. Life skills around finance, healthcare, job searches and other “adulting” tasks are time-less and beneficial.

### Asthma

Warmer weather brings out pollen and other allergens that can cause serious symptoms for children and adults with asthma. New York State Asthma Control Program and NYSED have a guide to assist school personnel in helping students with asthma remain healthy and participate fully in school. The guide is designed for school and district employees, parents or guardians, members of local school boards, and leaders of organizations interested in childhood asthma management.

School administrators can view this guide at [health.ny.gov/publications/5163.pdf](https://health.ny.gov/publications/5163.pdf). Additionally, New York State publishes a data dashboard with asthma indicators by county. A link to Erie County data, along with general air quality information, is available at [www.erie.gov/air](http://www.erie.gov/air).

### Tick Season

Imagine a monster that swells to three times its normal size as it feasts on human and animal blood. It sounds like something out of a horror movie, but it describes what happens when a tick attaches itself to its victim’s skin. Even worse, as the tick hangs on, it can transmit bacteria that can cause severe illness.

Warmer weather means many people will spend more time outdoors, where ticks are waiting. The Erie County Department of Health has recommendations to prevent tick bites and reduce the risks for tick-borne illnesses. Residents can start by being aggressive about tick control in spaces like yards and lawns.

- Mow, clear and remove: Regularly remove grass, leaves and debris and keep wood-piles stacked neatly away from the house, off the ground if possible
- Deer-proof your lawn: Remove plants that attract deer to discourage them from entering your lawn and bringing ticks
- Protect play areas: Keep playgrounds, sandboxes, benches and sitting areas away from shrubs, bushes and vegetation
- Tick control: Tick control can be applied by a homeowner or professional pest control expert; follow label directions.
- Talk to your veterinarian about effective tick control options for pets.
- Check yourself, kids and animals for ticks after going outside.
- Do not let pets wander or spend time in brush or wooded areas. They can bring ticks



# ECASB & Erie County

Collaborating For Stronger Public Schools in Erie County

**May 2025**

inside and expose humans or other animals to tick bites and tickborne infections.

## Important Dates

5/1 School Principals' Day  
5/5-5/9 Teacher Appreciation Week  
5/11 Mothers' Day  
5/26 Memorial Day  
5/28 SMART Collaborative May Meeting

## Resources:

Live Well Erie: [www4.erie.gov/livewellerie](http://www4.erie.gov/livewellerie)  
Erie County Department of Social Services: [www.erie.gov/socialservices](http://www.erie.gov/socialservices)  
Erie County Department of Health: [www.erie.gov/health](http://www.erie.gov/health)  
Erie County Office of Health Equity: [www.erie.gov/health-equity](http://www.erie.gov/health-equity)