



THE LAKE AND PENINSULA SCHOOL DISTRICT

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Date: September 17, 2026

To: LPSD School Board

From: Kacy Lou Humphreys

Regarding: September Student Services Report

As of today, our team has been back in action for a month and boy, have we been busy! Right before we came back to school, we received news that the Student Services Program was selected as a full recipient for the \$15,000 GCI Suicide Prevention Grant that we applied for in June. This is great news and we have already been putting in work to continue our partnership with Sources of Strength by launching their Elementary strengths-based suicide prevention curriculum. This last week, Patty, Kacy Lou, and Elisabeth spent time in Anchorage alongside our partners at VOA Behavioral Health getting trained on the new elementary curriculum. We are looking forward to launching this during our weekly SEL lessons via Zoom in October. Prior to our Sources of Strength training, Kacy Lou also had the opportunity to present at the Alaska Safety & Well-Being Summit alongside LKSD's Lead Social Worker, Meghan Crow, on the topic of culturally relevant suicide prevention. The work our team is doing in suicide prevention is pioneering in our state and it is an honor to have the opportunity through our new funding source to do so this month, especially given that it is National Suicide Prevention Month.

Speaking of Sources of Strength, we have chosen to highlight a different strength in our district-wide programming each month. Throughout September we are asking teachers to lean into the ideas of Family Support as our students and communities engage in our subsistence-based strengths with biological and chosen family members. Next week (the week of September 21st) our team is sponsoring a district-wide Sources-coded Spirit Week. We would love it if you would consider showing your LPSD spirit and participating on Thursday during your board meeting. The flier below details "Sport Your Team / Wear Purple or Grey" Thursday.

In addition to all of our program planning and training for the new year, we have been laying the groundwork to begin our regular caseload 1-on-1 student meetings next week. This year, our team will also be hosting weekly Secondary Student Services Spotlight Zooms on Tuesdays from 2:00-2:30. These will begin the week of the 21st as well and will cover a variety of topics including: post-secondary training / trade school / college previews, scholarship information, FAFSA how tos, BBRCTE opportunities, secondary-level social-emotional learning, mental health coping strategies, and more. We will be beginning our Spotlight by talking specifically about suicide prevention (September 22nd) and healthy relationships (September 29th). We welcome you to join; simply email Kacy Lou for the Zoom link if you are interested.

In the realm of school social work, Elisabeth has been hard at work writing our first family engagement newsletter of the school year (coming in October), ordering shoes for students through

Kicks4Kids, supporting our homeschooling families across the district, and supporting our site administrators through our weekly absentee reporting. She will continue to take social work courses through UAA this school year for her recertification and is also pursuing her American School Counselor Association Grief & Loss Specialist certification. Both Patty and Kacy Lou completed this certification in the last year and feel strongly that the content we learned will quickly be put to good use in our daily work.

Patty was recently accepted to Grief-Sensitive Schools Leadership Initiative's Grief Sensitive Schools Leadership Academy. She will spend the next nine months learning alongside a cohort of 20 educators across the nation learning more about crisis and trauma-informed grief practices to integrate at a systemic level to support students, staff, and communities, as they navigate grief and loss. She will participate in monthly learning, have a mentor coach, and will complete a capstone project to apply grief literacy into the context of our communities. Kacy Lou will be continuing on her Ph.D. work this year in Indigenous education and mental health and is looking forward to devoting more time to the Yugtun language learning that will support the creation of her doctoral dissertation in coming years..

We have many more exciting things unfolding, which we will talk more about in our October Board Report. We are currently awaiting news about possible grant funding for a portion of our program's future through the Project AWARE Grant from SAMHSA (The federal government's Substance Abuse and Mental Health Services Administration) alongside our partners at VOA Behavioral Health. Kacy Lou, Superintendent Luke, and our grant partners are continually searching for funding sources to support our program beyond the end of our current mental health grant in collaboration with Dillingham City School District.

While our future at times seems a bit uncertain, our team remains committed to being present and fully-invested in our work today. What an honor it is to continue to do our dream jobs in the communities we love so much.

For the kids, always—

Kacy Lou Humphreys, Elisabeth Ludwig, & Patty McCasland

The Sources of Strength Wheel



What strength(s) are you feeling particularly strong in today?



Sources of Strength Spirit Week 9/21 - 9/25

More Comfort Monday

Stay comfortable & wear your pajamas. Or wear blue for physical health & healthy activities!



Try to Find Tuesday

Look for positive friends and mentors, wear camo. Or orange for family support!



Better Together Wednesday

Dress alike with a positive friend. Or wear yellow for positive friends!

Sport Your Team Thursday

Represent your favorite jersey/sports team. Or wear purple or grey for spirituality or generosity!



Zoom Day Friday

No school for students! Wear business on the top and comfort on the bottom.

Staff, we encourage you to think about opportunities for moments of personal wellness during the school day!

KICKS FOR KIDS

**GET FREE SHOES AND BOOTS FOR YOUR
STUDENT(S)**

*Kicks for Kids is an organization that will send new shoes
and boots to students in our communities. Please fill out
this form to take advantage of this opportunity.*



Feel Free to contact Elisabeth Ludwig, LPSD's School
Social Worker(in-training) for more information:
eludwig@lpsd.com
907-931-5477



Return this portion of the flyer to school:

NAME(S):

SCHOOL:

SHOE SIZE(S) :
(PLEASE SPECIFY CHILD OR ADULT SIZING)

DOES THE STUDENT NEED:
(YOU MAY PICK MORE THAN ONE)

WINTER BOOTS: YES / NO

RUBBER/RAIN BOOTS: YES / NO

SNEAKERS: YES / NO

SPORT SPECIFIC SHOES: YES / NO
IF YES, PLEASE LIST SPORT:
