

Northern Lights
theatre pub

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Sensory Sensitive Showings

SAT, SEPT 21
The Angry Birds
Movie 2 (PG)
11:00 AM
TICKETS ARE JUST \$4
SPECIAL SHOWING FOR KIDS AND ADULTS WITH AUTISM OR OTHER SENSORY SENSITIVITIES.

OPEN CAPTION SHOWING
Aladdin (PG)
Wednesday, Sept 25
6 PM, TICKETS ARE \$4/EACH.
Special showing with captioning shown on screen with the movie.

LIVE STAND UP COMEDY
Lights, Comedy, Laughs!
Saturday, October 12
CHARLIE WIENER & MONICA NEVI will perform at 7pm and 9pm. Admission is only \$10. Ages 21 & over only. Reserved seating for this show. Purchase tickets at box office or at our website.

Today in History

In a highly publicized "Battle of the Sexes" tennis match, top women's player Billie Jean King, 29, beats Bobby Riggs, 55, a former No. 1 ranked men's player. Riggs a self-proclaimed male chauvinist, had boasted that women were inferior, that they couldn't handle the pressure of the game. The match was witnessed by over 50 million TV viewers worldwide. King beat Riggs 6-4, 6-3, 6-3. King's achievement not only helped legitimize women's professional tennis and female athletes, but it was seen as a victory for women's rights in general.

— September 20, 1973

Food 4 Thought

"Many, many times, the kids with the less talent become the better athlete because they're more dedicated to achieving their full potential."

— Red Auerbach, Boston Celtics coach, born Sept. 20, 1917

The Weeks Ahead

Through Sunday, September 28
Pentacle Theatre presents *The Great American Trailer Park Musical*. This musical comedy contains explicit language and adult themes. For showtimes and tickets visit pentacletheatre.org.

Tuesday, September 24
Free admission all day at Hallie Ford Museum of Art, 700 State Street. Hours are 10 a.m. to 5 p.m.

Wednesday, September 25
Free community dinner, 5 p.m., St. Edward Catholic Church, 5303 River Rd. N. Facebook.com/keizer-community-dinner.

Elsinore Theatre's Wednesday Film Series presents Alfred Hitchcock's *Vertigo*, 2 p.m. and 7 p.m. Admission is \$6 or \$40 for 8 admissions.

Friday, September 26 — Saturday, October 12
Willamette University Theatre presents *Men on Boats* by Jaclyn Backhaus. For more details visit willamette.edu/arts/theatre.

Saturday, September 27 — Monday, September 30
Oregon Symphony, led by conductor Carlos Kalmar, presents Brahms' *Symphony No. 2*, with pianist Garrick Ohlsson. The evening also includes Mozart's *Piano Concerto No. 25*. Visit www.orsymphonysalem.org to purchase tickets and for more details.

Tuesday, October 1
Free admission all day at Hallie Ford Museum of Art, 700 State Street. Hours are 10 a.m. to 5 p.m.

Saturday, October 5
McNary High School's class of 1979 will hold their 40-year reunion at the Keizer Civic Center. For more information, go to mcnary79.net or email the reunion committee at mcnaryclassof79@gmail.com.

Sunday, October 6
"Finding the Psalms in Our Hymns" a hymn festival led by Dr. Carl P. Daw, a professor of theology at Boston University. There will be a choir and brass ensemble conducted by Paul Klemme. 4-5 p.m. at St. Paul's Episcopal Church, 1444 Liberty Street SE, Salem.

Wednesday, October 9
Elsinore Theatre's Wednesday Film Series presents Alfred Hitchcock's *Rope*, 2 p.m. and 7 p.m. Admission is \$6 or \$40 for 8 admissions.

Friday, October 11 — Sunday, November 3
Enlightened Theatrics presents *The Rocky Horror Picture Show*. Visit the box office or EnlightenedTheatrics.org for tickets and more information.

Friday — Sunday, October 11 — 13 and Friday — Sunday, October 18 — 20
Sorry, Wrong Number / The Hitchhiker, two one-act plays by Lucille Fletcher. Staged reading at Keizer Homegrown Theatre at the Keizer Cultural Center, 980 Chemawa Rd. N.E. Tickets are \$10; free admission for Oregon Trail card holders. Performances at 7 p.m. Fridays and Saturdays; 2 p.m. on Sundays. Visit Facebook.com/keizerhomegrowntheatre for more information.

Friday, October 18 — Saturday, November 9
Pentacle theatre presents *Mothers and Sons*. Visit pentacletheatre.org for more information about the play.

Wednesday, October 23
Psycho will be at the Elsinore Theatre for \$6 a person at 2 p.m. and 7 p.m.

Saturday, November 9
Model train swap meet, 9 a.m.-4 p.m., Rickreall Grange, 280 Main Street (Highway 99). Admission: \$5 (under 12 free). 503-857-2108.

Add your event by e-mailing reporter@keizertimes.com

TEENS,
continued from Page A1

24 died by suicide in Marion County. The following year, that number jumped to 18 young people.

"People are afraid to ask the questions and part of it is to say, you can ask the question," he said. "So it builds a little bit of confidence and people need that. It's almost like people need permission to ask the question, 'Can I talk to kids about suicide?' The answer is always, yes, please talk to them, he said.

In addition to staff trainings around mental health and suicide, the district is beginning to roll out outpatient therapy based in the school. The prior superintendent didn't allow outside mental health services in schools, so it's only been in the past few years that the district even considered in-school mental health services for students.

The district has partnered with Marion and Polk counties, as well as the community mental health provider Trillium Family Services to begin placing part-time mental health counselors in schools during the past academic year.

It's a newborn initiative. Twenty-seven out of 65 schools receive some kind of support from a mental health counselor, and the district seeks to expand that number in the coming years. Some schools have been more receptive to the therapists than others.

"The hard part is, Salem-Keizer is a huge district. Some schools value mental health more than others," said Phil Blea, Marion County's program supervisor for youth

mental health services. "Some schools make space available right next to the counselor, so students know when that's going. Some people make space available [in a different place] every week so we're bounced around."

He continued: "We've found that in schools that make a consistent space available, everyone knows the counselor is there and there's better coordination of care. The one that the counselor has to show up and get bounced around, there's less continuity of care because students don't know where that person is."

Getting the word out about mental health services has been another challenge. McNary is one of the schools being served by an outpatient therapist—but many students and parents at the school don't know about them.

There's pitfalls at the institutional level as well. The district leaves communication about district mental health initiatives to the discretion of each building. "Some folks take five minutes in a staff meeting, some folks go in depth and talk for 45 minutes," Fender said. "That's an area where we've found that the information we're sharing doesn't get shared the same across all buildings. So the communication piece is something we're trying to figure out."

The problem is, even when students know about services, they're often limited in scope. Therapists typically serve multiple schools, only working part-time at any given school, and can only serve students on the Oregon Health Plan. While the goal is to serve the "highest need" students, all students — even those on private insurance — struggle to get appropriate care, especially when they can't be seen by in-school providers.

"There's only so much we can do as a school district to connect them through their private or commercial insurance," Fender said. "We can steer parents in the right direction, but I'm going to be completely honest — there's a six to eight month wait list to receive therapy in this community."

Other school districts have addressed the gap in service availability in different ways. In Minnesota, a state that has been nationally recognized for its school-based mental health program, all therapists work in each school full time. This maximizes the efficacy of the therapist, who becomes a fixture in the school as much as the school counselors. Working at an individual school full-time allows the therapists

not only to see students in treatment, but also to consult with school staff about navigating student mental health concerns. Minnesota's program has mitigated the struggle with insurance by contracting all services to community providers with county support — which means school therapists can see both kids on the state Medicaid insurance and those on private insurance.

Offering services to a broader swath of Salem-Keizer youth is a goal, Fender said, but it's further into the future.

Even for students who do qualify for school-based help, mental health needs can go beyond therapy — some students need more intense intervention, others just a bit of preventative support.

When an initiative to address other types of need crops up, it often encounters dead ends. The lack of funding is a constant refrain, and even productive initiatives are short-lived as a result.

For the 2018 calendar year, the mental health provider Trillium received a grant to provide prevention services at Washington and Brush College elementary schools, Crossler Middle School, and McKay High School. According to Chiharu Blatt, director of Trillium's Willamette Valley

community services, the prevention grant created such services as small skills groups for students, education and consultations for school staff and parents, and created a drop-in area for students to get advice and referrals from a clinician.

But after the grant dried up, so did the prevention services.

Another pervasive problem is the ongoing stigma around mental health. Without a school culture that recognizes mental health concerns as real and immediate problems for youth, kids can't get the support they need. And many of those who work with youth — and the youth themselves — say kids are more and more open to talking about their needs, if they're given a space to voice them.

"[Students] talking about it isn't the issue, it's if they're being listened to," Brooklyn Flint, a junior at McNary, said.

Flint discovered how a school's culture can stifle student's attempts to reach out. During Flint's freshman year she tried to start a club to give students a safe space when struggling with mental health concerns. Flint saw the need for the club after coming up short for resources for her own depression.

When she visited a counselor at her middle school, she said, the counselor told her, "I'm sorry. That sucks," Flint said. "And just gave me a tissue box"

That wasn't helpful, she added.

So, when Flint got to high school, she tried to address the need through student action. But after several months of trying to get the club off the ground, the effort fizzled out. Students didn't coalesce behind the club despite what she sees as the glaring need for better mental health support.

Flint attributes the club's lack of success, in part, to busy students; one promising officer for the club, she said, had to withdraw after getting hired at an after-school job.

But she also sees a culture that doesn't create spaces for kids to talk about their mental health.

"People are scared to come forward," she said. "Depression is this thing that makes you want to isolate yourself."

This means that kids need the adults to reach out to them, Flint said. As the district survey found, that's often not happening.

Even as the district institutes reforms — including adding mental health resource information to the back of student

identification cards for the coming year—it's clear the response lags far behind the need. Reforms mean little without a school culture that prioritizes student mental wellness.

"The school is barely allowing us in," Blea said, referring to county mental health services. "They're getting better."

Mental health advocates join the kids in saying that all people who work with youth need to take a more proactive approach in reaching out to kids about their mental health. Blea describes mental health as a "hot potato" issue — something that's passed around because no one wants to deal with it.

That needs to end, he said.

"It would be great to lean into the problem versus leaning out of the problem. So the families, schools, and community need to not be afraid of talking to youth about mental health issues," Blea said. "If we can get everybody to think about what's my role, how do I get them help, where do I get the referral, the better it will be."

Next week, learn how LGBTQ+ youth are disproportionately impacted by mental health concerns.

PARENTS:
Info session
on youth and
social media

The Salem Alliance Church will be holding a event for parents and kids on the harmful effects of social media.

The event is being hosted by a group of moms in the community who support #SAVETHEKIDS.

Admission is free and this informational session will take place on Oct. 17 at 7 p.m.

A Spanish translator will be available.

Collin Kartchner, a internet crusader and youth advocate, founded the organization and will be speaking at the church. For more information on him and the organization, visit savethekids.us.

You can also visit the Empowering Parents | Saving Kids Facebook page.

looking
back in
the KT

5 YEARS AGO

ServeFest returns Sunday

For the sixth time, Lakepoint Community Church is hosting ServeFest, a ministry that encourages Christians to "be the church," serving the needs within the community.

10 YEARS AGO

Back on top
Volcanoes are the Northwest League champions once again.

15 YEARS AGO

McNary Celts pitch in to help ailing teammate

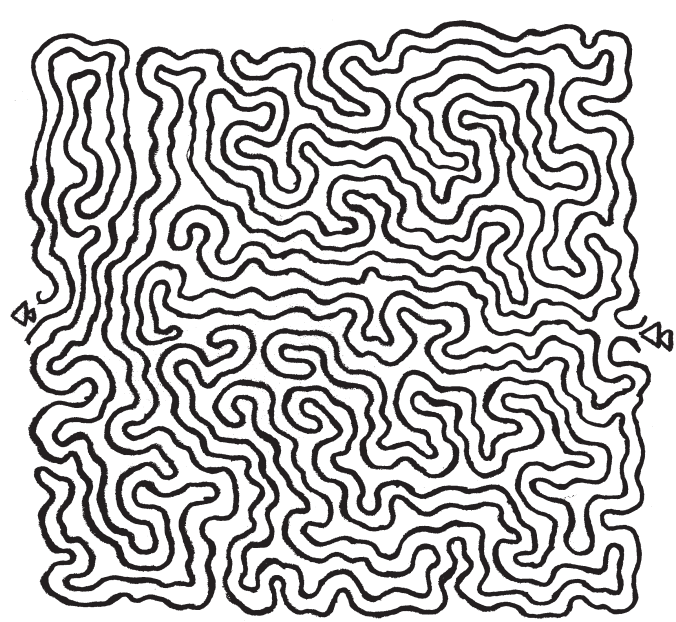
The McNary football team is offering players for hire to do chores in exchange for donations to help cover teammate Nate VanSlochteren's medical expenses in a battle with cancer.

20 YEARS AGO

Keizer test scores add up to problems in math

Students at every Keizer school generally did better on state tests in English but showed dropping performance in certain math tests.

maze



Maze by Jonathan Graf of Keizer

sudoku

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THIS WEEK'S
MOVIE TIMES

Toy Story 4 (G)
Fri 12:20, 2:25, 4:20, 6:40,
Sat 11:15, 1:10, 3:05, 5:05,
Sun 12:00, 1:55, 3:50

Spiderman Extended Far From Home (PG-13)
Fri 3:10, 6:15, 8:45,
Sat 2:45, 7:05, 9:25,
Sun 12:50, 5:50, 8:15

The Kitchen (R) Sat 9:15

Angry Brids Movie 2 (PG)
Fri 4:40, Sat 12:50, Sun 3:15

Yesterday (PG-13)
Sat 5:30, Sun 5:10

Aladdin (PG)
Fri 12:45, 2:15, 5:50,
Sat 11:40, 2:05, 4:30, 6:55,
Sun 2:15, 4:40

Rocketman (R) Fri 8:30

John Wick: Chapter 3 (R) Sat 7:45

Secret Life of Pets 2 (PG)
Sun 12:30, 7:05

Men in Black: Intn'l (PG-13)
Fri 8:20, Sun 7:25

FOR ALL SHOWTIMES GO TO
NORTHERNLIGHTSTHEATREPUB.COM