

Supports to Advance Emotional Well-Being in Schools Learning Collaborative Cohort

All SEA + LEA Quarterly Call

October 4, 2023 12-1PM ET

© Funding Acknowledgement

The National Initiative to Advance Health Equity in K-12 Education by Preventing Chronic Disease and Promoting Healthy Behaviors project is supported by the Centers for Disease Control and prevention (CDC) of the U.S. Department of Health and Human Services (HHS). The contents are those of the authors and do not necessarily represent the official views of, nor an endorsement by, CDC/HHS or the U.S. Government.

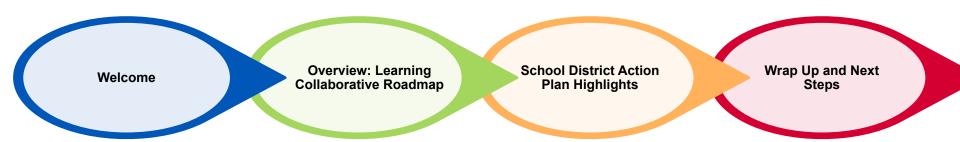


Welcome

© Call Objectives

- Describe key components of the Learning Collaborative Roadmap
- Share updates (successes, challenges, etc.) related to LEA action plan implementation
- Provide peer-to-peer technical assistance to support other LEAs in action plan implementation

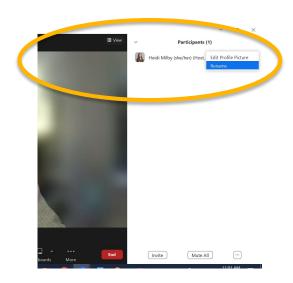




Zoom Name

- To change your Zoom name, click on:
 - Participants
 - Click on 3 dots
 - Rename

NAME (preferred pronouns), ORGANIZATION





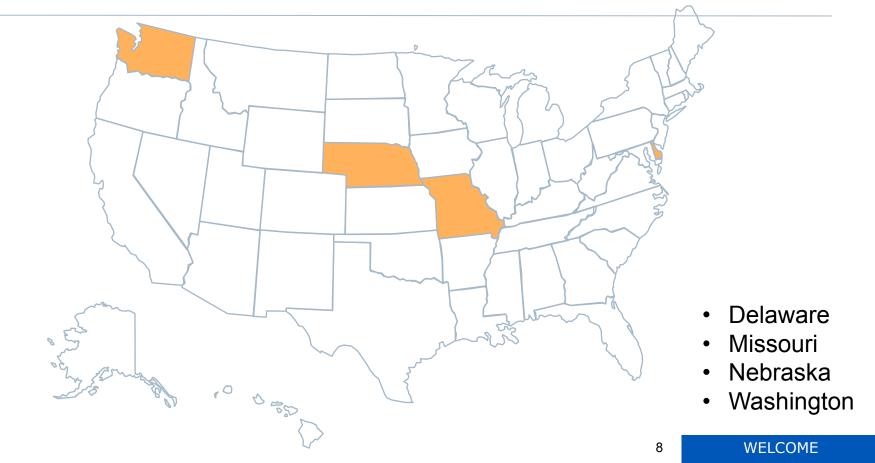
(a) NACDD, Child Trends, Mental Health America







© LCC States





Delaware (DE)

Christina School District

Caesar Rodney School District

Nebraska (NE)

Papillion LaVista Community School District

Missouri (MO)

Monett R-1 School District

Neosho School District

Washington (WA)

Kelso School District

Reminder: Purpose of These Calls

- Calls will involve a mix of:
 - Professional Development Learning and Reflection
 - Peer-to-Peer Sharing
- SEA and LEA teams will meet ~quarterly during the project period
 - Anyone from your state/district is welcome to join
- Goals:
 - Learn from and share with others participating in the learning collaborative
 - Support LEA action plan priorities
 - Strengthen supports for staff and student emotional well-being and mental health

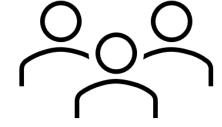
@ 23-24 All SEA + LEA Quarterly Calls



Wednesday, October 4, 2023 12-1PM ET



Wednesday, January 10, 2023 12-1PM ET Zoom Registration Link





Wednesday, May 8, 2023 12-1PM ET Zoom Registration Link



Mindful Moment

® Body Scan Exercise

Time: 1-3 minutes | Prep and Materials: Quiet space and script

Introduction (15 seconds)

• Begin by finding a comfortable seated or standing position. Take a moment to ground with yourself and become aware of any feelings or sensations in the body.

Breath Awareness (15 seconds)

• I invite you to close your eyes if you feel comfortable doing so. Otherwise, find a point in the room and soften your gaze as you take a deep breath in through your nose (deep inhale), and exhale slowly through your mouth (deep exhale). As you breathe, notice the sensation of the breath entering and leaving your body.

Bringing the Whole Self (15 seconds)

• Take a moment to reflect on what you bring to the room. Your whole self - the things that make you, you. Inhale (deep inhale), and acknowledge that each one of us carries a unique lived experience. Exhale, (deep exhale) and create space to honor, affirm, and uplift those differences - for yourself and for those around you.

Body Scan (60 seconds)

• Begin to shift your attention to your body. Beginning with the top of your head, slowly move your attention down to the tips of your toes. Along the way, notice any areas of tension, discomfort, or sensations as your scan. Pay attention to any areas that may hold stress or tension related to your work or personal live. Without judgement, simply acknowledge these sensations and breathe deeper into them.

® Body Scan Exercise

Time: 1-3 minutes | Prep and Materials: Quiet space and script

Check-In (15 seconds)

Remember, we each have our own journey - meaning experiences may differ, feelings may be interpreted differently, and how they show up in the body looks different from person to person. Remind yourself that what comes up for you is your experience and only yours. There is no right or wrong answer. If any sensations or emotions arise that feel overwhelming, pull back and breathe deeper into your body.

Breathe & Release (30 seconds)

• Now take a deep breath in again (deep inhale), and as you exhale, envision any tension or stress you identified in your scan releasing with it (deep exhale). Again, inhale through the nose (deep inhale), and exhale out through the mouth, releasing any tension (deep exhale). Repeat one more time, inhale through the nose (deep inhale), and exhale out through the mouth, releasing any tension (deep exhale).

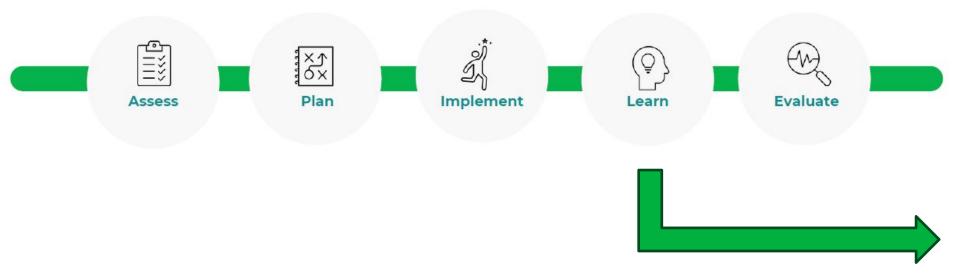
Closing (15 seconds)

• Gently allow your eyes to float open if they were closed and wiggle your body to come back to your presence. Thank yourself for taking this moment to connect with your body and emotions and carry this awareness with you as your lead and interact with others in your work.



Learning Collaborative Roadmap

Our Process







Phase 1: Establishing an Infrastructure

Equity

Teaming

Framework Alignment

Action Planning

Youth Engagement

Community/Family/Caregiver Partnerships

Data-Driven Decision Making

Phase 2: Effective Implementation and CQI

Trauma-Informed Practices

Staff Role Modeling

Staff Well-Being (stress management/burnout prevention)

Social-Emotional Learning

Student Mental Health - Tiered Supports



School District Action Plan Highlights



Sharing Process

LEA Presenter(s):

- -Introduce
 yourself/district
- -Share focus areas of your action plan
- -Share successes!
- -Ask for support to address challenges

All SEAs/LEAs teams:

- -Ask questions
- -Share resources in the chat
- -Share what's been successful in your state/district



Delaware (DE)

Christina School District
Caesar Rodney School District



Meet the Christina School District Team



Dr. Gina Moody, Director of Student Services



Dr. Gabrielle Koury, Kelly Logan, Manager of Student District MTSS Services



Coordinator



Brian Polaski, District Dean of Student



Co-Lead School Nurse



Janene Ebaugh, Susan Webber, Co-Lead School Nurse



Some CSD Stats



https://reportcard.doe.k12.de.us/detail. html#aboutpage?scope=district&district =33&school=0

Race/Ethnicity	
American Indian or Alaska Native	0.30%
Asian American	5.27%
Black or African American	41.62%
Hispanic or Latino	21.56%
Multi-Racial	5.05%
Native Hawaiian or Other Pacific Islander	0.25%
White or Caucasian	25.95%
Residence	
Foster Care	*
Homeless	3.1%
Migrant	*
Military Family	0.14%
Other Characteristics	
English Learners	13.2%
Low Income	33.39%
Students with Disabilities	25.01%

*30 Schools and Programs



Our Focus

NACDD recommends that you focus on improving infrastructure and systems to set your district up for long-term success. This could include strengthening areas such as policies, procedures and other district systems, district- and school-level teams, and the use of data to target programs and measure impact.



Goal #1

<u>Goal #1</u>: By September 2023, the Christina School District will conduct a comprehensive resource mapping assessment to determine the needs of all students and staff, in order to ensure equitable access to resources and support for social-emotional growth.

<u>Status:</u> District team has not been able to collaborate; however, school teams have started this process with the assistance of our MTSS Coordinator; Trauma-informed Checklist, distributed.

Challenges: Time!

The Student Services team met as a whole group; however, we have not been able to create a comprehensive District list of resources; incorporate student voices in the mapping process.

Goal #2

Goal #2: To implement culturally responsive evidence-based Tier 2 social-emotional interventions for students identified with emotional and behavioral needs, in order to achieve a 50% reduction in disruptive behaviors and a 20% increase in academic engagement by the end of the school year.

<u>Status</u>: Schools have utilized the Implementation Checklist; added data review and analysis to meetings; met with MTSS Coordinator at least once. All schools have a behavior matrix to communicate expectations.; added Skillstreaming Intervention materials

<u>Challenge</u>: Ensuring consistency across schools, to align our language, for instance, around data analysis

Caesar Rodney School District



Wyoming, Delaware



Action Plan Goals

<u>Goal #1</u>: The Caesar Rodney School District will recruit a **Health and Wellness**Committee with representatives from core stakeholder groups. Utilizing the **Whole School,**Whole Child, Whole Community (WSCC) Model for Implementation, the team will meet to analyze data, prioritize actions, and determine evaluation criteria for a District Wellness Plan. The District Wellness Plan will address Health, Nutrition, Physical Education/Activity, Social, Emotional, Behavioral Wellness, and Employee Wellness, at a minimum.

How it's going:

- Waiting on final approval to begin work.
- Discussions have begun with the Child Nutrition Supervisor.

Action Plan Goals

<u>Goal #2</u>: The Caesar Rodney School District will complete **Resource Mapping and a Needs Assessment of current Social, Emotional, Behavioral Health Programs and Positions**, as well as impact data, to yield direction for future programming and hiring needs to support every student.

How it's going:

- Preliminary Resource Mapping has begun (e.g., identifying caseloads, school resources, outside resources)
- Beginning a new MOU process for outside supports
- Looking closely at the use of HB100, HB200 supports (Psychs, Social Workers, Counselors)
- Rolling out new Threat/Suicide Screening system to track student needs throughout district
- Caseload monitoring for Counselors/Mental Health Counselors



Missouri (MO)

Monett R-1 School District Neosho R-1 School District

Monett R-1 School District

Monett, Missouri



Supports to Advance Emotional Well Being for Monett R-1 Students and Staff

- Action Plan Summary:
 - Students -
 - Purchased "Grief Kits" for all counseling offices district wide. Pre-K through 12th grade, 6 campuses.
 - Purchased "Calm Down Kits" for all classrooms Pre-K through 5th grade, also purchased and put together "Calm Down Kits" for counselor offices for grades 6 - 12.
 - Pictures of kits on next slide.

- Action Plan Summary (continued):
 - Staff -
 - In Progress bringing a self-care focus to our annual Biometric Screening and Flu Shot clinic for staff. Offering on-site massages, a NACDD booth that will have a "TeachWell" sign-up for staff along with additional resources on self-care specific to educators. Additional self-care themed booths, that will also have raffles for self-care prizes.
 - In Progress presenting staff with a Gratitude Journal in December as their gift of thanks and reflection as we go into the holiday break and new year.
 - <u>Tentative</u> motivational speaker at a PD event for all staff in the Spring of 2024.







Calm Down Kits -

"the supplies in the calming kits are tools to support developmentally appropriate social emotional processing and learning for all students. The calm down kits can help support success in school and strengthen classroom community."

Grief Kits -

"As a school we know that loss impacts everyone at different times in life, the loss of loved ones or pets often comes at unexpected times. Anytime a person experiences a loss he/she goes through the grief process. The grief kits purchased through the grant contain books, activities, and resources to support students and their families. The grief kits are a tool to help guide families journey together through the grieving process by providing healthy, productive activities that can be used individually or as a family.

Neosho School District R-V Neosho, Missouri



NSD Action Plan Summary

- Neosho staff attended a training this past summer @ ExSEL Institute: Empower Students with the Skills Needed to Thrive in the Classroom and Succeed in Life, hosted by Solution Tree. The hope was to better educate our staff about incorporating SEL and our current curriculum https://mindup.org/ into the classroom more consistently.
- Our implementation process will be a month long case study with our middle school and elementary schools to gauge how the SEL practices are working. This will take place in October and data will be collected and shared throughout the district along with our Panorama Surveys that staff and students will also be taking.
- January 2024, we hope to revitalize and modify our mindup.org curriculum to make sure that all classrooms are using the tools and exercises for SEL to keep the momentum going. The wellness program will send out a monthly newsletter with resources and testimonies from staff and students expressing their thoughts on the integration of SEL and its impact on behavior and school climate.
- April 2024, we are bringing in guest speaker and author, John Hannigan. He is a representative from Solution Tree. He will be giving a workshop based on his book titled Behavior Solutions: Teaching Academic and Social Skills Through RTI at Work. Neosho staff will be invited to attend along with other surrounding school districts.

Adaptive/Behavior PE Equipment

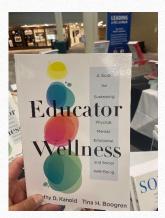








Conference Resource



Spring Workshop 2024











Nebraska (NE)

Papillion LaVista Community
School District

Papillion La Vista Community Schools Nebraska

Challenges

- Data collection, analysis, and decision-making
- ★ Financial support for mental health
- School-Parent engagement

Highlights of Action Plan

- Hope Squad Expansion
 - 9 schools/1 academy
- Parent Events
 - Online safety
- Onsite Mental Health Services
 - Established protocols
- Mental Health Infrastructure
 - Roles & Responsibilities; Staff Capacity; Suicide, Child Abuse/Neglect, Attendance





Washington (WA)

Kelso School District

Kelso School District

Kelso, Washington

Action Plan Goals

Goal #1: Find and implement a K-12 climate/culture survey which identifies sense of belonging for each student.

- Panorama survey sections selected; school based plans for implementation

Goal #2: Develop/find a staff screener to identify targeted needs areas across all schools regarding staff well-being.

- Panorama survey sections selected; presented to Wellness Committee

Goal #3: Kelso School District will survey those students receiving school based behavioral health services through email in order to gauge provider service outcomes.

 Student survey is developed; next steps are to collect results from students served in 22-23 school year



Wrap Up and Next Steps



Please take a few minutes to complete a brief evaluation for this call:

https://nacdd.sjc1.qualtrics.com/jfe/form/SV_3t1JJu6tldzZS9E

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