

# **Comprehensive Wellness Supports**

## **Mental Health Expansion Services for the 2021-22 School Year**

**Dr. Patricia Sandoval**

**Dr. Robert Arroyo Jagielski**

**Tuesday, June 15, 2021**

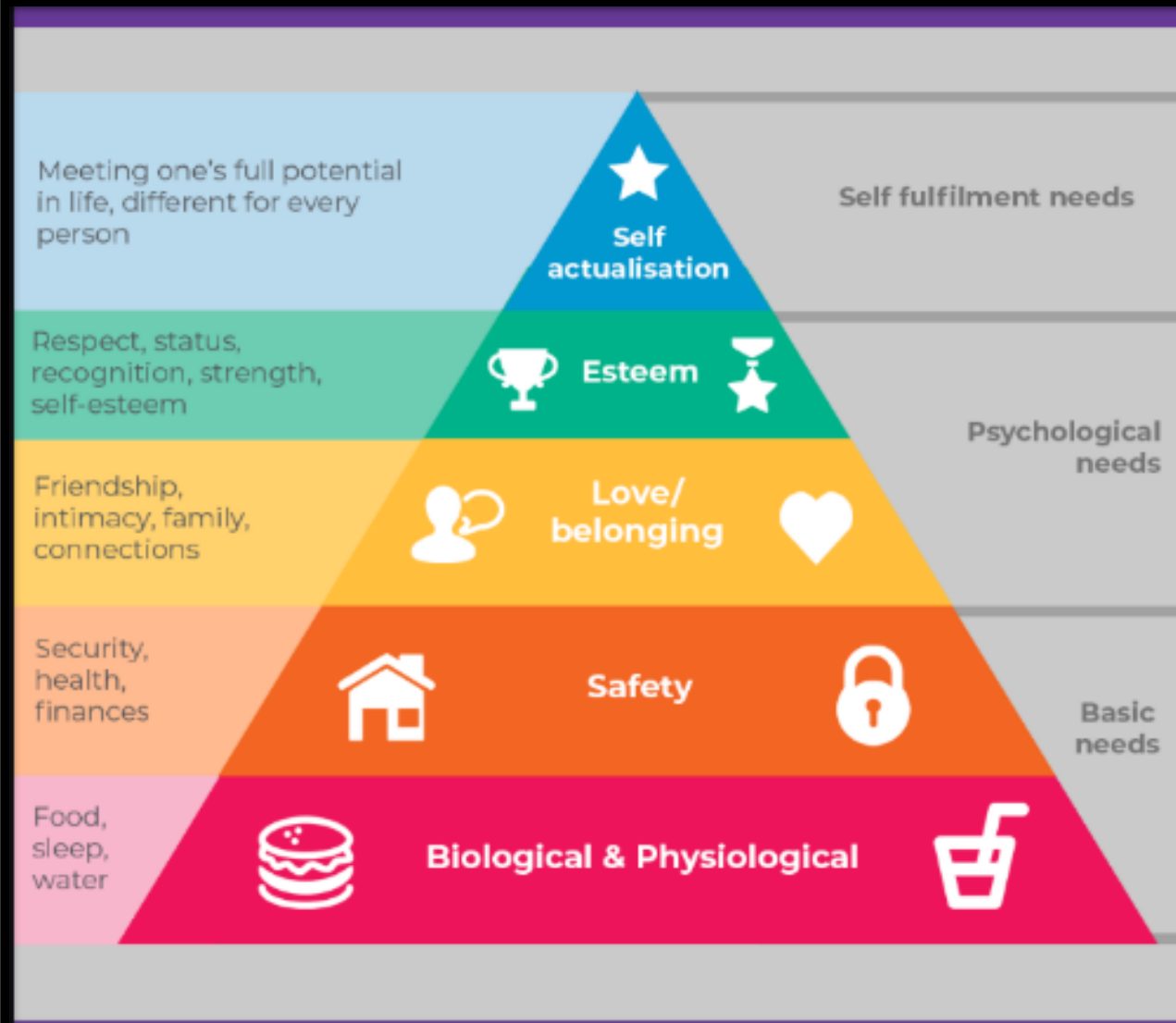


# Comprehensive Wellness Supports

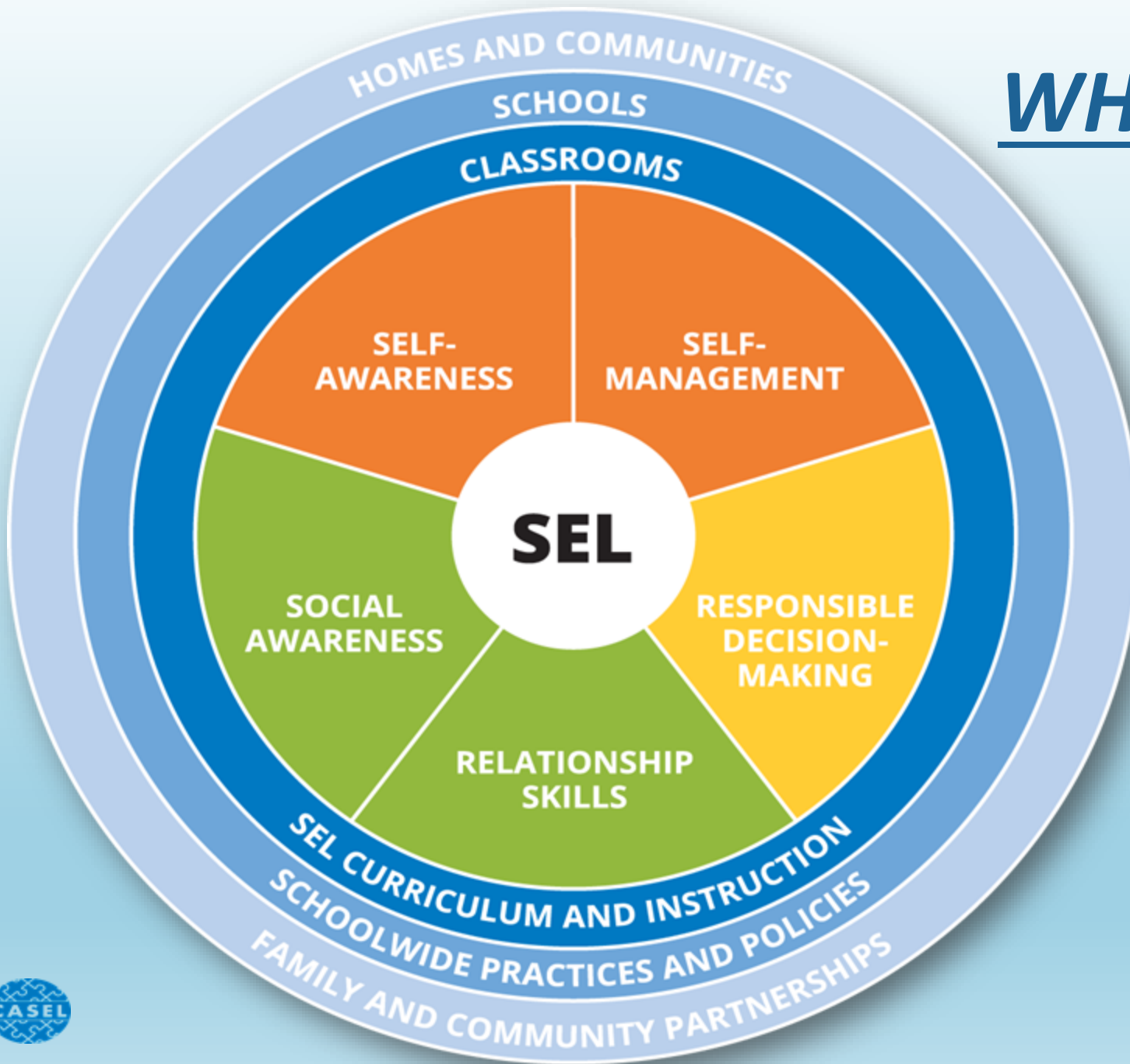


- **Overview: Big Picture**
- What is currently in place?
- What is the plan for 2021-22?

# MASLOW'S HIERARCHY OF NEEDS



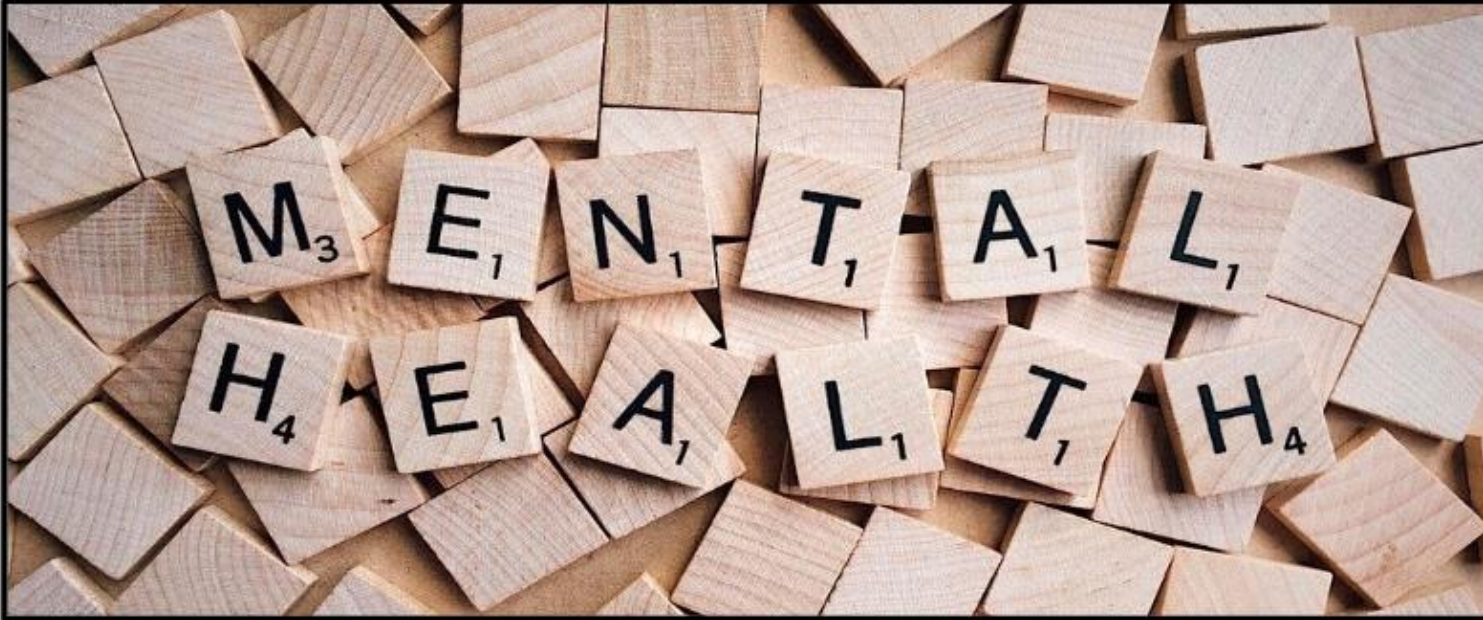
# WHY is SEL important?



- Builds resiliency
- Fosters emotional safety
- Helps students navigate their world more effectively



# DUSD'S COMPREHENSIVE WELLNESS SUPPORT SYSTEM



## Social Emotional Learning

- Connects Wellness and Mental Health
- Classroom Strategies
- Relationships
- Resiliency
- Awareness
- Wellness Centers & School Teams

# Comprehensive Wellness Supports



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# BUILDING STAFF CAPACITY: WELLNESS SUPPORT

Teachers	Support Staff
<ul style="list-style-type: none"><li>• AB 2246: Suicide Prevention Training</li><li>• Restorative Practices</li><li>• Zones of Regulation</li><li>• The Trauma Informed School</li><li>• Positive Behavior Intervention Supports</li><li>• Capturing Kids Hearts</li></ul>	<ul style="list-style-type: none"><li>• PREPaRE Training</li><li>• Cognitive Behavior Intervention Training for Schools (CBITS)</li><li>• Trauma-Informed Practices</li><li>• Cognitive Behavior Therapy</li></ul>

# CAPTURING KIDS HEARTS

## PROFESSIONAL DEVELOPMENT UPDATE



Schools	Full CKH Training # of Teachers	Virtual CKH Training # of Teachers
Doty	32	57
Griffiths	43	59
Stauffer	32	68
Sussman	27	53
Downey	49	136
Warren	83	161
Columbus	7	29
<b>TOTAL</b>	<b>273</b>	<b>563</b>



# School Wellness Teams



HFY Program Specialists





Mr. Scott Marshall  
Counselor



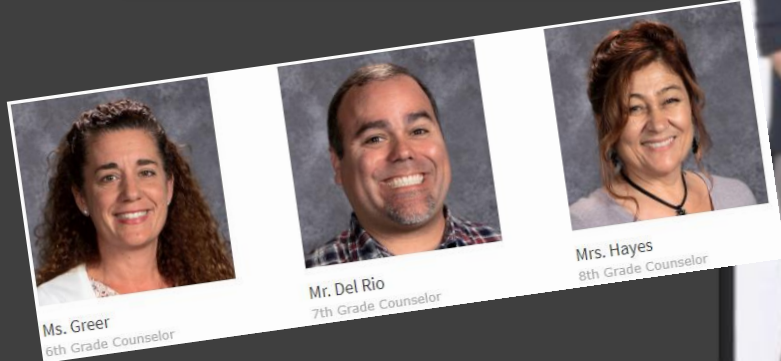
Mrs. Carrie Redfox  
6th Grade Counselor



Mrs. Michelle Navarro  
7th Grade Counselor



Mr. Joe Webster  
8th Grade Counselor



Ms. Greer  
6th Grade Counselor



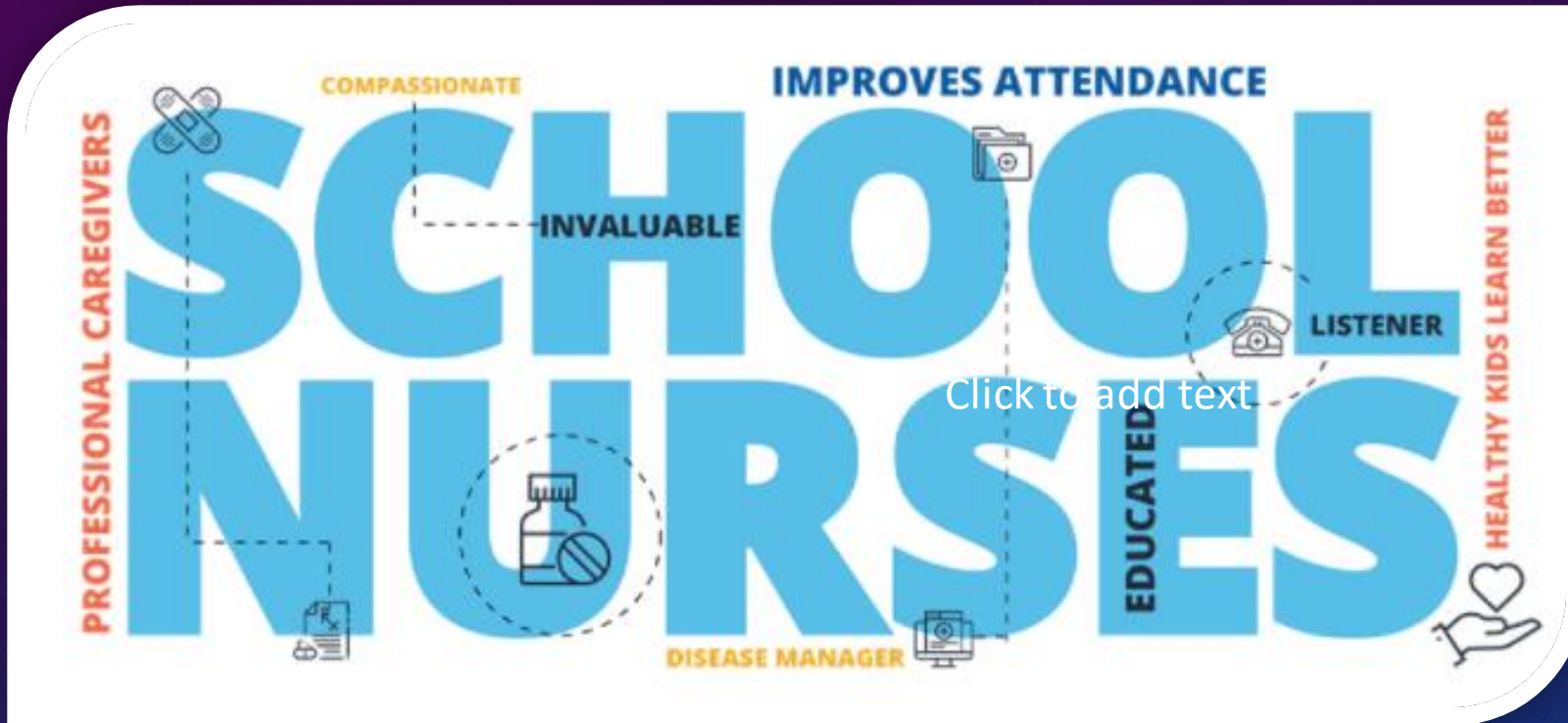
Mr. Del Rio  
7th Grade Counselor



Mrs. Hayes  
8th Grade Counselor







- Improve Health
- Reduce Absenteeism
- Improve Student Performance
- Collaborate & Refer

# SCHOOL PSYCHOLOGISTS

support students' ability to learn and  
teachers' ability to teach.

## THEY ARE EXPERTS IN



Learning



Behavior



Mental Health



School Systems

## THEY PROVIDE

- Academic, behavioral, and mental health supports
- Evaluation, assessment, and data analysis
- Consultation with teachers and families
- Culturally responsive services
- Crisis prevention and response



## THEY SUPPORT

- Struggling and diverse learners
- Student achievement and well-being
- Safe and supportive learning environments
- School-family-community partnerships
- School-wide data-based decision making



- Beginning of Year: 30-minute suicide prevention training for all staff.
- Teacher training, staff consultation, and student support.





## HFY PROGRAM SPECIALISTS

- Connect families to resources (Tech, WiFi)
- Address Food Insecurity
- Housing and Employment
- Mental Health
- Collaborate & Refer
- Improve Student Performance





- Support Services
- Mental Health Services
- Family Support
- Linkage to community mental health agencies i.e., JFCS
- Group & Individual Counseling
- Parenting Class referrals
- Community resources i.e. food bank, social services

# Community Wellness Partners



# Comprehensive Wellness Supports



- Overview: Big Picture
- What is currently in place?
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# 64.1%

of youth with major depression do not receive any mental HEALTH TREATMENT.

*Mental Health America*

# 1 in 5

teens & young adults lives with a mental HEALTH CONDITION.

*National Alliance for Mental Illness*

# 5.13%

of youth report having a substance use or ALCOHOL PROBLEM.

*Mental Health America*

## Why Youth Mental Health First Aid?

Youth Mental Health First Aid teaches you **how to identify, understand and respond to signs of mental illnesses and substance use disorders.** This **2-hour** training gives adults who work with youth the skills they need to reach out and provide initial support to adolescents (ages 12-18) who may be developing a mental health or substance use problem and help connect them to the appropriate care.

### WHAT IT COVERS

- Common signs and symptoms of mental illnesses in this age group, including:
  - Anxiety
  - Depression
  - Eating disorders
  - Attention deficit hyperactivity disorder (ADHD)
- Common signs and symptoms of substance use.
- How to interact with an adolescent in crisis.
- How to connect the adolescent with help.

### The course will teach you how to apply the ALGEE action plan:

- **Assess** for risk of suicide or harm
- **Listen** nonjudgmentally
- **Give** reassurance and information
- **Encourage** appropriate professional help
- **Encourage** self-help and other support strategies



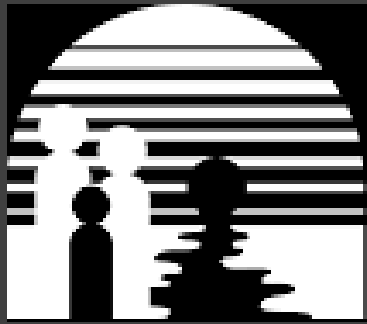
# SEL Curriculum Adoption



rethink **Ed**  
Inspiring Hope. Powering Potential







# Pacific Clinics

ADVANCING BEHAVIORAL HEALTHCARE®

## 2020-21

- Full time therapists were assigned to each secondary school site to provide Outpatient Mental Health Services to our 6th – 12th grade students.
- During school closure time due to COVID-19 these services were provided via telephone or telehealth.

## 2021-22

- Expand our partnership
- 2 full-time therapists at both Warren and Downey High School
- 1 full-time therapist to each of our four middle schools and Columbus HS
- Therapists will be housed in the Wellness Centers.

# Increasing Wellness Supports: Licensed School Therapists

	2020-21: School Based Therapist Support	2021-22: Proposal Licensed School Therapist	
Elementary Schools	.4 FTE (~2 days)	1.0 FTE	13 FTEs
Middle Schools	.6 FTE (~3 days)	1.0 FTE	4 FTES
High Schools	1.0 FTE	2.0 FTE + 1 FTE	4 FTEs + 2 FTEs
	.6 FTE @ CHS (~3 days)	1.0 FTE	1.0 FTE + 1 FTEs
<b>Total</b>	<b>10.0 FTE</b>		<b>22.0 FTEs + 2.0 FTE Clerical</b>

# ELEMENTARY SCHOOLS

- **Expand mental health support at all elementary schools.**
- **Leverage partnerships with community agencies.**
- **Continued PD for teachers and staff.**



# *Goals of the Wellness Center*

- Provide students with support and resources
- Provide a space free of judgement
- Nurture students' mental health



# High School Wellness Center Locations

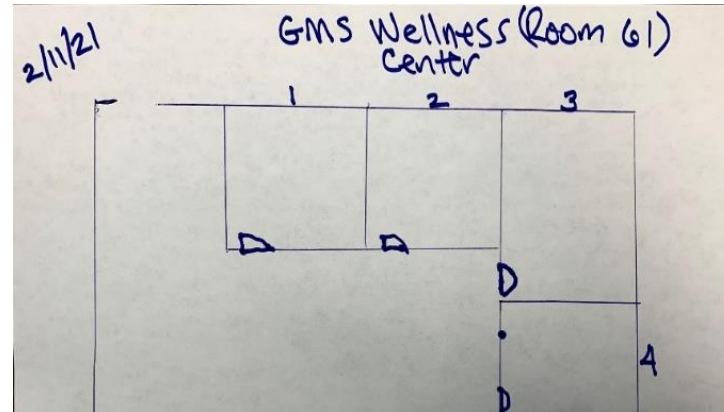


- **Warren High School: Room V-3**
- **Downey High School: Room A-101**
- **Columbus High School: Room B-1**





# Middle School Wellness Center Locations



- Doty MS: Room 31
- Griffiths MS: Room 61
- Stauffer MS: Room 25
- Sussman MS: Room 90



# SECONDARY WELLNESS CENTERS



# Wellness Support

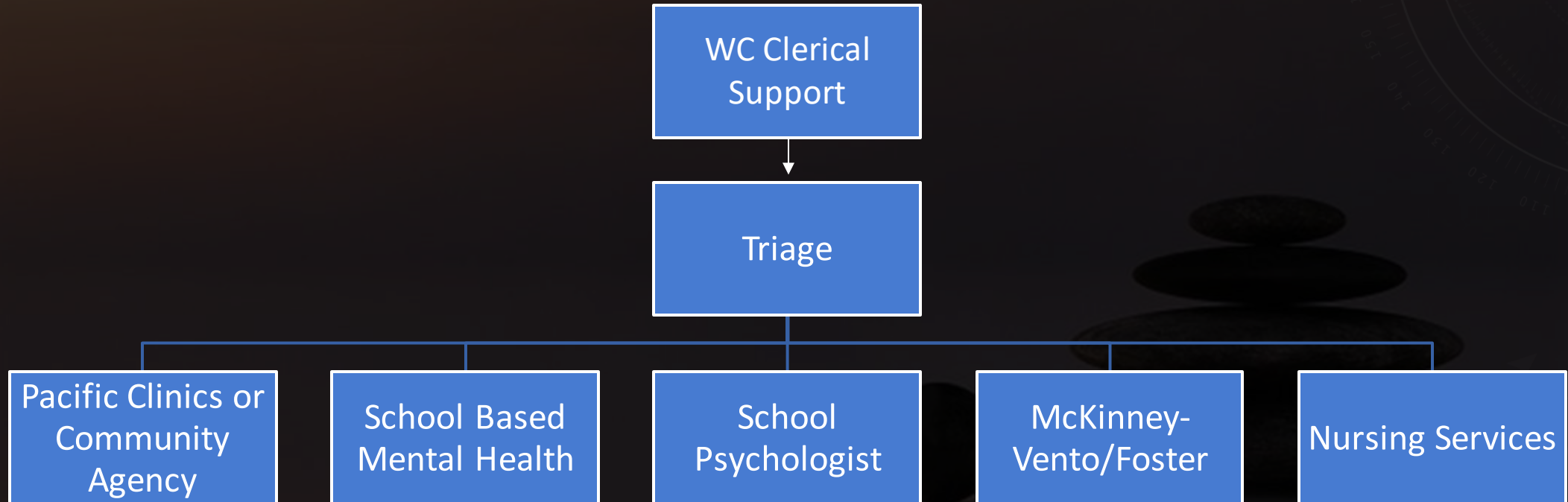
Referral &  
Walk-Ins

Triage

Wellness  
Team Staff



# Wellness Center Process



# MESSAGING

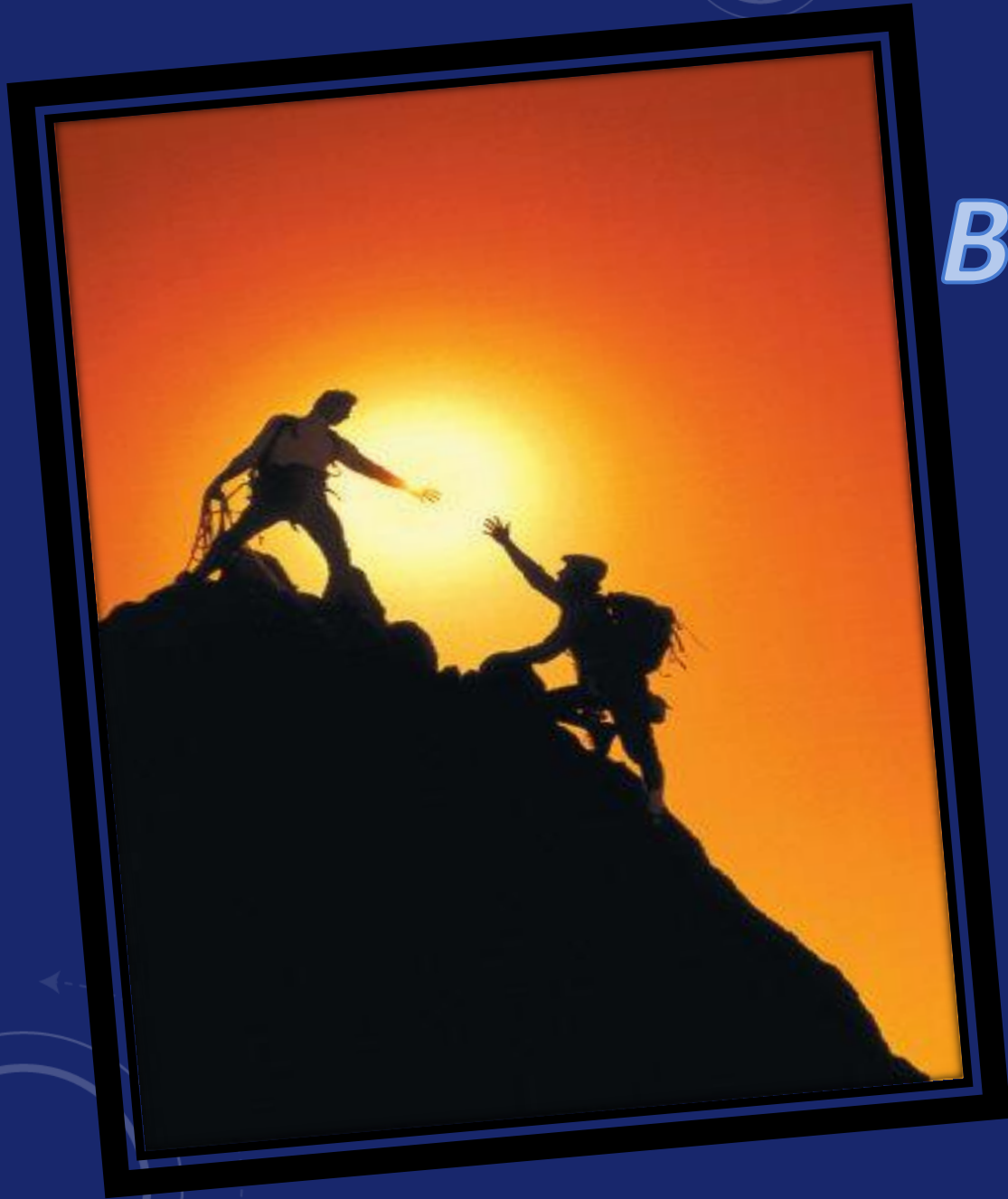


Reaching Parents & Students





*Student Support*  
***BUILDING RESILIENCY***  
*Comprehensive system*



# Comments/Questions?



*Our Kids Deserve The Best...*