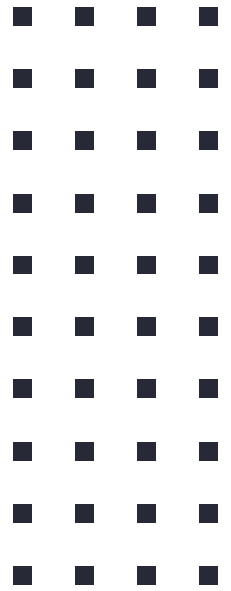


Wellness Services Program



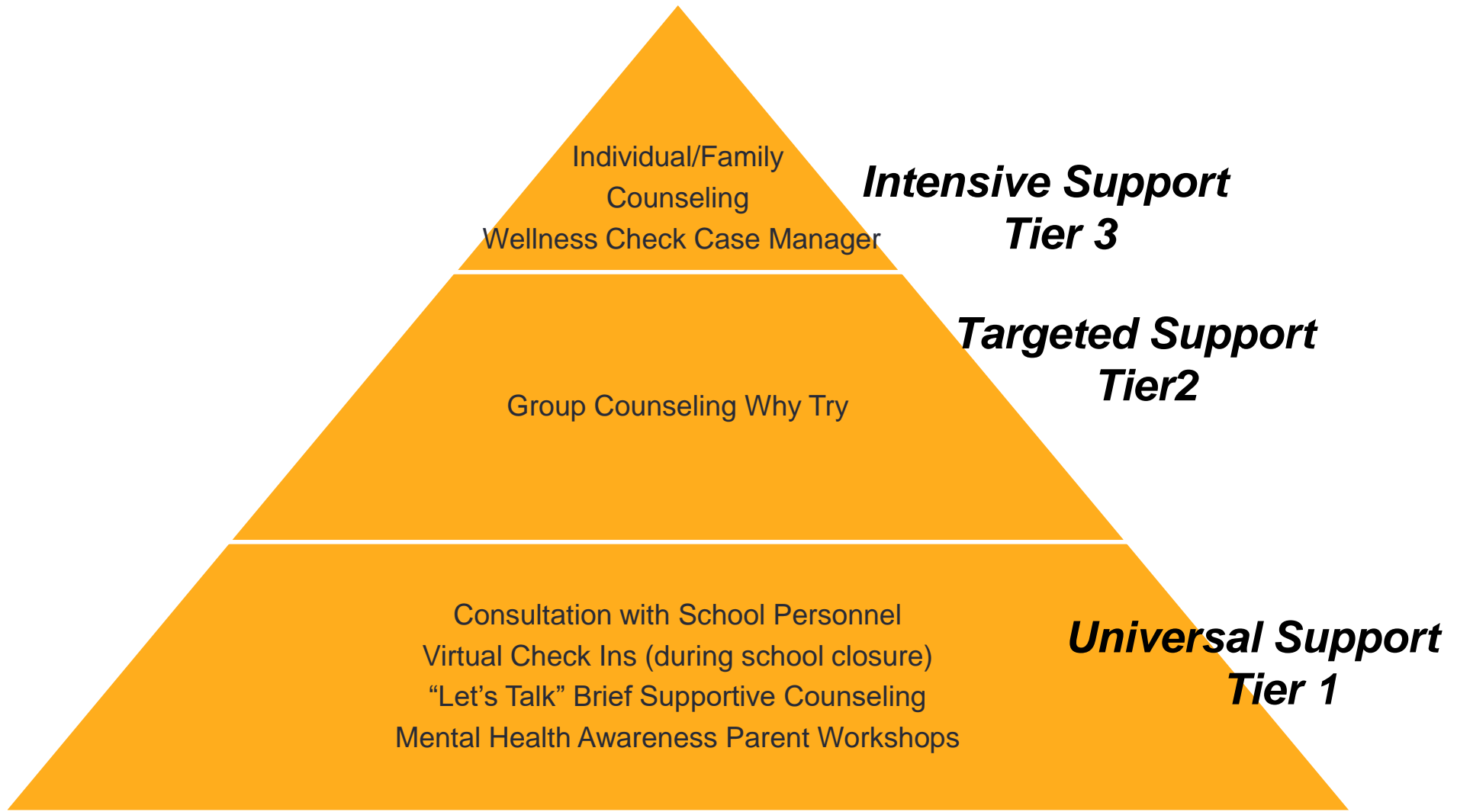
2020-2021 Overview



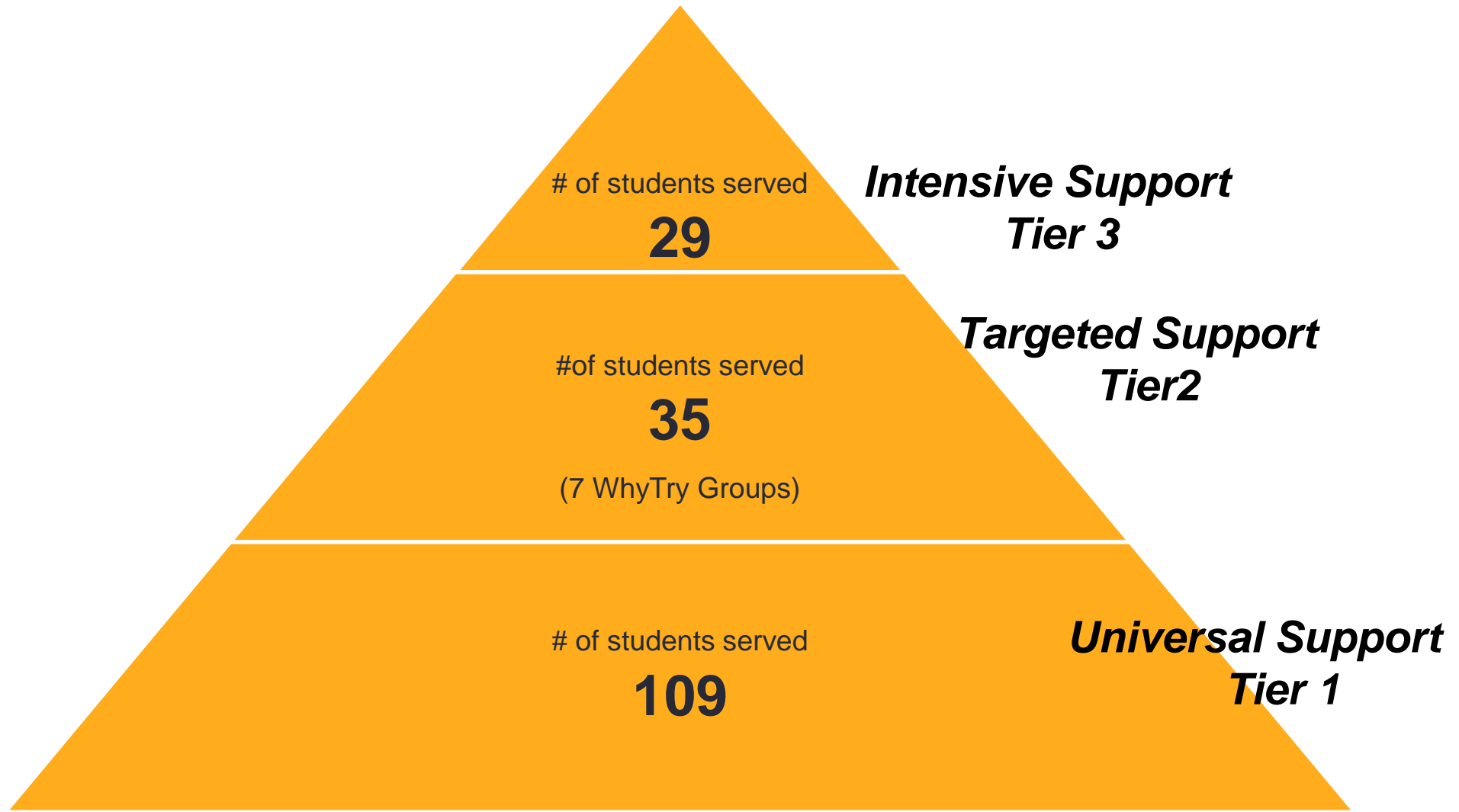
Program Goals

- *Promote social and emotional wellness among students, families and staff.*
- *Reduce barriers to learning.*
- *Increase awareness of mental health.*
- *Remove barriers preventing access to mental health services.*

Wellness Services MTSS



Wellness Services MTSS



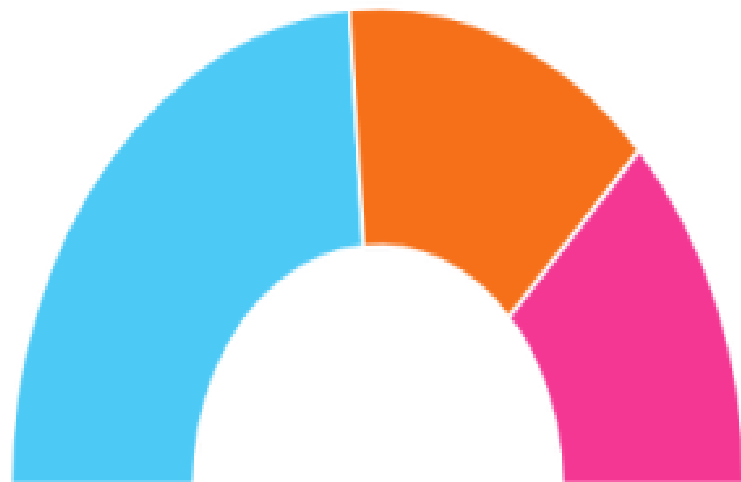
Care Solace Data

Key Performance Indicators (KPIs)

	Sep	Oct	Nov	Dec	Jan	Feb	Mar	Apr	May	Jun	Total
Inquiries received	1	15	4	8	9	31	59	27	45	22	221
Communications saved	19	77	64	61	30	152	256	122	196	79	1056
New cases & Warm Handoffs®	1	3	3	2	2	4	3	4	5	2	29
Total appointments into care	0	1	0	2	0	0	3	5	4	2	17
Anonymous searches	3	6	3	0	2	2	1	0	0	0	17

Care Solace Data

Age groups

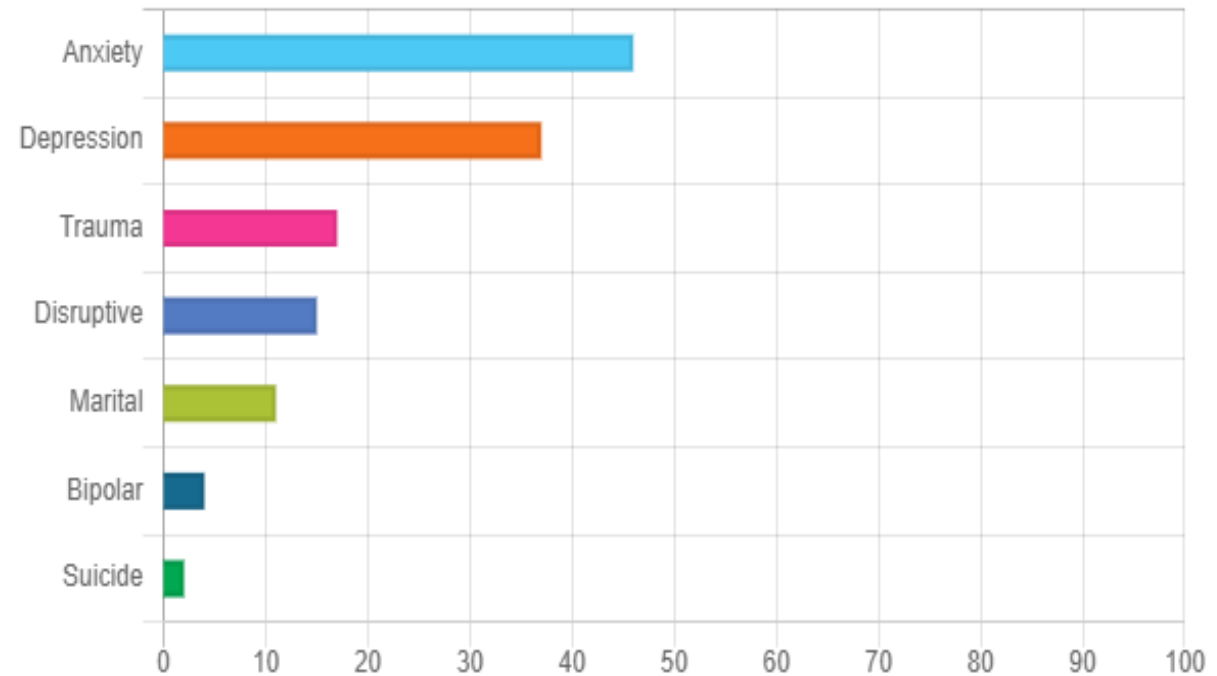


Adults (18-64): **48%**

Children (3-11): **28%**

Adolescents (12-17): **25%**

Mental health disorders



Barriers

- Several families declined
- Outreach was difficult (parents would not respond)
- Difficulty engaging via Telehealth
- Attendance/participation was not consistent



Staff Wellness Services

Staff Supports

- Virtual Staff Check Ins
- Monthly Self-Care Calendars
- Suicide Prevention/Mental Health Awareness Activities
- May MOVEMENT walking/jogging challenge
- Monthly Wellness Connection Virtual Group
 - Behavioral Activation
 - Grounding
 - Supporting your Grief & Loss Journey
 - How to Reframe your Thoughts



swsdwellnessservices

Edit Profile



8 posts

49 followers

67 following

SWSD Wellness Services Program

This page is not managed 24/7 and does not respond to direct messages.

Lifeline provides 24/7 support:

Call 1-800-273-8255 or Text "HELLO" to 741741

www.swhittier.k12.ca.us/apps/pages/index.jsp?uREC_ID=1827509&type=

Be proud of how you've
been handling these past months. The
silent battles you fought, the
moments you had to humble
yourself, wiped
your own tears
and pat yourself
on the back.

Celebrate your strength.

Siéntete orgulloso de cómo has
estado manejando estos últimos meses. Las
batallas silenciosas que peleaste, los
momentos que tenías que humillar
tú mismo, limpiado
tus propias lágrimas
y date una palmadita
en la espalda.

Celebre su fuerza.



CA Healthy Kids Survey

Summary of Data

Student Survey (6th & 7th) Social and Emotional Health

- Caring Adult Relationships- 75% 6th grade students, 60% 7th grade (2% increase from 2019-2020)
- Considered suicide – 19% decrease from 2019-2020 survey
- Experienced chronic sadness/hopelessness – 38% 6th grade, 43% of 7th grade students
- 17% 6th graders, 13% 7th graders identify as LGTBQ+ (10% of 6th graders and 15% of 7th graders responded “not sure”)

Staff Survey

- 44% strongly agree that schools provide adequate counseling and support services for students (15% increase from 2019-2020)
- 53% strongly agree that school is a supportive and inviting place to work (17% increase from 2019-2020)
- 45% strongly agree that our schools provide “a lot” of supports that foster youth development, resilience, social-emotional learning (21% increase from 2019-2020)

Parent Survey

- 58% of parents reported they were aware of how to access support staff, 32% responded they did not know.
- 60% of parents reported concern for their child's mental well-being (21% reporting extremely/quite concerned)
- 77% agree that our schools provide quality counseling or other ways to help students with social or emotional needs (8% increase from 2019-2020)



Returning to School

2021-2022

Staff Development

- Psychological First Aid – Listen, Protect, Connect (crisis response model)
- Skills for Psychological Recovery- set of skills to help survivors cope with their disaster experiences (managing reactions, promoting helpful thinking)
- MTSS Resource Folder

Tier 1 Services

- Mental Health Awareness Presentations- for students and parents
- Create a peer to peer program (Teen empowerment/LGBTQ+ Alliance)
- Student monthly self-care calendars

<https://www.erikaslighthouse.org/>



Erika's Lighthouse

We All Have Mental Health

Ideal for grades 4-6

An introduction to mental health by understanding everyday feelings vs overwhelming feelings with a strong focus on help-seeking and good mental health.

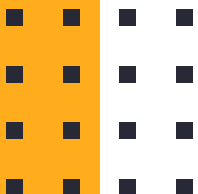


Tier 2

Support for Students Exposed to Trauma (SSET)

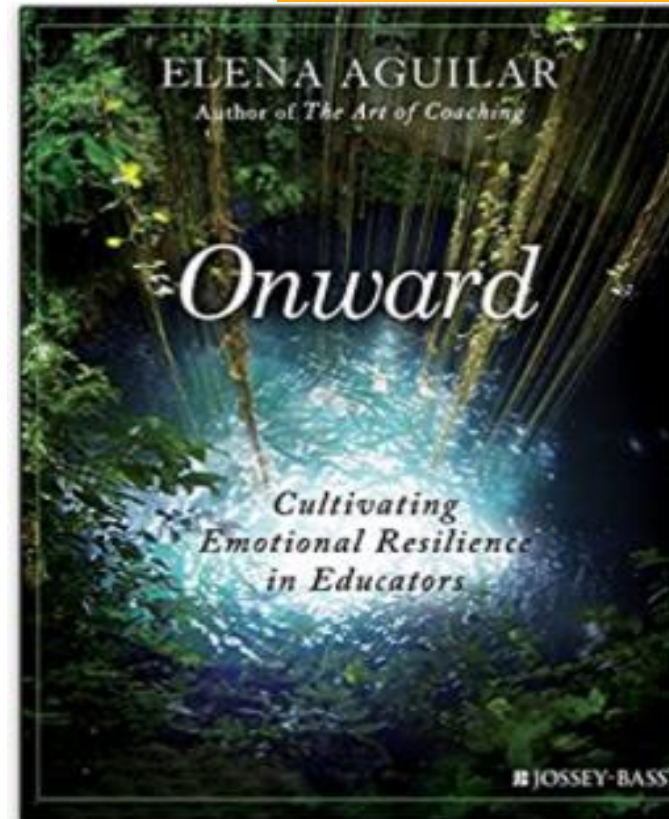
- 10 session school-based intervention to help middle school students cope with the effects of trauma.
- Students learn common reactions to trauma, relaxation techniques, coping strategies, and problem solving skills.
- Utilizes activities, SSET notebook to help students practice in between sessions.

<http://traumaawareschools.org/>



Staff Wellness Services

- Offer a variety of workshops
 - Setting Boundaries
 - Coping with Anxiety
- Monthly Book Club
- Continue with physical wellness strategies (challenges, hiking)





Questions?

