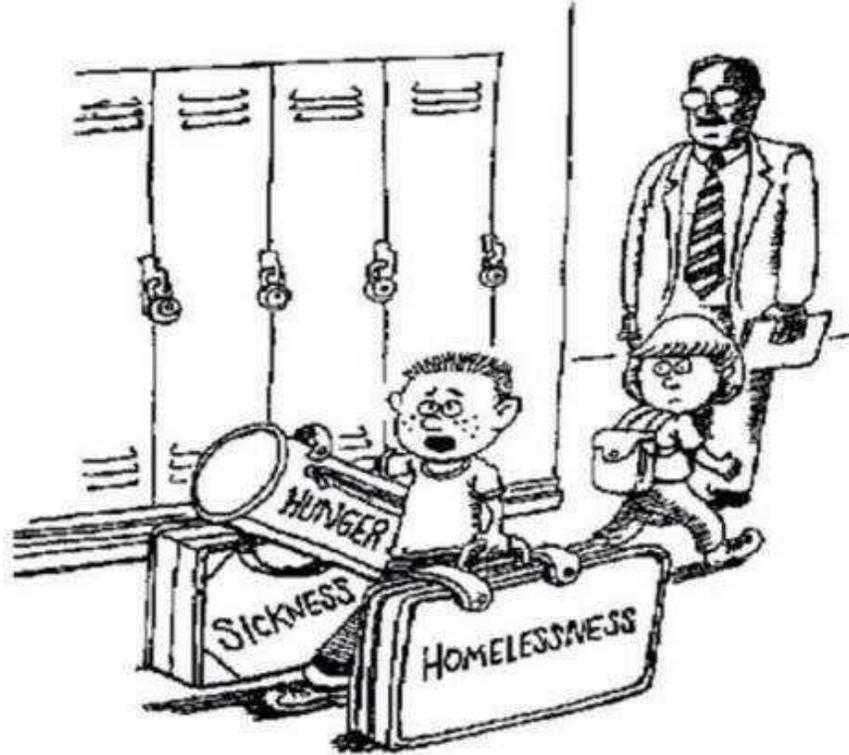


Discussion on SMMUSD Student Wellness Policy and Gap Analysis

- ❖ Stephanie Lewis, Chair Health and Safety DAC
- ❖ Shuli Lotan, SMMUSD, Mental Health Counseling Coordinator
- ❖ Emily Ferro, FSSM, SAMOHI Mental Health Coordinator

**“Could someone help me with these?
I’m late for math class.”**



*The impacts of trauma
can be far-reaching,
long-lasting, and
impact students'
ability to access their
education.*



SANTA MONICA-MALIBU UNIFIED SCHOOL DISTRICT



Presentation Summary

1. Review Mental Health Components of the District's Wellness Policy
2. Share Data
3. Provide Gap Analysis, Highlighting Need
4. Connecting Mental Health to School Success
5. Review Current Efforts
6. Recommendations



Board of Education Policy 5030 Student Wellness

Students

E 5030

STUDENT WELLNESS

The Board of Education recognizes the link between student health and learning and desires to provide a comprehensive program promoting healthy eating and physical activity for District students. The Santa Monica-Malibu Unified School District (SMMUSD) recognizes that healthy children learn better. Fostering the social-emotional, physical, and academic growth of children is a key element of a comprehensive health and wellness program. Schools and communities play a critical role in promoting student health by teaching habits of lifelong wellness, modeling healthy behaviors, and providing a solid health curriculum.

In accordance with Board of Education Policy 5030 Student Wellness, the Board of Education, in collaboration with the District's Health & Safety District Advisory Committee (serving as the District's School Wellness Council), shall adopt specific goals for nutrition promotion and education, physical activity and other school-based activities that promote student wellness.



SANTA MONICA-MALIBU UNIFIED SCHOOL DISTRICT



Board of Education Policy 5030 Student Wellness

3. **Suicide Prevention**

Suicide is a major public health consequence that is the 2nd leading cause of death among youth between the ages of 10 and 24.

- Goal: Develop suicide prevention programs and collaborate with outside agencies as needed.
- Goal: Develop a protocol and training for staff that includes helping students who may be at risk for suicide, how to respond to students who attempt suicide, and steps to take after the suicide of a student or member of the school community.
- Goal: Educate students, staff and parents/guardians in secondary schools about suicide and avenues for reporting concerns about a student who may be at risk for suicide.





Board of Education Policy 5030 Student Wellness

Health Services/Emotional Wellbeing

The Superintendent or designee shall strengthen and expand existing mental and physical health services in all schools. Schools will encourage staff well-being by fostering a culture of health among all staff in which healthy behaviors are supported and encouraged both at school and at home.

- **Goal: Develop comprehensive multidisciplinary wellness centers at district schools.**
- **Goal: Each school will have a credentialed school nurse and mental health professional available to all students.**
- **Goal: The District will enhance relationships with community partners.**
- **Goal: Implement programs and practices that help reduce staff stress and boost morale, productivity and effectiveness in the workplace.**





Why does social emotional well-being matter at school?



Today's children are experiencing record levels of depression and anxiety, alongside multiple forms of trauma.



Educators can't teach when social emotional needs are not met.



Safety risk to other students.



Equity goals.



Improve attendance rates, lower suspension rates.



Students are 21 times more likely to visit school-based health and mental health centers for treatment than anywhere else.





SMMUSD Social Emotional Youth Data

Youth Wellbeing in Santa Monica according to key data sources:

1. Wellness Survey 2018
2. California Health Kids Survey
3. Behavioral Health Video- www.santamoniacradletocareer.org



SMMUSD Social Emotional Youth Data

2018 Wellness Survey Data:

- 5,805 SMMUSD Students Surveyed
- Part of the CoIIN Initiative (Collaborative Improvement and Innovation Network)
- Full survey results have been shared with school administrators, staff, parents and students



Student Responses to Key Impact on Their Wellbeing:

44%

Students surveyed believe ANXIETY affects their wellbeing

39%

Students surveyed believe LOW SELF ESTEEM affects their wellbeing

36%

Student surveyed believe FITTING IN affects their wellbeing

33%

Student surveyed believe DEPRESSION affects their wellbeing





Student Responses to Accessing Mental Health Services:

48%

Students surveyed are not aware of mental health services on campus.

52%

Students surveyed would not know how to access mental health counseling services on campus if they needed it.

33%

Students surveyed say they have not told anyone about a drug/alcohol or mental health concern they are currently experiencing.

11%

Students surveyed say they speak to an academic counselor about their mental health concerns.





Parent Responses to Key Impacts on Student Wellbeing:

47%

Parents surveyed believe FITTING IN affects their child's wellbeing

43%

Parents surveyed believe ANXIETY affects their child's wellbeing

32%

Parents surveyed believe RELATIONSHIPS WITH TEACHERS affects their child's wellbeing

30%

Parents surveyed believe LOW SELF ESTEEM affect their child's wellbeing



SANTA MONICA-MALIBU UNIFIED SCHOOL DISTRICT



Parent Responses to Accessing Mental Health

92%

Parents surveyed believe students should be able to access counseling services for mental health substance use

53%

Parents surveyed do not know mental health services are available on campus

95%

Parents surveyed believe that student academic success is linked to their emotional wellbeing



SANTA MONICA-MALIBU UNIFIED SCHOOL DISTRICT



SMMUSD School Staff Surveyed

87%

School staff surveyed believe students should be able to access education and counseling services for alcohol and other drug use/abuse at school

74%

If I asked for help at my school site in getting a student connected to mental health counseling, I trust that this help would be provided

95%

Student academic success is linked to their family relationships

97%

Student academic success is linked to their emotional wellbeing





SMMUSD Social Emotional Youth Data

- California Health Kids Survey 2018-2019:
- Annual survey, state social emotional wellbeing assessment, funded through cigarette tax.
- Full Survey Available online:
<https://www.cde.ca.gov/ls/he/at/chks.asp>



CHKS: 2017-18 CHK Survey

Grades 7th 9th 11th NT

School Connectedness 27% / 20% / 20% / 16%

Meaningful Participation 13% / 10% / 11% / 10%

Alcohol Drug Use 4% / 21% / 37% / 50%

Chronic Sadness/ Hopelessness 17% / 30% / 37% / 50%

Considered Suicide na / 20% / 14% / 27%

Table A1.1
Student Sample for Core Module

	Grade 7	Grade 9	Grade 11	NT ^A
Student Sample Size				
Target sample	812	893	863	28
Final number	726	650	688	28
Response Rate	89%	73%	80%	100%

Key Indicators of School Climate and Student Well-Being

	Grade 7 %	Grade 9 %	Grade 11 %	NT %
School Engagement and Supports				
School connectedness [†]	27	20	20	16
Academic motivation [†]	48	36	32	18
Chronic truancy (twice a month or more often) [§]	2	4	5	35
Caring adult relationships [‡]	36	26	33	36
High expectations [‡]	49	35	38	36
Meaningful participation [‡]	13	10	11	10
Facilities upkeep	11	9	5	23
Been drunk or "high" on drugs at school, ever	1	10	15	29
Mental and Physical Health				
Current alcohol or drug use [¶]	4	21	37	50
Current binge drinking [¶]	0	6	19	21
Very drunk or "high" 7 or more times	0	9	22	46
Current cigarette smoking [¶]	1	2	6	25
Current electronic cigarette use [¶]	3	19	25	29
Experienced chronic sadness/hopelessness [§]	17	30	37	50
Considered suicide [§]	na	20	14	27

Notes: Cells are empty if there are less than 10 respondents.

[†]Average percent of respondents reporting "Strongly agree."

[‡]Average percent of respondents reporting "Very much true."

[§]Past 12 months.

[¶]Past 30 days.





2018 California Healthy Kids Survey Data Analysis

Substance Use:

- **106** students receiving substance use intervention/treatment
- **1,200** 7th-12th grade students who report current alcohol or drug use
- **550** 10th-12th grades students who report current binge drinking

Depression/Anxiety:

- **672** students receiving school-based mental health support
- **2,300** 7th-12th graders report feeling chronic anxiety that is impacting their wellbeing
- **1,388** 7th-12th graders report feeling chronic sadness/hopelessness
- **689** 9th-12th graders report seriously considered suicide



Current Efforts to Support Student Wellbeing

- Internal SMMUSD Resources (Estimated at \$300,000 annually)
 - SMMUSD Mental Health Coordinator supporting service navigation
 - Restorative Justice personnel
 - Mindfulness Trainings for Staff
 - Masters of Social Work Clinical Interns
 - Boys and Girls Club Malibu
 - School-site specific stretch grant funds
- External non SMMUSD Resources (Estimated at \$2.5 Million annually)
 - City of Santa Monica Human Services Grants Program- school-based mental health, substance use, case management services
 - Department of Mental Health school-based mental health services
 - Robert Wood Johnson CDS Pinwheel Project
 - SeWI & Women's Clinic
 - Private pay by families





Current Efforts to Support Student Wellbeing

Mental Health services in SMMUSD, by school site, 2018-19

School name	Agencies on campus	Funding source(s)	Hours per week
Cabrillo Elementary	The Wellness Center at the Boys & Girls Club of Malibu	SMMUSD (LCAP)	5
Edison Language Academy	Family Service of SM	City of Santa Monica, Department of MH	30 staff hours, 7.5 intern hours
Franklin Elementary	SMMUSD intern	SMMUSD (LCAP)	5
	Private therapist	School stretch grant	5.5
	The Women's Clinic	Self-funded	10
Grant Elementary	SMMUSD intern	SMMUSD (LCAP)	5
	Providence St. Johns	Department of MH	Up to 5
	Insight Psychotherapy Group	Private Insurance / sliding scale	As needed
John Muir Elementary	Family Service of SM	City of Santa Monica, Department of MH	30 staff hours, 7.5 intern hours
McKinley Elementary	Family Service of SM	City of Santa Monica, Department of MH	30 staff hours, 7.5 intern hours
	Insight Psychotherapy Group	Private Insurance / sliding scale	As needed
Point Dume Marine Science Elementary	The Wellness Center at the Boys & Girls Club of Malibu	SMMUSD (LCAP)	5
Will Rogers Learning Community	Providence St. Johns	City of Santa Monica, Department of MH	24-32 staff hours, intern hours as needed
	SMMUSD intern	SMMUSD (LCAP)	10

Mental Health services in SMMUSD, by school site, 2018-19

School name	Agencies on campus	Funding source(s)	Hours per week
Cabrillo Elementary	The Wellness Center at the Boys & Girls Club of Malibu	SMMUSD (LCAP)	5
Edison Language Academy	Family Service of SM	City of Santa Monica, Department of MH	30 staff hours, 7.5 intern hours
Franklin Elementary	SMMUSD intern	SMMUSD (LCAP)	5
	Private therapist	School stretch grant	5.5
	The Women's Clinic	Self-funded	10
Grant Elementary	SMMUSD intern	SMMUSD (LCAP)	5
	Providence St. Johns	Department of MH	Up to 5
	Insight Psychotherapy Group	Private Insurance / sliding scale	As needed
John Muir Elementary	Family Service of SM	City of Santa Monica, Department of MH	30 staff hours, 7.5 intern hours
McKinley Elementary	Family Service of SM	City of Santa Monica, Department of MH	30 staff hours, 7.5 intern hours
	Insight Psychotherapy Group	Private Insurance / sliding scale	As needed
Point Dume Marine Science Elementary	The Wellness Center at the Boys & Girls Club of Malibu	SMMUSD (LCAP)	5
Will Rogers Learning Community	Providence St. Johns	City of Santa Monica, Department of MH	24-32 staff hours, intern hours as needed
	SMMUSD intern	SMMUSD (LCAP)	10



Current Efforts to Support Student Wellbeing

Olympic High School / OCLC	Providence St. Johns	City of Santa Monica, Department of MH	24-32 staff, intern hours as needed
	CLARE foundation	City of Santa Monica	8
	SMMUSD intern	SMMUSD (LCAP)	10
	Social Emotional Wellness Initiative (SEWI)	Self-funded	16
Santa Monica High School	Family Service of SM	City of Santa Monica, Department of MH	30 staff hours, 30 intern hours
	Edelman	Department of MH	24
	CLARE foundation	City of Santa Monica	~ 60 staff and intern hours
	SMMUSD intern	SMMUSD (LCAP)	10
	Insight Psychotherapy Group	Private Insurance / sliding scale	15+
SMMUSD preschools	Providence St. Johns Early Childhood Assessment and Treatment	Dept of Mental Health for individual cases, private grant for classroom consultation	34 plus individual case time as needed





Identified Gaps

- The danger of the “wait list”
- Unreasonable expectations placed on Academic Counselors and Teachers
- Connecting to private insurance out-side of school time
- Disseminating information about network of care
- Re-thinking school safety mechanisms

Wellness Policy Goal	Where we are now	What is needed to meet goal
Develop comprehensive multidisciplinary wellness centers at district schools	No wellness centers yet. SAMOHI has components of a wellness center (nursing, mental health, substance use services) but they are not co-located on campus	Centralized health center for students and families staffed with essential physical and mental health practitioners. Community school model.
Each school will have a credentialed school nurse and mental health professional available to all students	Schools share nurses. One district social worker for whole district. Agency-hired mental health professionals are at capacity so are not available for all students.	Funding to hire a clinical school social worker for every SMMUSD site.
The district will enhance relationships with community partners	Some positive relationships with partner agencies, SMC and City of Santa Monica.	Need consistent participation from leadership in Cradle to Career from SMMUSD
Suicide Prevention Plan	Implementation of evidence based suicide risk assessment. SMMUSD staff receive minimal Professional Development (20 minute presentation at a staff meeting) on how to identify and refer students at risk for depression and suicide as required by law. Programming across the district for students and parents is inconsistent and difficult to implement due to limited class time.	Time investment in providing comprehensive education to students, staff and parents on Depression, Suicidality and other mental health topics related to Social Emotional Wellness.



Recommendations

1. Hire a full-time licensed clinical social worker at every school site—working towards a “community school” model.
2. Ensure expansion of Restorative Justice resources and programming (in progress).
3. Increase Professional Development opportunities for trainings for SMMUSD staff on social emotional wellbeing, substance use and mental health (in progress).
4. Increase mental health resources to respond to needs identified in data and as shared through SMMSUD students, staff, parents.



Voices Behind the Data

Youth Behavioral Health Video