

MRH Community Conversations

Student Mental Health Needs & Supports
November 19, 2024

MRH School District Overview

What is Mental Health?

*Mental health is a state of **well-being** that enable us to **cope** with the stresses of life, **realize** our abilities, **learn and work** well, and **contribute** to our community.*

*Mental health is not simply the absence of a mental health condition - it is also about the **presence of well-being and the ability to thrive***

Goals for tonight

MRH School District Overview

Philosophy & Approach

Partnering with students and families

Social-Emotional Learning: eg. naming emotions/practicing prosocial behaviors

Embedding positive mental health opportunities throughout the school

Clinical support: triage & safety

Resources & case management: when to refer out

Strength-based

MRH School District Overview

Protective Factors

Access to quality education

Strong social connections

Stable, positive relationships

Positive coping skills

Safe schools with access to preventative care and mental health support

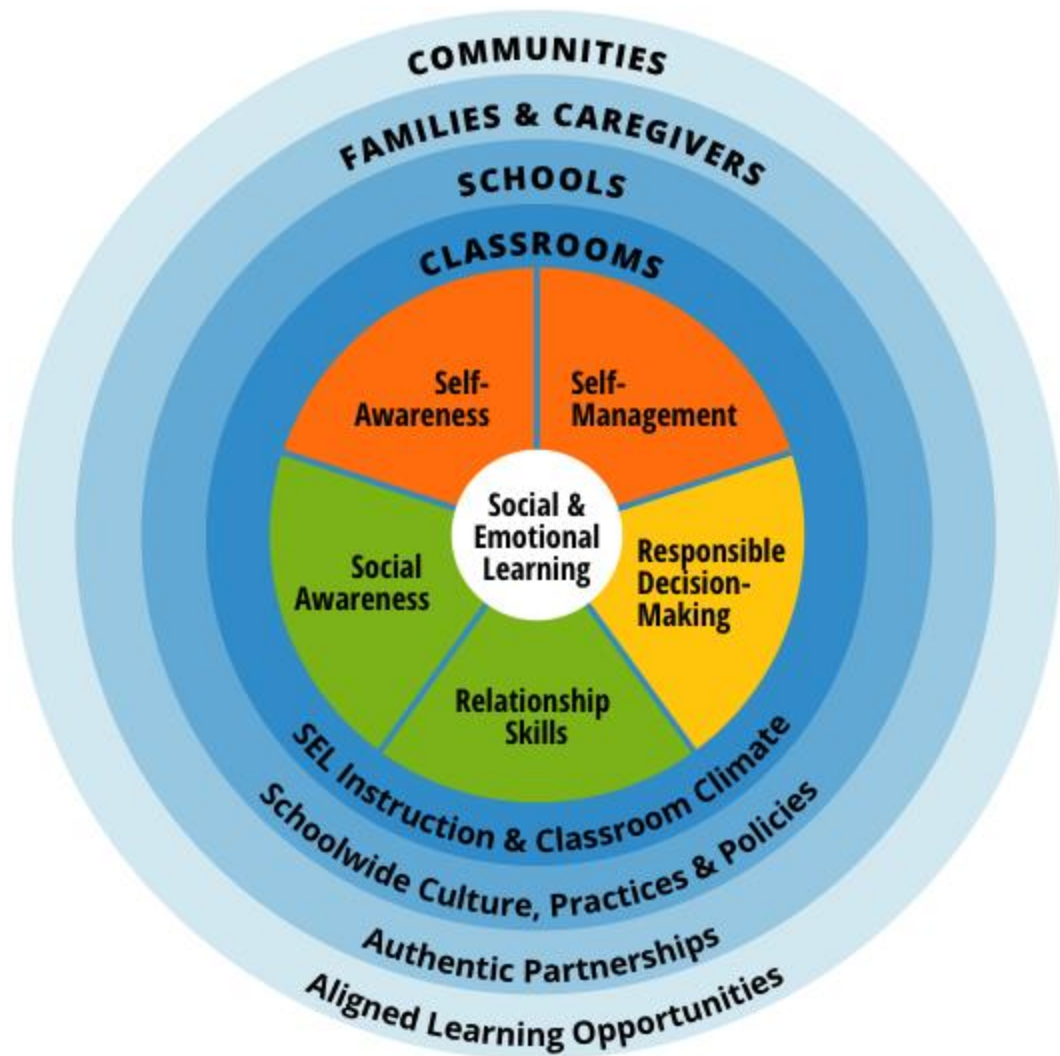
Social-Emotional Learning

Definition (Source: CASEL)

Social and emotional learning (SEL) is the process through which we acquire the **knowledge, skills, and attitudes to:**

- **Develop healthy identities**
 - **Manage emotions**
- **Achieve personal & collective goals**
 - **Feel and show empathy for other**
- **Establish and maintain supportive relationships**
 - **Make responsible & caring decisions**

What is CASEL? The Collaborative for Academic, Social & Emotional Learning



MTSS: Multi-Tiered Systems of Support

Tier 1: The **universal tier of support** that includes high quality instruction and support **for all** students.

Tier 2: **Targeted support** provided to students who need additional practice, support, and practice

Tier 3: **Highly intensive and individualized supports** for students who are not making progress with Tier 1 & Tier 2 supports. These are typically delivered in one-on-one or small group settings and are designed to target specific concerns

Source: MRH Website!

Pyramid of Support

MRH Examples of Tiered Support



- *Therapeutic Behavioral Services
- *Individualized Plans
- *High School Alternative Programs
- *Restorative Conferences
- *Small groups and or individualized with increased intensity and frequency

Tier 3: Intensive Instruction and Support

- *Targeted Small Groups
- *Check-in/Check-out
- *Tutoring
- *Student Success Teams
- *Blue Devil Restore/Restoration spaces

Tier 2: Supplemental Instruction and Support

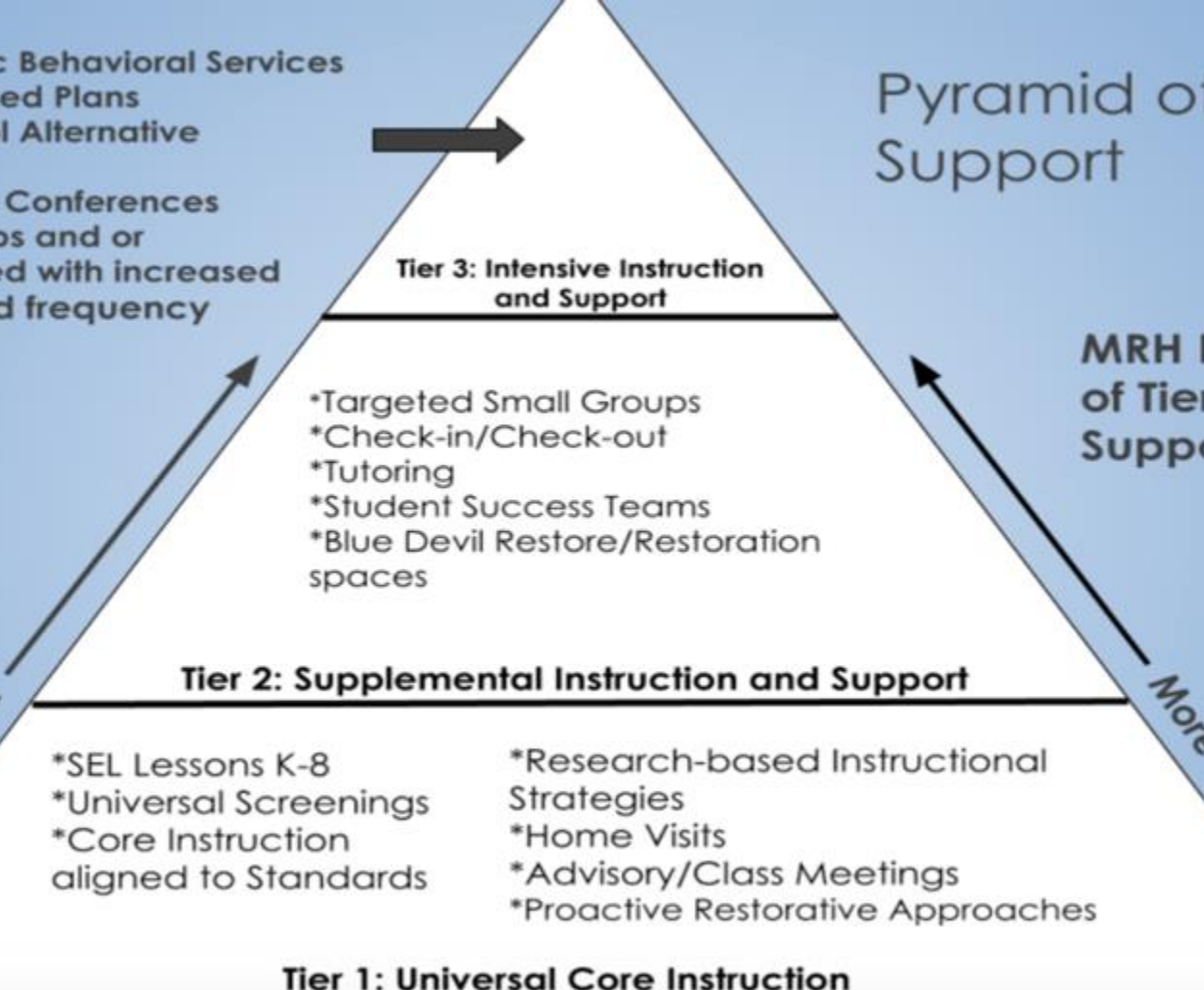
- *SEL Lessons K-8
- *Universal Screenings
- *Core Instruction aligned to Standards

- *Research-based Instructional Strategies
- *Home Visits
- *Advisory/Class Meetings
- *Proactive Restorative Approaches

Tier 1: Universal Core Instruction

More Targeted

More Intensive



MTSS: SEL Resources & Tools

SEL Screeners: What are they and how do we use them?

- **SRSS-IE (Student Risk Screening Scale: Internalizing & Externalizing Behaviors)**

Pros:

- **Strong validity & reliability history**
- **Quick and easy to administer**
- **Cost effective & accessible**
- **Compatible with our student data platform (eduClimber)**

Cons

- **No student voice**

NEXT STEP: Exploring SEL Screener that incorporates student voice/self-reporting

MTSS: SEL Resources & Tools

SEL Instruction & Tier 1 Resources

- **2nd Step: A social-emotional learning curricular resource**
 - Grades Preschool-8
 - Grounded in CASEL Competencies
 - Direct instruction and skill building
- **Classroom Guidance: PreK - 6th**
 - Direct instruction and skill building
- **SOS (Signs of Suicide): Grades 5th - HS Health**
- **Ending the Silence (Mental Health Awareness): HS Health**

MRH Staff (22!)

ECC: Batrice Jackson (School Counselor) Dorinda Busby (School Counselor) Kaylene Portell (Social Worker) Kristin Corrigan (SEL Interventionist & Coach)

MRHE: Tonja Robinson (School Counselor) Lesa Thomas (School Counselor) Lizzie Wiegert (SEL Interventionist & Coach)

MRH Middle School: Terri Brown (School Counselor) naomi warren (Social Worker)

MRH High School: Justin Harcharic (School Counselor) Debbie Kravitz (School Counselor) naomi warren (Social Worker)

MRH Alternative Programs: Whitney Lee & Travis Williams

SSD: James Schieffer (School Psychologist) Heather Theby (School Psychologist), Maggie Stockmann (Social Worker) Malloy Sample (Social Worker)

District: Lauren Weissler (MTSS Coordinator), Vince Estrada (Director of Student Services)

Youth In Need: Brad Abel (HS-MS); Molly Huber (MRHE); Valerie Seppanen (ECC)

MRH SEL Team...by the numbers

Masters Degree (Counseling): 13

Masters Degree (Restorative Practices): 2

Masters Degree (Other): 4

Ed.S (School Psychology): 2

MSW/LCSW: 5

Licensed Professional Counselor (LPC): 2

Registered Play Therapist (RPT): 2

National Board Certification: 3

Juris Doctor (J.D.): 1

Counseling Specialization Certification (eg. GoZen): 1

MRH ECC

Kaylene Portell: ECC School Social Worker, LCSW, RPT

Common SEL/Mental Health Trends: Adjustment to school, anxiety, ADHD, coping with life events (caregiver divorce, death in the family, etc).

MTSS Team and Process

- Includes both academic and SEL staff
- Preschool and K-2 teams meet monthly
- Teachers can refer students to MTSS team for support. We use screening, academic, and SEL data to determine the level of support a child needs. The team connects with caregivers on supports that can be accessed outside of school.

Tier 1 Supports: Second Step, classroom counseling lessons, home visits, access to calming area in classrooms, school wide expectations/recognition

Tier 2/Tier 3 Supports: Small groups (facilitated by counselors, SEL teacher, and social worker), play therapy interventions, and SEL interventionist (Kristin Corrigan)

MRH Elementary

Lizzie Wiegert SEL interventionist: Elementary Ed certification, MEd, MS

Common SEL/Mental Health Trends: Anxiety, ADHD, emotion management, setting and acknowledging boundaries

Collaborative Team:

- MTSS team: (monthly) counselors, SEL interventionist, school psychologist, admin, SPED, interventionists
- Attendance meetings: (monthly): attendance administrative assistance, counselors, admin, SEL
- SEL team: (biweekly): SEL interventionist, counselors, administrator, district MTSS coordinator

Tier 1:	Tier 2:	Tier 3:
<ul style="list-style-type: none">● RIME words tied to our schoolwide expectations● Second Step● Community Circles● SRSS● Calm corners● Home Visits	<ul style="list-style-type: none">● Check-in Check-out● Check-in Check-out REP (Resilient Education Program)● R3● Small group with counselors● Attendance group	<ul style="list-style-type: none">● Youth in Need● BJC therapist● 1:1 counselor check-ins● Behavior Intervention Plans

MRH Middle School

Terri Brown: Middle School Guidance Counselor, Master in School Counseling

Common SEL/Mental Health Trends: Anxiety, ADHD, balancing emotions

Collaborative Team processes to support students:

- BLT - meet monthly; discuss policies, make sure students have equitable experiences, review building-level expectations
- Attendance - meet monthly; pinpoint students who need Tier 2/3 interventions and develop plan with incentives
- Grade level team meetings - meet weekly; discuss students of concern, data collection/review

Tier 1 Supports: Second Step, Counselor classroom visits, Building expectations, home visits

Tier 2/Tier 3 Supports: Small groups (focused on building school community, building expectations, attendance and other school goals/initiatives); individual meetings to brainstorm possible solutions/social work referral; CHADS, YIN therapists

MRH High School

naomi warren: MS/HS Social Worker, MSW/JD

Debbie Kravitz: HS Counselor, Master in Counseling, LPC, NBCT

Common SEL/Mental Health Trends: Anxiety, ADHD, School avoidance/refusal

Collaborative Team processes to support students:

- **SST (Student Success Team)** meetings (bimonthly) - Administrator, guidance counselor, teachers; problem-solve, next steps often
- **Attendance meetings** (monthly) - Administrator, Student Services staff; look at data, assign staff person/task based on need

Tier 1 Support: School-wide/classroom expectations, counselor check-ins, SSRS-IE screener, summer home visits, mental health awareness trainings (CHADS, NAMI)

Tier 2/Tier 3 Support: Weekly check-ins, home visits, access to embedded therapists, restorative conferences, alternative programs

Anxiety

Common challenge facing our students: Anxiety is always linked with fear, but fear does not always result in anxiety

The anxiety formula: The anxiety equation breaks down anxiety about a specific event into 4 parts: the **perceived likelihood** of the feared thing happening; its **perceived awfulness** if it were to happen, the extent to which one believed **one could cope**, and whether we think **other people will rescue us**. The higher the former two and the lower the latter two, the more anxiety we feel

Interventions: Mindfulness strategies; exposure therapy; cognitive behavioral thoughts (replacing negative, pervasive thoughts with positive ones)

QUESTIONS?