



Mental Health Support

March 8, 2022

Dr. Stephanie Crawford - Goetz
Director of Mental Health

In collaboration with:

*Early Childhood, Counseling & Nursing Services,
Special Education, and Health, Wellness, & Prevention*

Learn Today, Lead Tomorrow

BOE Ends and Strategic Plan Alignment

Safe, Positive Culture and Climate

There is clear evidence and a common understanding of the shared belief that all students can succeed when given a safe and caring learning environment.

To that end: District employees, parents, and community work collaboratively, proactively and responsibly to ensure the psychological wellbeing of all students.

Academic Excellence

All students have equitable access to a Douglas County public school that promotes growth in their cognitive, physical, **social and emotional needs** and builds on their strengths.

Strategic Theme

Health, Safety and
Social-Emotional Supports for Students

Objectives

Enhance physical and **psychological safety** and security for students and staff.

Increase physical, social-emotional, behavioral, and mental health competency through prevention and intervention efforts.

Foundation for Learning

- Healthy development of social-emotional skills
- Positive, ongoing relationships with consistent, nurturing adults
- Safe and secure environments for children to explore and learn through play
- Modeling and guidance on how to navigate managing emotions



Definition of Mental Health

- A person's emotional, psychological and social well being
- It is how people think, act, and feel
- Mental Health determines how people handle stress, relate to others, and make choices



Well-Being and Mental Health

Social Emotional development is fundamental to academic, behavioral, and social skills growth. Strong development of these skills leads to:

- Self-awareness
- Social-awareness
- Emotional regulation
- Responsible decision making
- Relationship building



Mental Health Supports & Services



Students who are struggling with mental health concerns often have difficulty participating in classroom activities, attending to classroom instruction, and meeting educational expectations. School mental health professionals work with these students, their families, and school staff through the provision of services.

DCSD Mental Health Needs





DCSD students are experiencing increased amounts of:

- Stress and Anxiety
- Executive Functioning Challenges
- Trauma

Initiating Support

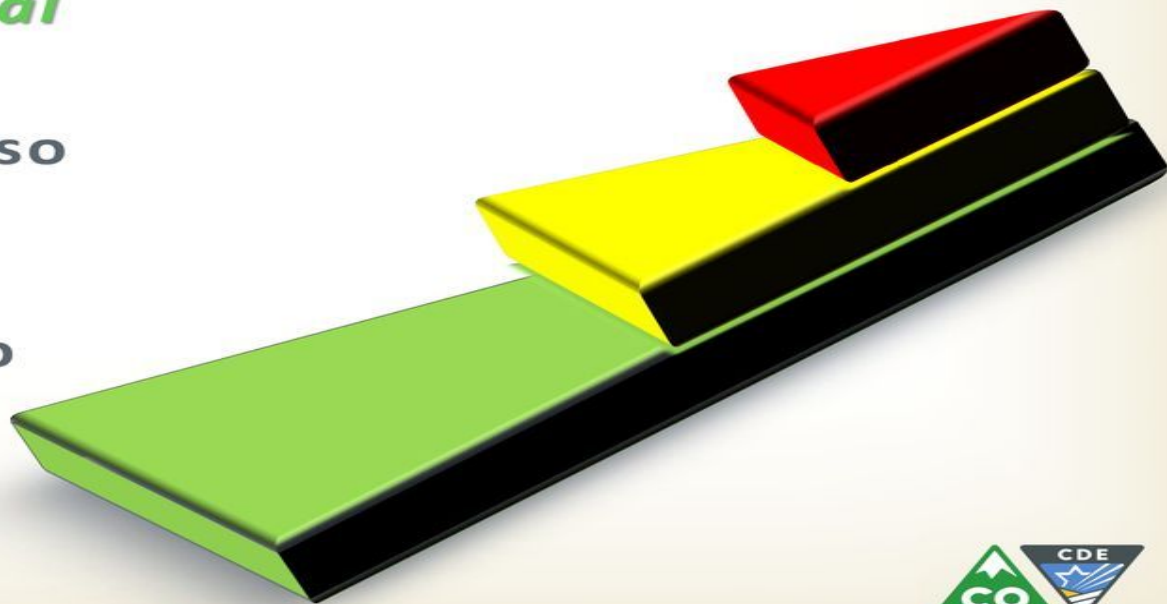
Teacher shares concern with parent

Parent shares concern with teacher
or counselor

- 
- 
- Parents and school staff meet to discuss both struggles and strengths
 - School Interventions are developed collaboratively
 - Student Progress is monitored
 - Assessment and Specialized Education Services are provided if warranted

Layered Continuum of Supports

- Every student has access to **Universal** supports
- Some students also receive **Targeted** supports
- Few students also receive **Intensive** supports



Continuum of Services

- **Prevention** - Universal Social Emotional Learning
- **Assessment** - Functional Behavioral Assessments, Eligibility Determination
- **Intervention** - General Education, 504s, IEPs

Highlights of Resources for Schools

- Universal Social Emotional Curriculum
 - Mind Up, Rethink, Brainwise, WhyTry, Sources of Strength, Signs of Suicide
- Targeted Social Emotional Curriculum
 - SMARTS, GoZen, Coping Cat, Accept Identify Move, Classroom 180
- Safety Assessments and Intervention

Highlights of Resources for Families

- Halston's Hope - pays for animal assisted therapy, scholarships for students
- Douglas County Youth Initiative - a variety of services
- Rewiring - therapeutic support for families in crisis
- Youth Community Response Team - safety assessments and case management for students in crisis

Mental Health Professional Development

- Social Emotional Learning
- Trauma Responsive Practices
- Restorative Practices
- Safety Trainings

**Professional development is a collaboration with Health, Wellness, and Prevention; Counseling and Nursing; Gifted and Talented; Special Education; Curriculum and Assessment; and, Mental Health Teams.*

Goal Updates for the 21-22 School Year

1. Increase mental health providers supporting schools
 - a. Behavioral Health Specialists added Fall 2021
 - b. Online Mental Health Evaluation staff added Spring 2022
 - c. 22-23 school year all neighborhood elementary schools will have a minimum of a full time mental health professional in addition to a school counselor
2. Increase Tier 2 & 3 mental health supports Fall 2021
 - a. Executive Functioning & Anxiety Interventions added

When our students and schools flourish, so does our community

