

# Wellness Annual Report & Mental Health Update

The 2020-2021 Year in Review

Preview of Mental Health Services  
2021-2022



# Wellness Committee Overview

## History

- Formed in 2005
- District & building committees
- Wellness Policy

## By the Numbers

- 17 bldg. Wellness Teams
- 17 Wellness Liaisons
- 17 Advisory Committee Members
- 5 Subcommittees



## Representation

- Community partners
- Administration
- Teachers
- Student services staff

## Purpose

- Support connection between wellness and learning
- Work towards improved wellness for students

# Wellness Model

## Whole School, Whole Community, Whole Child

*(ASCD and CDC, 2014)*



✓ **Health**

✓ **Supported**

✓ **Safe**

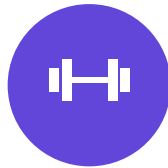
✓ **Challenged**

✓ **Engaged**

# Wellness Committee Goals



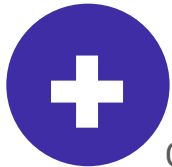
Goal #1: To Increase protective factors and decrease risk factors associated with the use of harmful substances and behaviors.



Goal #3: To Sustain a healthy school environment for healthy eating and physical activity.



Goal #5: To support families in DASD to meet the health and wellness needs of youth.



Goal #2: To promote safe and supportive schools for positive school culture, and healthy social and emotional development.



Goal #4: To promote a healthy school environment to meet the health and wellness needs of DASD Staff.

# Wellness Goals 2020-2021



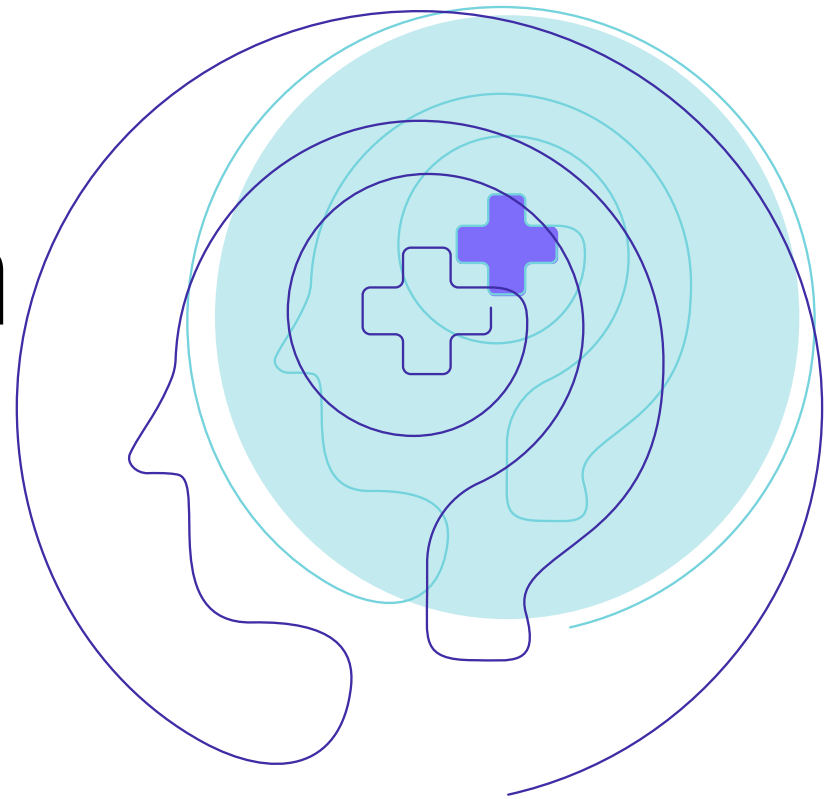
- **Committee 1**  
Curriculum review of substance use prevention unit and lesson plans. Purchased “Too Good for Drugs and Alcohol” with financial support from CTC.
- **Committee 2**  
Researched and reviewed evidence-based social emotional curriculum for grades k-12.
- **Committee 3**  
Focus, in partnership with Aramark, on providing nutritious foods, teaching students to make healthy choices, creating appealing and healthy eating environments and to build healthy resources for the community.

# Wellness Goals 2020-2021



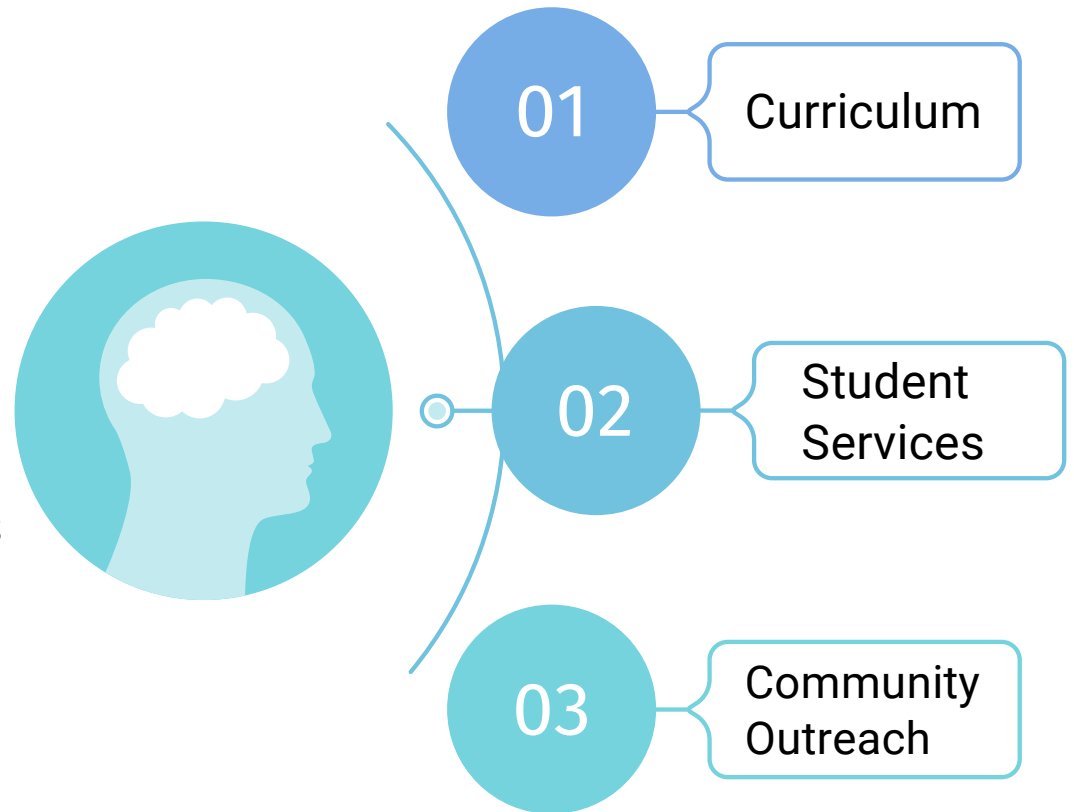
- **Committee 4**  
Continued to promote the Wellness Schoology Course, offered our first Drive Up Flu Shot Clinic which inoculated over 200 staff members, supported an Ugly Sweater Contest during the month of December and partnered with Prasada to offer a 9 month virtual wholebeing program.
- **Committee 5**  
In partnership with Communities that Care, offered 5 virtual events in webinar format that reached over 1,000 participants. Worked closely with both Home and School Associations and the Director of DEI.

# Mental Health Update



# Focus

We are targeting key areas to improve mental health supports for students K-12.





# Curriculum Additions

## ELEMENTARY



Addition of Second Step SEL curriculum K-5



Continuation of counselor lessons during iDesign



Continuation of behavior screener 3-5

## SECONDARY



Expansion of Signs of Suicide curriculum



Second Act curriculum for graduating seniors



Expansion of behavior screeners



# Student Services



Staffing Additions  
2021-2022



- 2 High School Counselors
- 3 Behavior Specialists
- Home & School Visitor



CCIU Audit to make  
2022-2023 Staffing &  
PD Recommendations

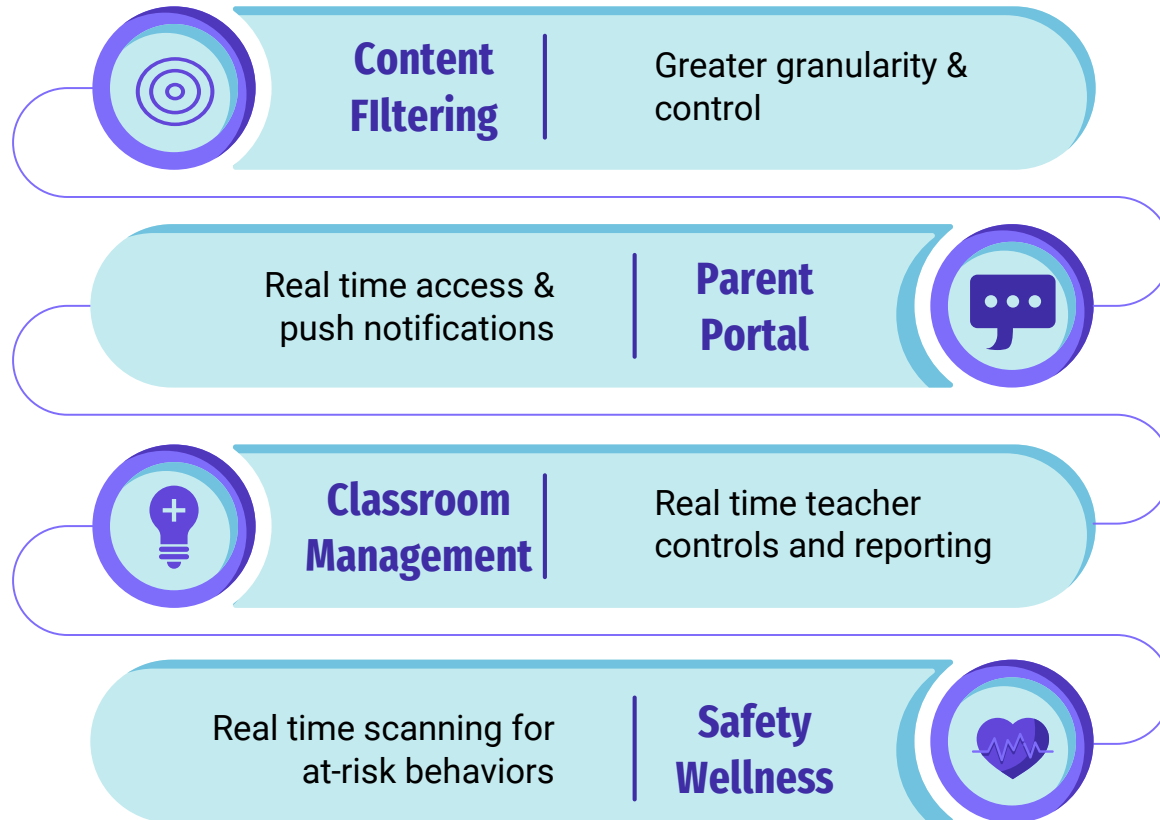


Mental health experts  
participation in staff PD

Vet additional staff  
development  
programs on mental  
health and suicide  
prevention



# Content Filter Supporting Mental Health



# Community Outreach

