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

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

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

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

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

Vet additional staff development programs on mental health and suicide prevention

Mental health experts participation in staff PD
Content Filter Supporting Mental Health

- **Content Filtering**: Greater granularity & control
- **Parent Portal**: Real time access & push notifications
- **Classroom Management**: Real time teacher controls and reporting
- **Safety Wellness**: Real time scanning for at-risk behaviors
Community Outreach

01. SAVE - Let’s Talk About It
02. Challenge Day Assemblies
03. Parent Speaker Series
04. Community Groups