

*WELCOME...*



*TO THE DOWNINGTOWN  
AREA SCHOOL DISTRICT  
MENTAL HEALTH ROUND  
TABLE MEETING*

*FEBRUARY 19, 2019*



# **MENTAL HEALTH IN DASD**

**DR. ROB REED - ASSISTANT SUPERINTENDENT  
DR. LOU CHANCE - DIRECTOR OF PUPIL SERVICES  
MR. MATT FRIEDMAN - CHIEF ACADEMIC OFFICER**

# AGENDA

- ❖ **Welcome**
- ❖ **Purpose**
- ❖ **Updates**
- ❖ **Table Discussions**
- ❖ **Report Out**
- ❖ **Next Steps**



# CURRENT SUPPORT AND PRACTICES

➤ **13 School Psychologists**

➤ **35 School Counselors**

- **1 per elementary building**
- **3 per middle level building**
- **7 at East, 6 at West, 3 at STEM**

➤ **5 Prevention Specialists**

- **1 at each HS**
- **1 at each MS**

➤ **2 Mental Health Specialists Supporting ES Programs**

- **1 at East**
- **1 at West**

➤ **12 Certified School Nurses, 8 Health room Nurses**

➤ **1 Behavior Specialist**

# CURRENT SUPPORT AND PRACTICES

## ➤ **Student Assistance Teams**

- **All Secondary Buildings Except STEM**
- **Referral-based, voluntary**

## ➤ **Schoolwide Positive Behavior Support/Intervention Teams**

- **Building teams meet regularly**
- **Formal training in SWPBIS for 6 elementary schools and all middle level**

## ➤ **Connection with Local Agencies**

- **Facilitate groups in school based upon identified needs. Partner with agencies such as Peter's Place, Caron Treatment or Holcomb Behavioral Health**
- **School Counselors and Prevention Specialists work closely to communicate with outside treatment providers regarding transition and re-entry plans as well as continuity or care and on-going support when releases of information have been obtained**

# STAFF TRAINING

- ❖ **Suicide Awareness for all staff 6-12 by Kevin Hines**
- ❖ **Question, Persuade, Refer Training for all teachers grades 7-12**
- ❖ **Supporting Students with Anxiety and Mental Health Disorders for Paraprofessionals**
- ❖ **Mindfulness Training for School Psychologists and School Counselors**
- ❖ **Mental Health First Aid Training for secondary SAP and Pupil Services staff**
- ❖ **Working with Transgendered Youth for School Counselors, Prevention Specialists and School Psychologists**
- ❖ **SAP Team Maintenance Activities that included topics related to mental health, substance abuse, levels of care, accessing treatment in the community, and eating disorders**
- ❖ **Trauma Informed Care CCIU to Pupil Services Team: a review of the ACES Survey, risk and resiliency**

# STUDENT TRAINING

- ❖ **Question, Persuade, Refer Training for all 9<sup>th</sup> Graders and Aavidum Clubs**
- ❖ **See Something, Say Something Assembly at West**
- ❖ **Supporting Teens in Reducing Stress Assemblies at Middle Level**
- ❖ **Minding Your Mind Presentations**
- ❖ **K-5 Lessons Provided to All students by School Counselors**
- ❖ **Chris Herren presented at the High Level on substance abuse awareness and prevention**
- ❖ **Cruising Smart presentations at the High School level annually**
- ❖ **Mock Car Crashes annually at DHSE and DWHS**
- ❖ **“What to expect in transition from High School to college” at DHSE, Delivered by WCU staff**

# PARENT TRAINING

- ❖ **Supporting Stress reduction in students in November at Middle levels**
- ❖ **Recognizing Student Anxiety Training in December**
- ❖ **Anxiety and Obsessive Compulsive Disorder Presentation speaking at West sponsored by West's Home and School January 10<sup>th</sup>**
- ❖ **Information about Vaping in February**
- ❖ **Chris Herren – parent night on substance abuse**
- ❖ **Minding Your Mind – parent night at Lionville Middle School**
- ❖ **Executive Functioning Parent Training**



# **ACTIONS SINCE JANUARY**

- ❖ **Mental Health Expert Panel**
- ❖ **Contracted with Suicide Awareness and Prevention Expert Consultant**
- ❖ **Training and Implementation of Safe2Say Something Anonymous Tipline**
- ❖ **Created Database of Potential Supports and Resources**
- ❖ **Meeting and collaborating with other School Districts**
- ❖ **Explored Universal Mental Health Screening Tools**
- ❖ **Developed a Draft Crisis Response Manual**
- ❖ **Added a Mental Health Specialist at DHSE**



# HEALTH UPDATE

# 9TH GRADE WELLNESS

4 lesson unit recently developed that will be implemented in **March 2019** to 9th grade students in all 3 high schools

Lessons Focus on:

- ❖ Stress Management
- ❖ Coping/Emotional strategies
- ❖ Digital Stress
- ❖ Emotional goal setting

**These lessons will be taught to ALL 9th grade students across the district each year going forward in addition to existing Social/Emotional health lessons.**

# 7<sup>TH</sup> AND 8<sup>TH</sup> GRADE HEALTH

Curriculum rewrite occurring Spring/Summer 2019 for implementation in the 2019-2020 school year.

## There will be an increased focus on:

- ❖ Coping skills
- ❖ Expression of Emotions
- ❖ Stress Management
- ❖ Proper decision making
- ❖ Healthy Relationships
- ❖ Digital Citizenship/Social Media safety
- ❖ Assertive behavior
- ❖ Anxiety/Depression (with assistance from the Guidance Department)
- ❖ Goal Setting
- ❖ Cultural differences and impacts on personal health

***7th & 8th Grade Health will be mandatory courses beginning in 2019-2020 school year***

# 6<sup>TH</sup> GRADE HEALTH

**New class to begin in 2019-20 school year**

- **Formally part of 6th Grade Wellness**
- **Students will now receive 60 instructional health classes (compared to 20 in 2018-19)**
- **Topics of focus will be:**
  - **Characteristics of a mentally and emotionally healthy person**
  - **Effective Communication**
  - **Anger and Stress management**
  - **Digital Stress/Social Media**
  - **Building healthy relationships**
  - **Effects of teasing/bullying (with assistance from the Guidance Department)**
  - **Asking for assistance/accessing reliable mental and emotional health info.**
- **Course will meet 2x per 6 day cycle**

# **PROFESSIONAL DEVELOPMENT**

- ❖ **Evaluating evidence based mental health curriculums to potentially implement in 2019-20**
- ❖ **Finalizing Mindfulness training for K-12 Health and PE staff**
- ❖ **Developing trainings for Health and PE staff in handling crucial conversations and when to refer students to the Guidance Department and Student Assistance Team**
- ❖ **Rewriting curriculum to ensure each student builds social/emotional health skills as per the National and State Standards from grades K-12**

# **PLANS FOR THE REMAINDER OF THE SCHOOL YEAR AND BEYOND**

- ❖ **Minding Your Mind at Downingtown East High School on February 22**
- ❖ **Question, Persuade, Refer (QPR) Train the Trainer Training scheduled for February 25**
- ❖ **QPR Training for all 10<sup>th</sup>, 11<sup>th</sup>, and 12<sup>th</sup> grade students**
- ❖ **Screening Assessment of At-Risk Students at East High School**
- ❖ **Senior Assembly- “Taking the Next Step After High School” at East**
- ❖ **Monthly Parent Engagement Sessions**
- ❖ **Evaluation of Need for Additional Staffing**
- ❖ **Health Curriculum changes**

# ROUND TABLE DISCUSSIONS

- One facilitator and one or two note takers at each table
- Record notes on documents provided

**What do you feel the district or your school is doing well with regard to meeting the social-emotional needs of students?**

**What do you feel the district or your school could do to enhance the social-emotional needs of students?**





***TWO MINUTES TO GO...***



***Two minutes to go...***

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# REPORT OUT

❖ Choose one  
positive to  
report out

❖ Choose one  
enhancement  
to report out

# NEXT STEPS

- ❖ **Feedback and information collected from the round table discussions will be reviewed and analyzed by the District Wellness Committee.**
  - ❖ **Subcommittees will be formed to target areas of focus**
    - ❖ **Led by wellness committee members**
    - ❖ **To include those who offered support and expertise**

*THANK YOU*



*FOR YOUR PARTICIPATION  
THIS EVENING IN THE  
DOWNINGTOWN AREA  
SCHOOL DISTRICT  
MENTAL HEALTH ROUND  
TABLE MEETING*