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 9th Graders and Aeidum 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
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 10th

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.
7th AND 8TH GRADE HEALTH


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
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 10th, 11th, and 12th 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
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...
Choose one positive to report out

Choose one enhancement to report out
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