

Seminole County Public Schools

Student Mental Health Services

Dr. Walt Griffin
Superintendent

Dr. Michelle Walsh
Executive Director of Student
Support Services

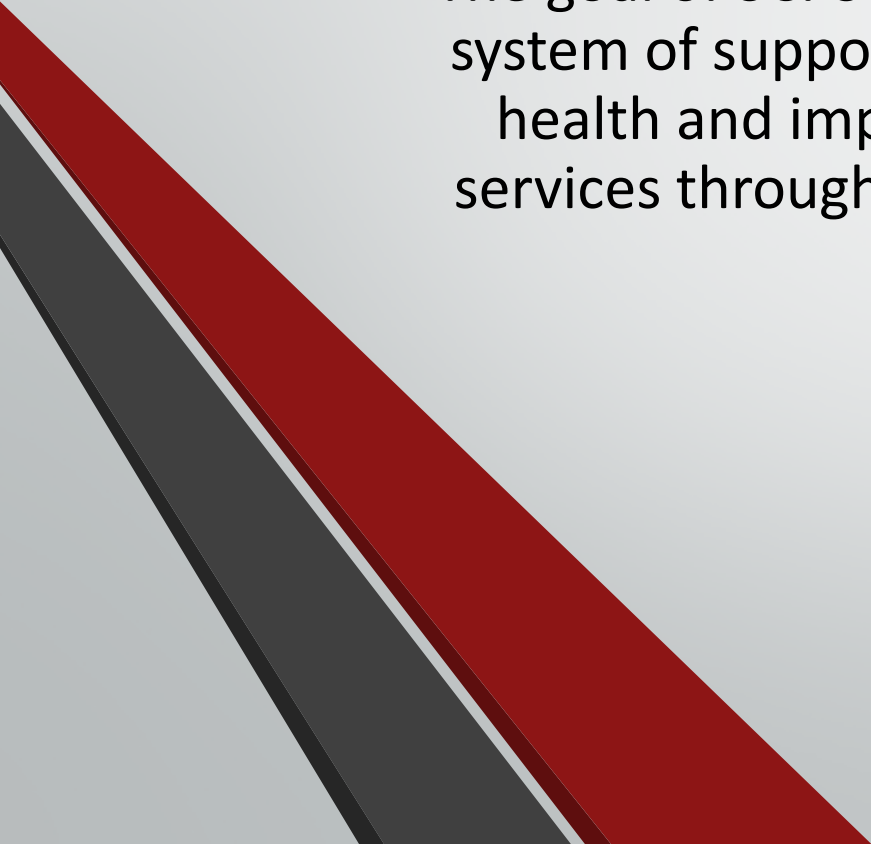
SCPS Strategic Plan

System Initiative D: Conditions for Learning in the Strategic Plan outlines all the conditions, when optimal, that will benefit student learning.

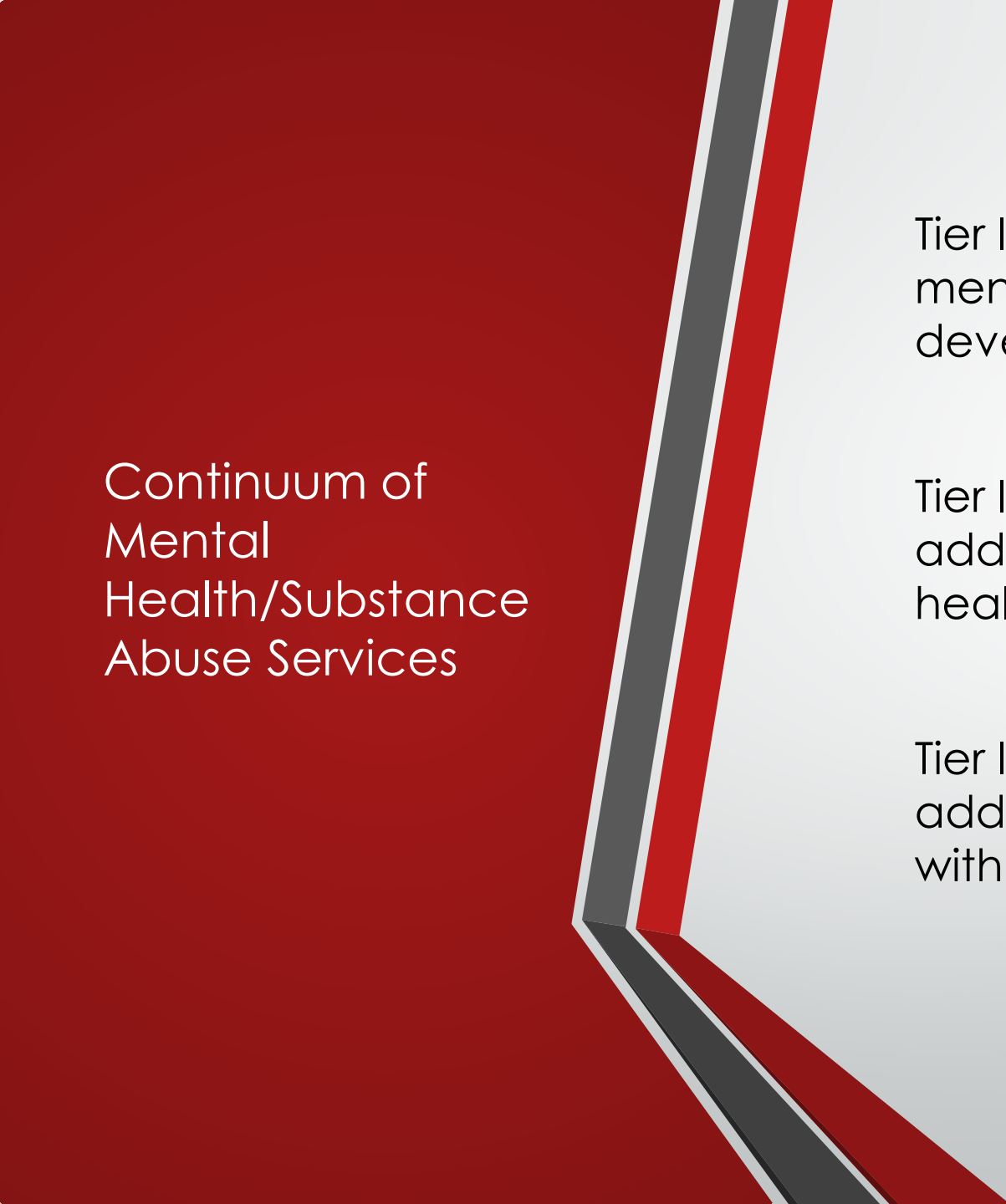
- Physical Safety
- Student Wellness
- Attendance
- Teacher-student Relationships
- Social Emotional Learning (SEL)
- Student Conduct

Seminole County Youth Commission and Mental Health Summit

- Importance of educating students on available resources on and off campus.
- Reducing the stigma associated with getting help.
- Make opportunities on campus and during classes to talk about mental illness.
- Self-care for students.
- Fostering student connections to campus through clubs and teachers.



The goal of SCPS's mental health plan is to expand on the multi-tiered system of support currently in place for mental and social-emotional health and improve the quality and accessibility of mental health services through direct services and/or referral to outside providers.



Continuum of Mental Health/Substance Abuse Services

Tier I: Universal Strategies-focus on promoting mental and social-emotional health and development of all students.

Tier II: Provide direct and indirect services to address emerging or mild mental and behavioral health problems and to prevent risky behaviors.

Tier III: Provide direct and indirect services to address students with high risk factors associated with mental health and/or substance abuse.

Planning for the Emotional Wellness of Students and Staff in the Reopening Process

Amy Elwood, Director of Intervention Services

Suspending Instruction and Re-establishing Routines



Emotional Wellness

- Intentional in Scheduling Time
- Take time to establish relationships
- Trauma Sensitive Classrooms
- Mindfulness and Social Emotional Learning in Every Classroom
- Explicit teaching of skills and new procedures
- User friendly formats that work in our classrooms

Tier 1 Supports for Reopening

Rhoda Hicks, School
Psychologist

Impact On Students

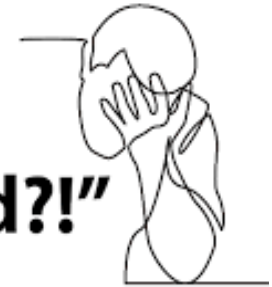
Social Isolation

- From Teachers
- From Peers
- Environment

Mental Health

- Anxiety
- Fear
- Sadness/Depression
- Overwhelmed
- Confused

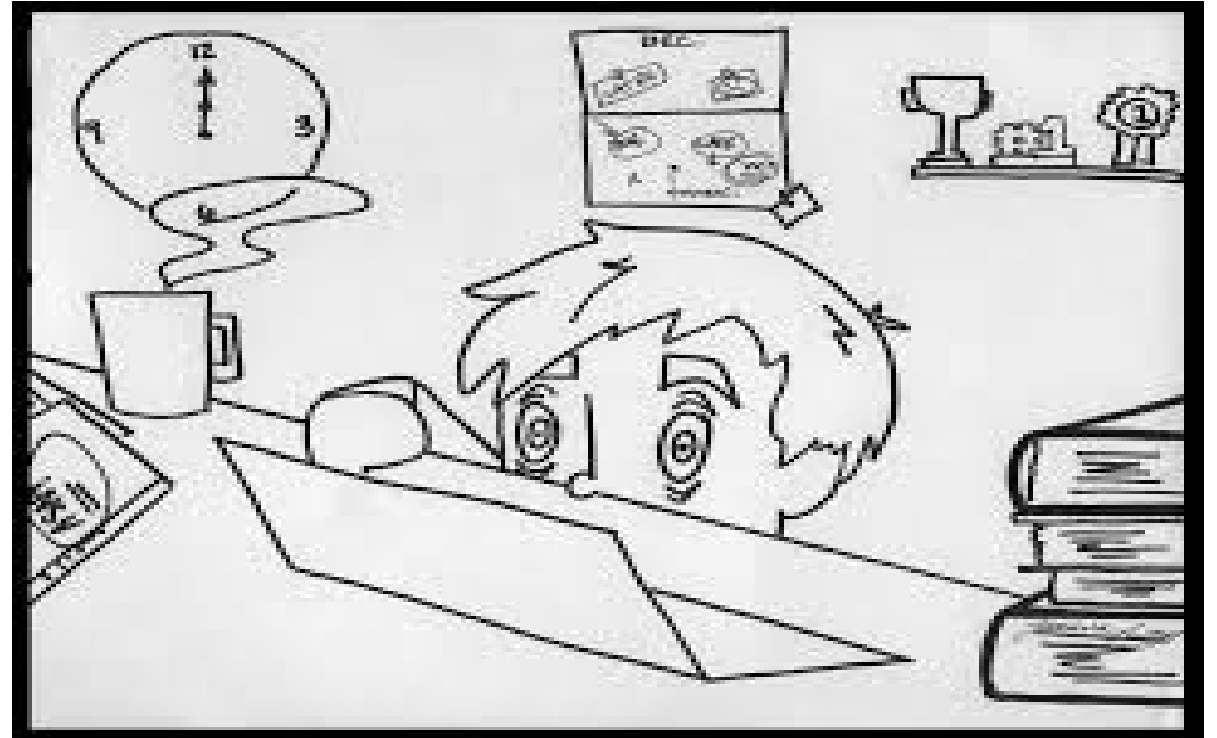
**“What
happened?!”**





Impact On Students

- *Less Structured Environment*
 - Lack of Expectations
 - Lack of Routines/Procedures
 - Lack of Designated Work Area
 - Time Management (Schedule)
-
- *Increase Socioeconomic Gap*
 - Parent Stress Increased
 - Food Shortage
 - Fewer Essential Resources
 - Likelihood of Homelessness Increased





Positive Classroom Environment

Create a Safe Environment

- Create Class Expectations
- Have a Daily Schedule Posted
- Implement a Positive Reinforcement System
- Create Calming Caddies
- Build a Judgement-Free Zone
- Model Kindness and Smile
- Be Patient
- Laugh With Your Students

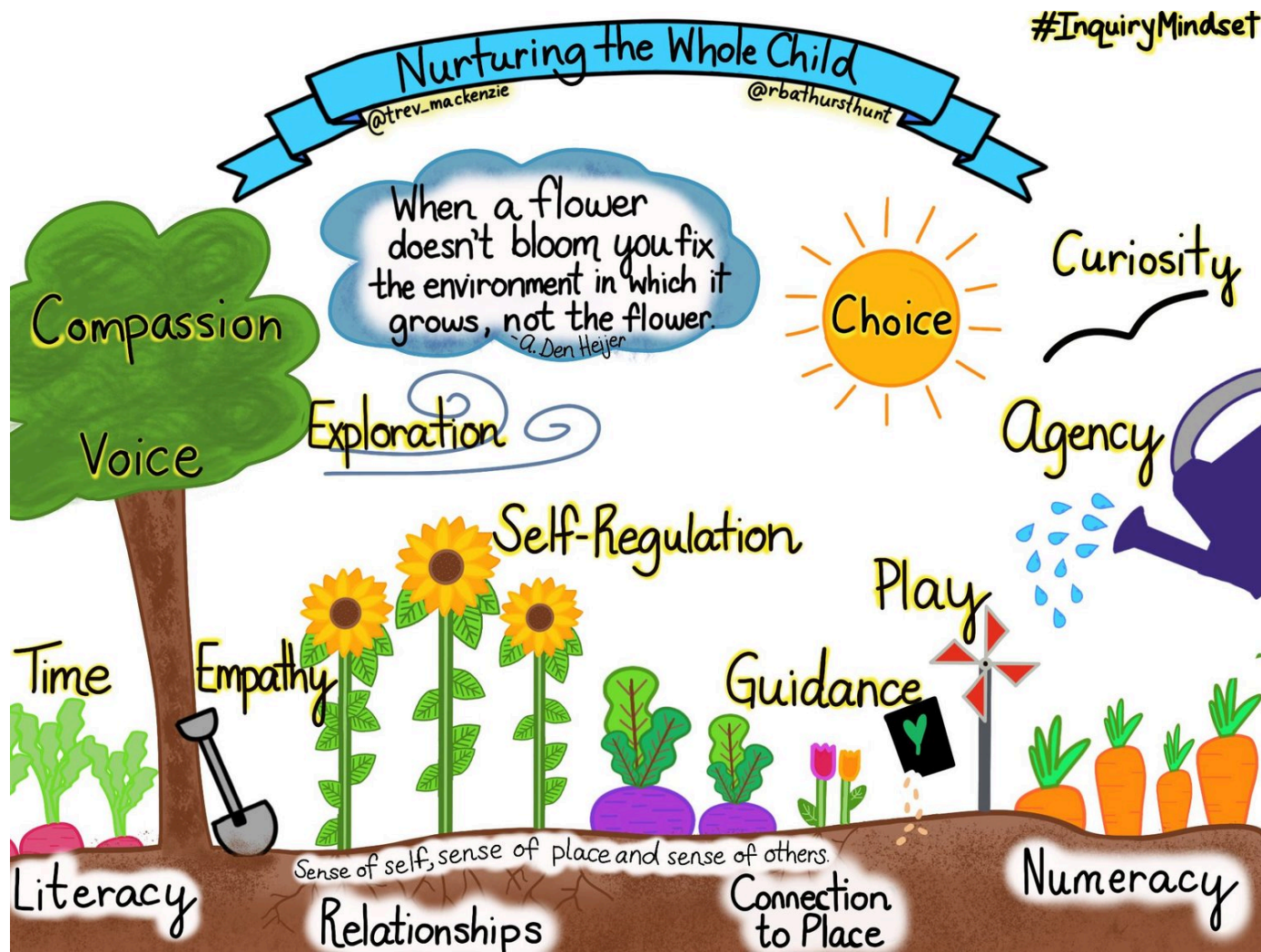


Social Emotional Learning

- Start with Mindfulness Daily
- Social Emotional Learning Daily (SEL)
- Include Movement Activities
- Give Students Voice
- Practice Self-Care

A circular graphic made of orange and yellow brushstrokes, resembling a sun or a flower, positioned behind the text.

Mindfulness
Starts Here



Elementary K-2

Mindfulness

Circle/Morning Meetings

Class Expectations/Hierarchy of Consequences

Classroom/Health and Safety Procedures

Self-Awareness

Self-Regulation

Social Connectedness

Compassion for Self and Others



Conditions for Learning K-2

Learning Goals:

I can **or** I will establish and maintain classroom expectations and procedures.

I can **or** I will use appropriate social and interpersonal skills and strategies to interact with peers and adults for various purposes across settings.



Tier 2 & 3 Supports for Reopening

Ashley Sanders, LMHC

Mental Health Program Specialist

Re-establishing Early Intervention and Supports

Train

- Student support staff will provide training during pre-plan reviewing information on identification of early warning signs a student may be experiencing a mental health concern.
- Train distance learning teachers on identification during remote learning.

Identify and Refer


- School-based teams will triage, identify, and refer students in need of additional resources utilizing district-based referral process.

Provide

- Student support staff will provide group supports, individual supports, and coordinate with community partners for additional community-based supports.
- Coordinate with Seminole County Virtual School Principal for continued tele-counseling supports for all students identified.

Other Tier 2 and Tier 3 Supports

- Promote SCPS' Mental Health Resource Flyer both on campuses and virtually through district website and social media.
- Continue Virtual Healthy Minds Club at both the middle and high school levels.
- Staff self-care: Continue weekly mindfulness sessions and creating an e-campus course for prior sessions.



SEMINOLE COUNTY PUBLIC SCHOOLS

SCHOOL SAFETY & MENTAL HEALTH RESOURCES

DEVEREUX'S MOBILE CRISIS RESPONSE TEAM Devereux's Mobile Crisis Clinicians are available to respond within 60 minutes to de-escalate mental health and behavioral crises 24/7/365 by dialing 2-1-1 and requesting <i>Mobile Crisis Services</i> .	SEE SOMETHING, SAY SOMETHING To anonymously report any threatening behavior that endangers you, your friends, your family, your campus, or your community, call or visit: SpeakOut Hotline 800-423-TIPS OR speakouthotline.org
FLORIDA CHILD ABUSE HOTLINE To report a case of child abuse, neglect or abandonment, call: Florida Child Abuse Hotline 1-800-96-ABUSE (1-800-962-2873).	NATIONAL SUICIDE PREVENTION LIFELINE The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals. Call 1-800-273-8255 .

SEMINOLE SYSTEMS OF CARE
For additional resources to support youth and young adults with emotional health needs, visit: www.seminolesystemofcare.com

If you are concerned about your child's mental health, please reach out to your child's assigned school counselor.

If you have questions about mental health resources, contact the Mental Health Program Specialist: Ashley Sanders, LMHC **407-320-0214** OR sandersa@scps.k12.fl.us

 SEMINOLE COUNTY PUBLIC SCHOOLS 

Mental and Emotional Health Education: Rule 6A-1.094121



Content that is both accessible for in-person instruction and distance learning formats



Strategic use of instruction on required topics within first two weeks of school resuming.



Topics: process for accessing treatment, awareness of resources including local school and community, strategies to develop healthy coping strategies, and strategies to support a peer, friend or family member.