

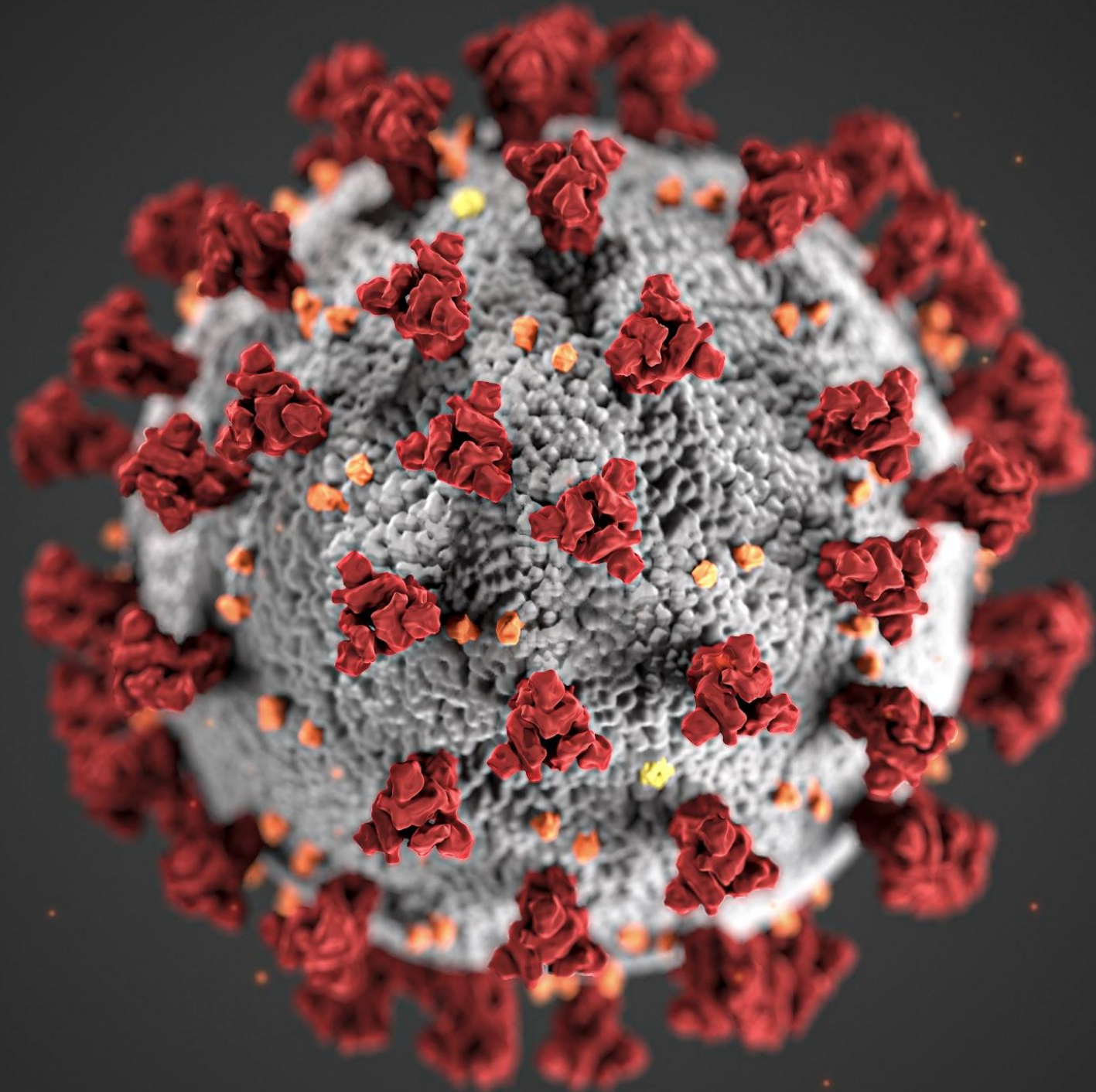
Student Mental Health and Wellness

Bethany A. Demers, M.A., C.A.S.

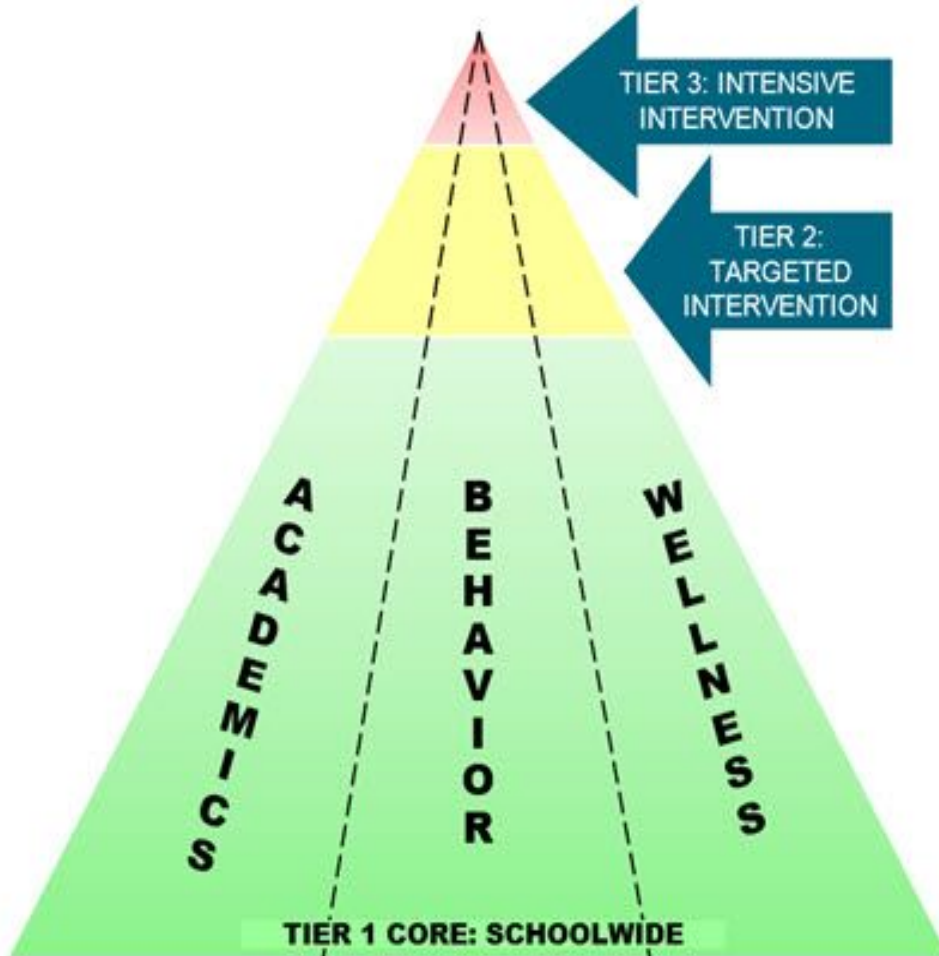


High, Low, Buffalo





Supporting Student Wellness



Tier 1: **All students**

Evidence-based, high quality core instruction
(differentiated instruction and additional support as needed)

Tier 2: **Some students small group**

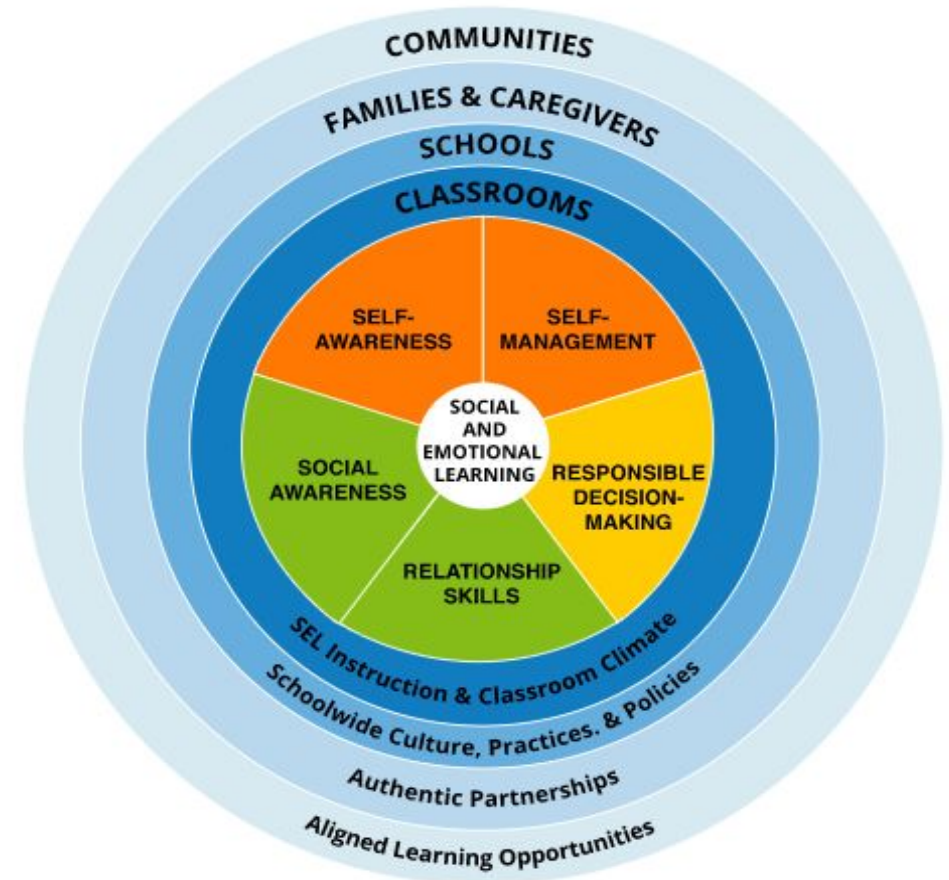
Targeted supports/intervention in addition to high quality core instruction

Tier 3: **Few students**

Intensive intervention in area(s) of need in addition to high quality core instruction

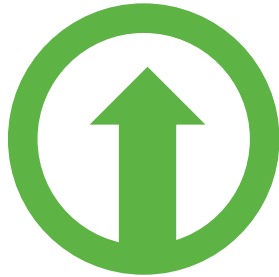
A Focus on Social and Emotional Learning-Tier 1

*“Social and emotional learning (SEL) is an integral part of education and human development. SEL is the process through which all young people and adults acquire and apply the knowledge, skills, and attitudes to develop healthy identities, manage emotions and achieve personal and collective goals, feel and show empathy for others, establish and maintain supportive relationships, and make responsible and caring decisions.”
(CASEL, 2020)*

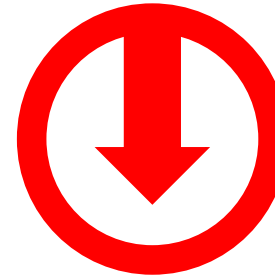


SEL Evidence-Base

Science Links SEL to Student Gains:

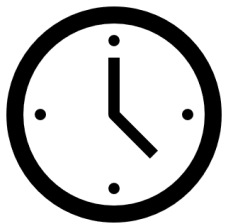


- Better social-emotional skills
- Improved attitudes about self, others, and school
- Positive classroom behavior
- 11 percentile-point gain on standardized achievement tests



- Fewer conduct problems
- Less emotional stress
- Lower drug use

Science Links SEL to Adult Gains:



Teachers who possess social and emotional competencies are **more likely to stay in the classroom longer.**



Statistically significant associations between measured social-emotional skills in kindergarten and long-term positive outcomes.

SEL in 2021-2022: Tier 1 Practices

Focus: Positive school climates and cultures, relationship-building
Evidence-based Strategies: Responsive Classroom meetings and CASEL 3
Signature Practices (Welcoming Inclusion, Engaging Pedagogy, and Optimistic Closure)

School Level	Evidence-Based Strategies
Elementary	<ul style="list-style-type: none">• Morning Meeting, 20 minutes daily• Closing Circle, 5 minutes daily• CASEL 3 Signature Practices
Middle & High	<ul style="list-style-type: none">• Responsive Advisory Meeting, 20 minutes of each Advisory period• CASEL Signature Practices

Refresh and Remind



Concern: Academic, social, emotional or behavioral concern which is not an immediate threat to safety or security but warrants further review to inform intervention.



Crisis: A situation that needs to be dealt with immediately due to a potential for harm to self, others, or property.



Signs of Suicide and Wellness Screening

If you're concerned about yourself
or a friend, don't be afraid to ACT.



MindWise.org/ACT

Acknowledge

that you're seeing signs of depression
and/or suicide in yourself or others

Care

By letting them know you're worried
about them

Tell

Tell a trusted adult

Our Minds Matter



- In nearly every high school in FCPS
- Expanded pilot program in our middle schools
- teen Mental Health First Aid

Brain Break-Brought to You by OMM



Tier 2 and 3 Practices

Tier 2

Some Students



- Small group counseling
- Mentoring
- Restorative Justice
- Work with Substance Abuse Prevention Specialists
- Check and Connect
- Return to Learn

Tier 3

Few Students



- Individual counseling
- Group counseling
- Community Services Act (CSA) case management
- Functional Behavior Assessment/Behavior Intervention Plan
- Return to Learn

Clinical Staff

- Every school has at least 1 counselor, psychologist, and social worker.
- Provide group and individual supports and interventions.
- Consult with staff and families.
- Provide appropriate referrals based on ***individual*** needs.
 - Referral resources are NOT one-size-fits-all



Wellness Resources for Families



- [Healthy Minds Blog](#)
- 8th Annual Mental Health and Wellness Conference
 - September 27th-October 1st
 - [Registration](#)
- [SOS Video for Parents](#)
- Mental Health Awareness Training-coming soon
- Youth Mental Health First Aid

Community Partnerships

- Fairfax-Falls Church Community Services Board
- Healthy Minds Fairfax
 - Short Term Behavioral Health
 - Direct CSB Referrals
- PRS CrisisLink



NEED HELP? **MENTAL HEALTH RESOURCES**
24/7 EMERGENCY NUMBERS

In case of a life threatening emergency, call 911

CrisisLink Regional Hotline: **703-527-4077**
CrisisText: Text **NEEDHELP** to **85511**
Dominion Hospital Emergency Room: **703-536-2000**
Inova Emergency Services: **703-289-7560**
Mobile Crisis Unit: **1-844-627-4747**
National Suicide Prevention Lifeline: **1-800-273-TALK** or **1-800-SUICIDE**
Merrifield Center Emergency Services: **703-573-5679**
TTY dial **711**

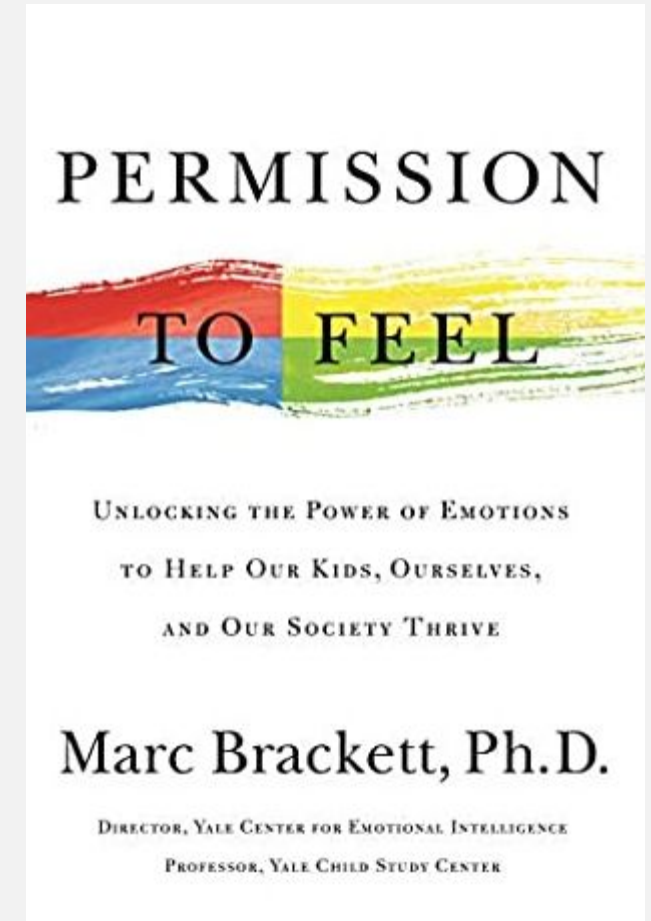
Internal Alert
Motivation
Warning Sign



A Note on Anxiety

Students and Emotions

- Recognize their emotions and the emotions of others
- Understand their emotions
- Label their emotions
- Know how and when to express their emotions
- Build a toolbox of strategies to regulate emotions



A close-up photograph of a hand holding a standard incandescent lightbulb. The lightbulb is turned on, emitting a bright, warm white light that illuminates the interior of the bulb and the hand holding it. The background is solid black, making the glowing bulb the central focus. The hand is visible at the bottom, with fingers gripping the metal base of the bulb. The lightbulb's glass is clear, showing the internal filament and support structure.

Something I
learned tonight...

Bo



Thank You

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website