OCS Mental Health Plan

Social Emotional Learning (SEL)
School Mental Health (SMH)

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Orange County Schools
NORTH CAROLINA

Strategic Plan 2021-26 Priorities

EQUITY

PRIORITY 1: Teaching Tomorrow's Leaders

PRIORITY 2: Excellence and Efficiency

PRIORITY 3: Exemplary Staff

PRIORITY 4: Empowering Culture

Strategic Plan 2021-26 Priorities

EQUITY

PRIORITY 4:

Empowering Culture

Goal I: By June 2026, OCS will decrease the overall number of out-of-school suspensions in all subgroups by 10% annually.

Goal II: By June 2026, OCS will address attendance by reducing the district chronic absenteeism rate from 21.83% to 19% as a way to improve student readiness, engagement, and academic outcomes by resolving a significant barrier to student learning.

Purpose and Overview

Purpose & Overview

- Required per NC State Board of Education Policy SHLT-003
- Annual submission guided by a state-provided template
- Focus on mental health promotion, intervention, and system-wide support
- Driven by whole-child and equity-centered practices

State Guidance & Policy

- Per NC SBOE Policy SHLT-003 & Session Law 2020-7
- Uses the NCDPI Mental Health/Social Emotional Learning (SEL) Plan Template
- Informed by School Health Assessment and Performance Evaluation (SHAPE) framework, Multi-Tiered System of Support (MTSS), and Whole School, Whole Community, Whole Child (WSCC)
- Built through district-level and school-level collaboration

Our Vision & Why

Orange County School's mission is to educate students in a safe, inclusive environment where we engage, challenge and inspire them to reach their maximum potential.

- Healthy students are better achieving students
- Promote awareness, access, and equity
- Educate students, staff, families
- Reduce stigma and build capacity

OCS Mental Health Plan

Strengths & Needs (Data-Informed)

What data did you use to determine your strengths and needs?

Data

- Youth Risk Behavior Survey (YRBS)
- Panorama SEL Surveys
- Say Something (SS-ARS)
- District Reports

Strengths

- School-Based Mental Health (SBMH)
- Social Emotional Learning (SEL) Surveys/Curriculum
- Structured Psychotherapy for Adolescents Responding to Chronic Stress (SPARCS)
- Multi-Tiered System of Support (MTSS)
- Staff PD

Needs

- Trauma Informed Practices Training
- Restorative Practices
- Re-entry protocols

Prevention & Curriculum Highlights

What are your existing PSU SEL/ MH prevention initiatives through instruction, curriculum, and environment?

- RethinkEd Social Emotional Learning (SEL) Curriculum (K-12)
- Youth Mental Health First Aid (YMHFA), Teen Mental Health First Aid (TMHFA)
- Monthly Wellness Newsletters
- SPARCS, ADAPT, 988 awareness
- Tobacco/Substance Prevention Education

Building & Aligning Infrastructure

How are you building and aligning infrastructure?

OCS Training Plan

Increasing SISP Staffing Ratios

Suicide Risk Protocol

Relevant Stakeholders engaged in SMH work to strengthen SEL and SMH prevention

Monitoring & Evaluation

SISP Data Collection, Data Monitoring, SMH Evaluation

- Specialized Instructional Support Personnel (SISP) Annual Report
  - Weekly reporting of duties/activities
  - Regular monitoring by leadership team
  - Check-ins and technical assistance

- Data Evaluation Plan
  - Data collection calendar

SEL & Academic Alignment

How do you align SEL & SMH with academic objectives?

- RethinkEd used in Tier 1, 2, and 3 Multi-Tiered System of Support (MTSS) supports (all staff)
- Integrated into Healthful Living & Counseling
- Embedded in In-School Suspension (ISS) and restorative sessions
- Aligned with NC Social Emotional Learning (SEL) Standards
- Aligned with new NC Health/Physical Education Standards

Physical Activity in the Classroom:

How are you incorporating physical activity into the classroom?

Elementary

- Brain Breaks
- Movement-Based Learning
- Classroom Yoga or Stretching Routines
- Walking Reading Groups

Middle

- Energizers or Active Transitions
- Kinesthetic Learning
- Station Rotations with Movement
- Mindful Movement Moments

High

- Stand-and-Share Protocols
- Movement Debates or Discussions
- Flexible Seating & Standing Options
- Integration in Electives

Early Intervention

What are your SMH efforts for early intervention?

- Multi-Tiered System of Support (MTSS) tracking of attendance, behavior, Social Emotional Learning (SEL) indicators
- Supports for at-risk students via Social Emotional Learning (SEL) & mental health interventions
- Annual review of crisis/discipline protocols
- Participation in emergency preparedness plans

Treatment, Referral & Re-Entry

What are you treatment efforts for treatment, referral and re-entry?

- School-Based Mental Health (SBMH) & community agency partnerships
- Re-entry protocol for students post-treatment
- Seamless transitions across systems
- Equity in access and recovery supports

Co-Located (School-Based Mental Health)

Agency/School Based on Feeder Pattern (Elementary/Middle/High)

Andrews Counseling & Consulting	Daybreak Health (Virtual)	Gaggle Therapy (Virtual)	Piedmont Health Services	Renaissance Wellness Services	Youth Extensions
Efland-Cheeks Hillsborough River Park Gravelly Hill Partnership	Central Efland-Cheeks Grady Brown Hillsborough New Hope Pathways River Park A.L. Stanback Gravelly Hill Orange Middle Cedar Ridge Orange High Partnership	Central Efland-Cheeks Grady Brown Hillsborough New Hope Pathways River Park A.L. Stanback Gravelly Hill Orange Middle Cedar Ridge Orange High Partnership	Central Efland-Cheeks Gravelly Hill	Grady Brown New Hope A.L. Stanback Cedar Ridge	Central Pathways Orange Middle Orange High

Summary: Supporting Every Student, Every Day

Grounded in equity, guided by data

Aligned with NC policy and OCS strategic priorities

Strength-based and responsive to real needs

Powered by partnerships with staff, families, and community

Focused on prevention, access, and sustainable support

Centered on student voice, staff wellness, and collective care

Request for BOE Approval

Approval of the 2025 OCS School Mental Health Plan

We request that the OCS Board of Education approve the 2025 OCS School Mental Health Plan.

Upon your approval, the plan will be submitted to the NC Dept. of Public Instruction (NCDPI) for review and approval.



Questions?



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ENGAGE. CHALLENGE. INSPIRE.