Implementing a Multi-Tiered Social-Emotional Wellness Program

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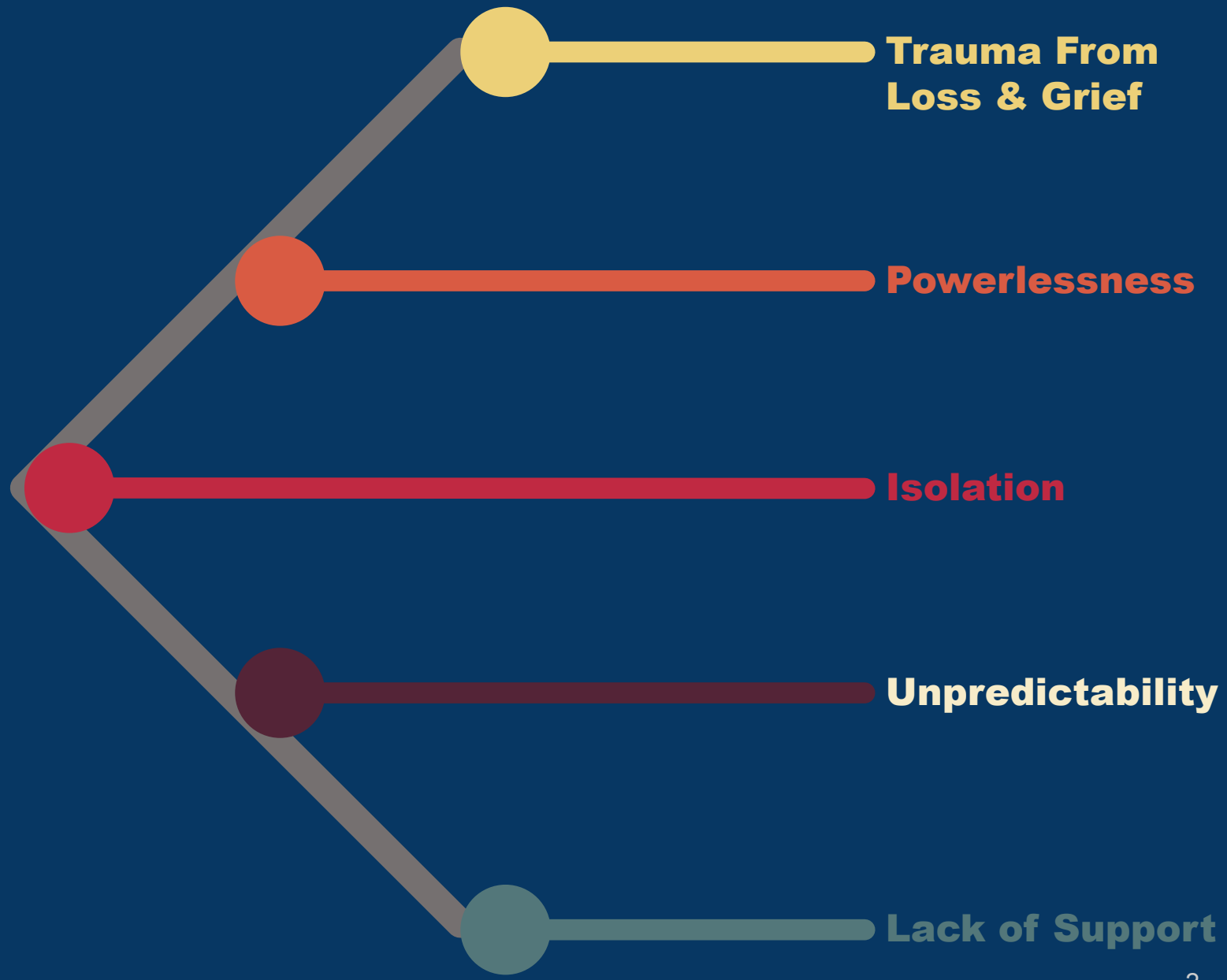
Drivers of mental health concerns

Each and every member of our community is facing increased risk for mental health challenges due to the following:



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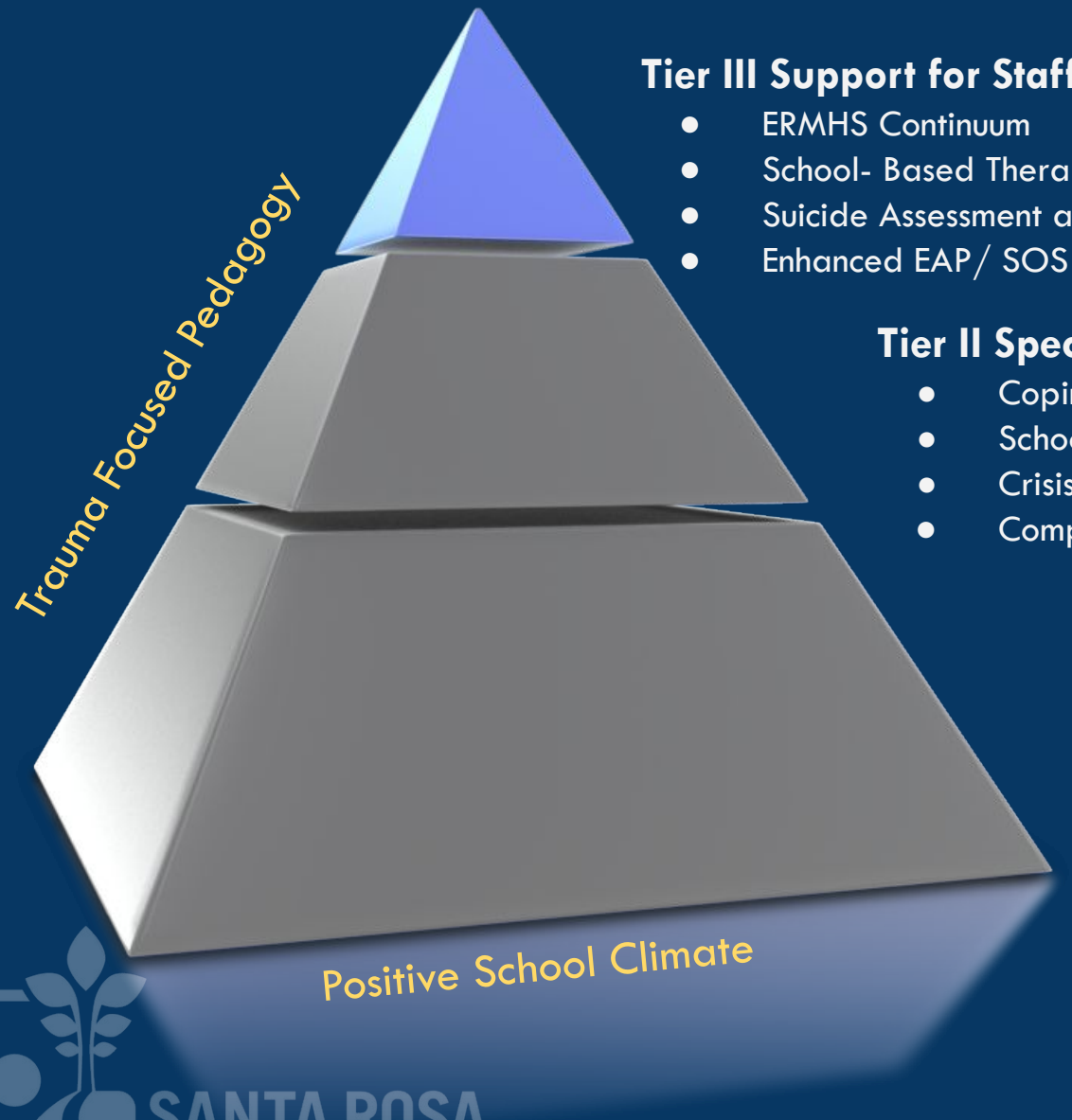
Tiered Social-Emotional Wellness Program



Tier III Support for Staff & Students 1:1

- ERMHS Continuum
- School- Based Therapy
- Suicide Assessment and Intervention
- Enhanced EAP/ SOS Counseling for Staff

Tier II Specific Groups of Students & Staff

- Coping Groups
- School Counseling Groups
- Crisis Response Teams
- Comprehensive School Counseling

Tier I All Students and Staff-

- Student SEL & Mental Health Universal Screening
- Social-Emotional Learning
- Mental Health Advocacy & Stigma Reduction
- Suicide Prevention
- Resilience in School Environments (RISE)
- Restorative Practices

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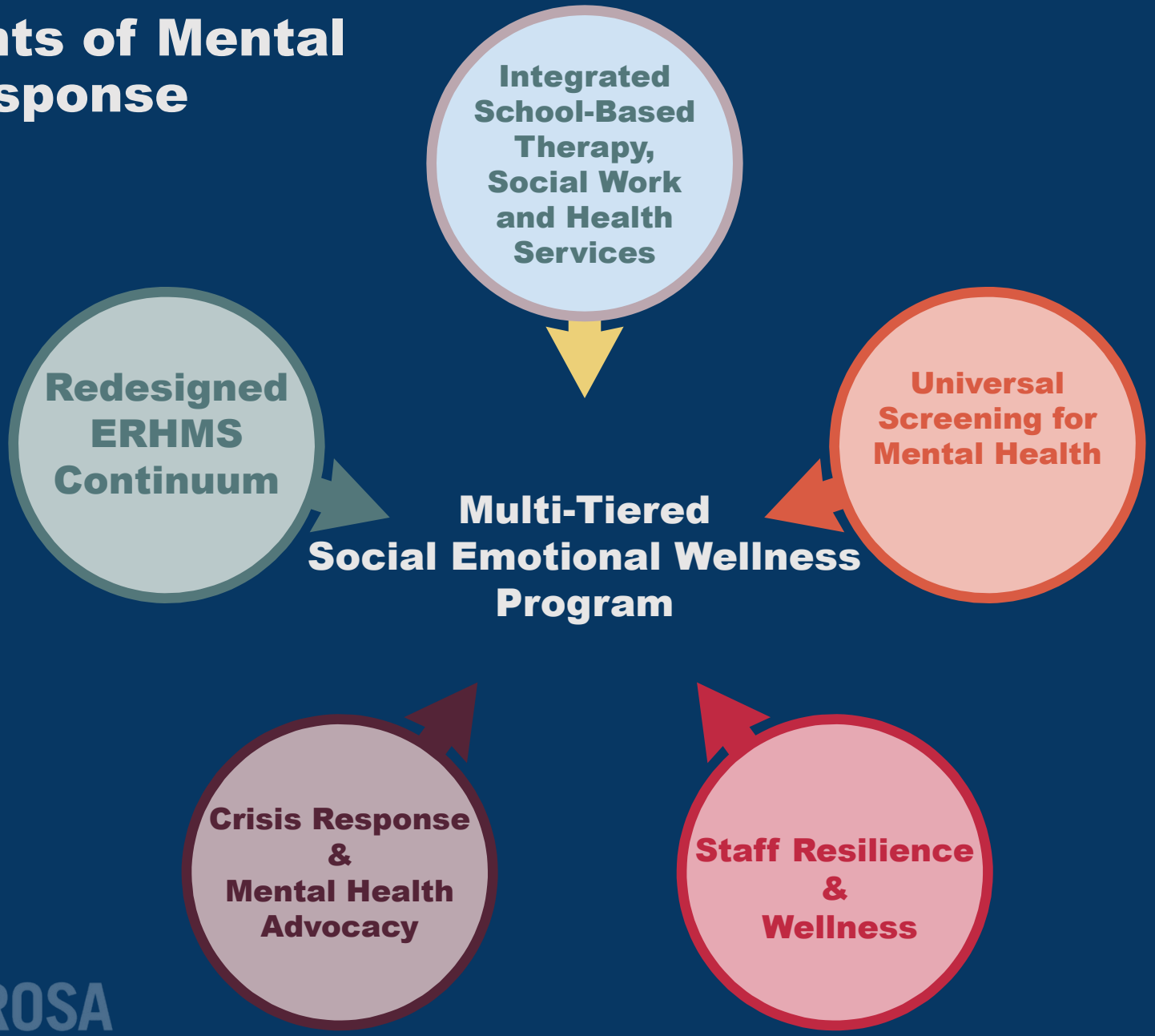
Components of Mental Health Response



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Integrated School-Based Therapy, Social Work and Health Services

- SAY Clinical Program
- School-Based Therapists/Social Workers
- Secondary Expansion
- USF Partnership
- Trauma Focused CBT
- Integrated Support
- Electronic Health Records
- Data Driven Decisions

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You do... we do... I do SRCS Vendor Model

First LCAP 2013

2015-2016

Social Advocates for Youth & Humanidad Contracts to address student mental health.

Tubbs Fire 2017

2018

Creation of Integrated Wellness Center

SRHS School-Based Therapist Pilot

SRCS Elementary School-Based Therapist/Social Workers

SRCS Elementary School-Based Therapist/Social Workers

District Wide School-Based Model

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Universal Screening for Mental Health

Universal Screening for Mental Health

CoVitality

- Strengths Based
- Sel & Mental Health
- Researched and Valid
- Simple
- Actionable
- Mental Health and SEL Data
- Equity Issues with Screening
- Program Evaluation
- Student Completed

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Staff Resilience & Wellness

- RISE
- SOS Counseling EAP
- Trauma Informed Consultation
- Stress Care Coping Groups
- Helping staff in order to help students

Staff Comments:

"Working with my counselor has been incredibly helpful not only for myself but forthe people around me as well as my students…"

"Thank you for all your great work! The RISE presentations have been excellent"

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RISE GOALS

Increase staff job satisfaction/reducing staff stress

Improve safety, connectedness & relationships among students & staff

Increase SEL skills among students and staff

Increase mental health supports

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Crisis Response & Mental Health Advocacy

- Mental Health Advocacy is Suicide Prevention
- Stigma Reduction
- Public Health Approach
- Crisis Response Teams
- School Violence Connections
- Columbia Suicide Severity Rating Scale

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Integrating “Least Restrictive Environment” to Mental Health Interventions

- Reduce reliance on NPAs to provide ERMHS
- Establish ERMHS referral process
- Improve service provision
- Improve supervision
- Integrate ERMHS as part of school-based mental health continuum

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Considerations

- Four years of trauma from the crisis endured by students, staff, and families is a reality of our educational environment.
- Student outcomes, especially our most vulnerable, will change when the whole child is supported.
- Social Emotional Tier 1 inclusive practices are foundational for academic success
- Increased mental health SRCS staff and an integrated mental health / social worker models provide greater continuity, safety, and, support for student and staff
- Universal Screening and subgroup demographic data collection serve our diverse populations best.
- Adopt Resolution “May is Mental Health Month”

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