

Wellness Responses

Addressing Need from Layers of Trauma

Before, During and After COVID 19



**SANTA ROSA
CITY SCHOOLS**

Layers of Trauma

This layered trauma induces social-emotional need like never before and requires adaptive change

Glass Fire- School Closures

Economic, Social & Political Stress

Walbridge Fire- Smoke Days

Distance Learning

COVID-19 Pandemic

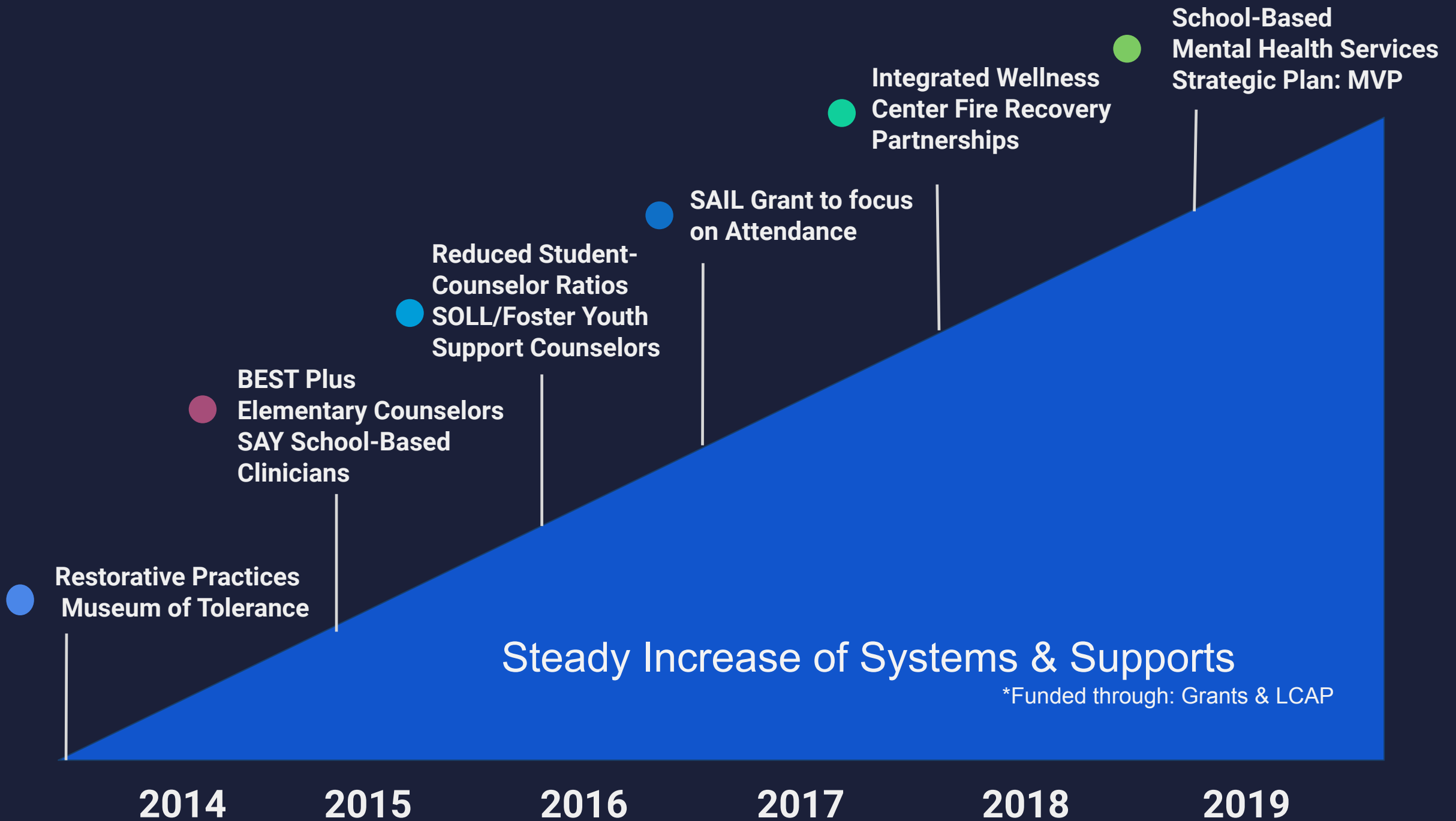
School Lockdowns: SRHS/RHS

Kincade Fire- School Closures & PSPS

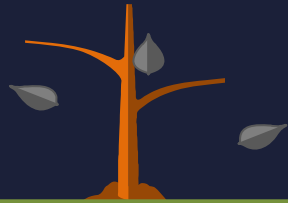
Camp Fire- Smoke Days & PSPS

Tubbs Fire- School Closure

Andy Lopez Shooting



SRCS: Pathway to Wellness



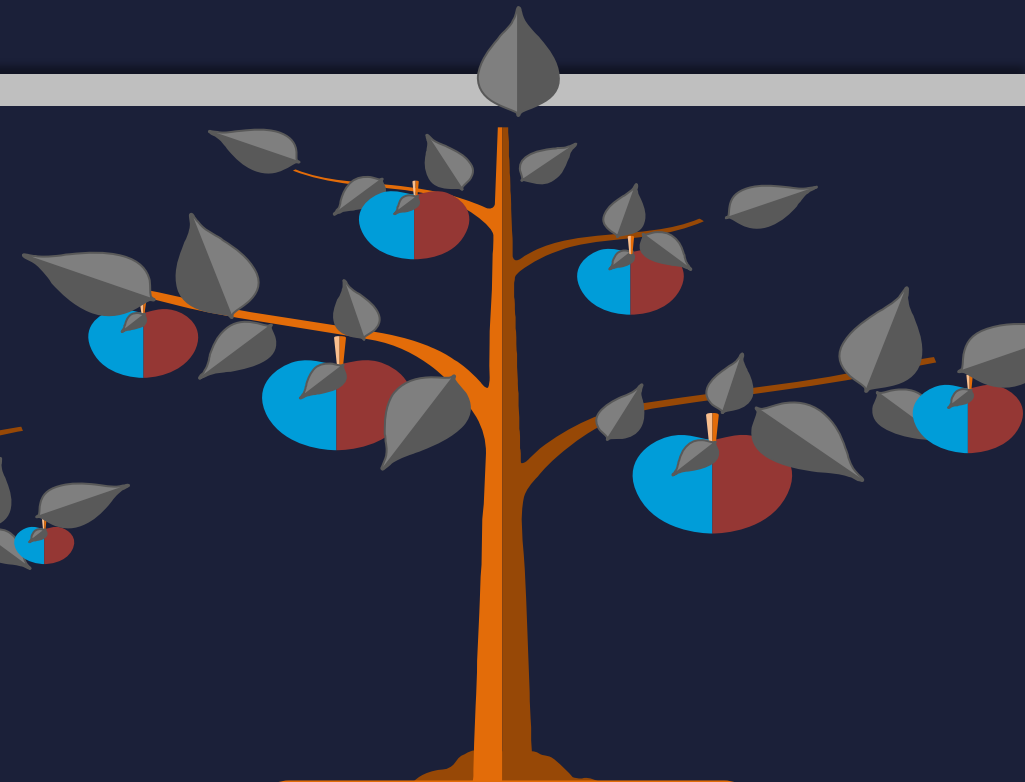
Historical Capacity & Systems Building

Responding to layers of trauma systematically, with increased support staff



Crisis Response and Adaptation

Using Multiple Data points and screener responses, teams re-engage students and respond to their needs



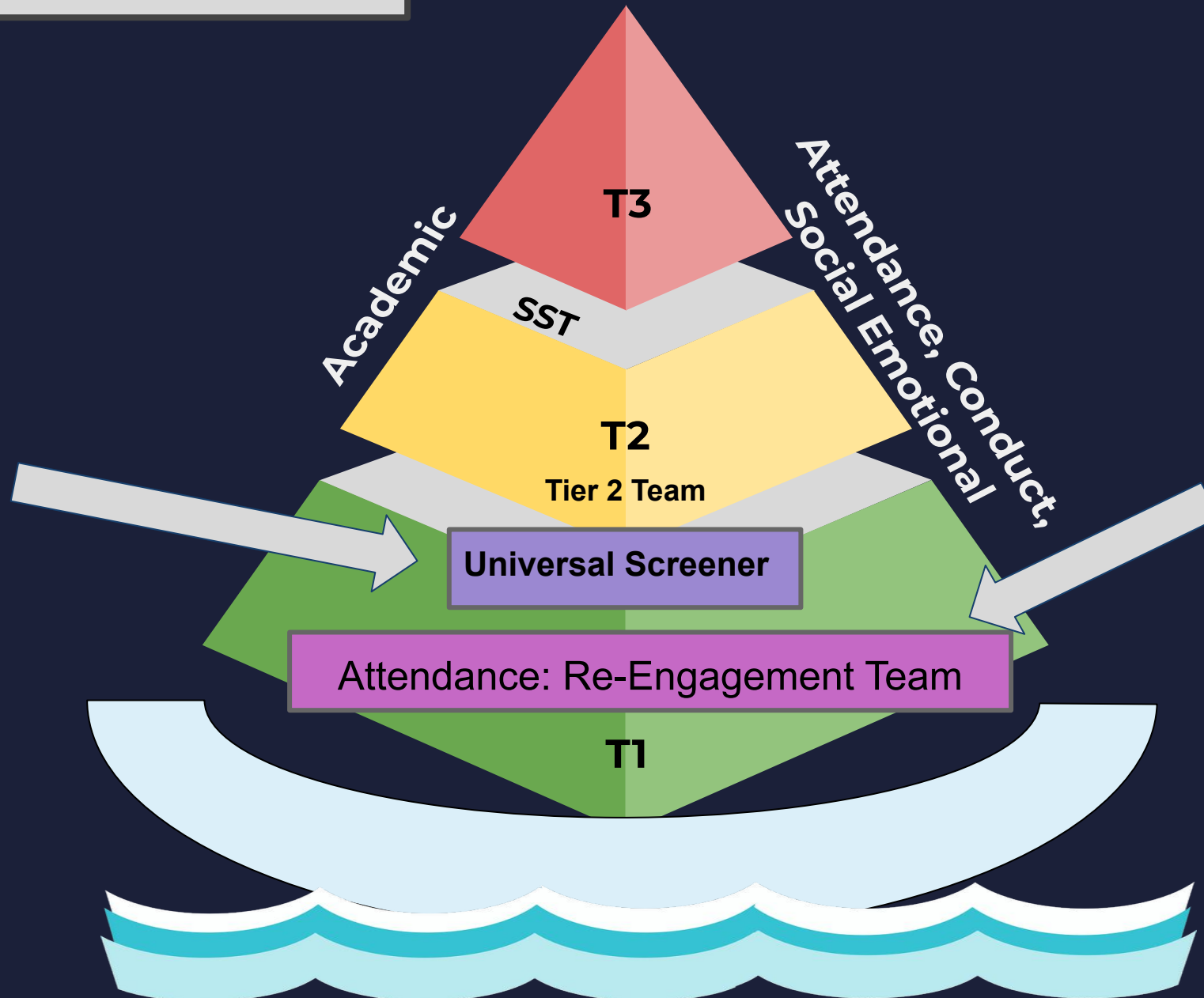
Commitment to Social-Emotional Wellness

Increase SRCS mental health staff, improved screener, & update our comprehensive counseling program

SRCS Wellness Supports

- Return to School Plan
- Reduced School Counselor to Student Ratios from 500:1 to 400:1 or less
- Elementary Counselors at all elementary sites
- English Learner & Foster Youth Support Counselors
- School-based therapy district-wide
- Restorative Specialists district-wide
- Local Grant-funded Wellness Positions
- Integrated Wellness Center
- Enhanced EAP for Staff
- Re-engagement Teams focus on Attendance
- Multi-Tiered Systems of Support in all schools

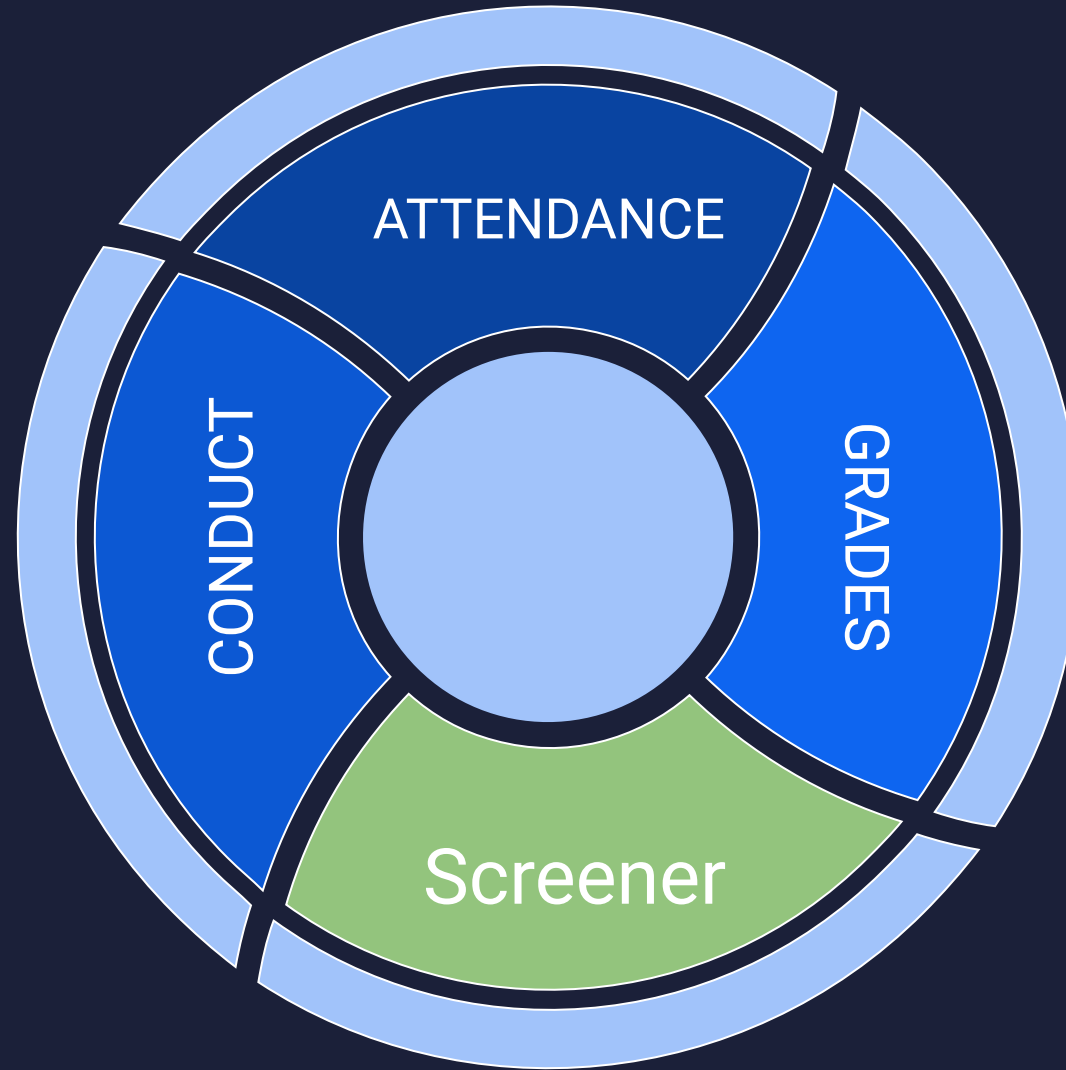
DISTANCE LEARNING & MTSS



Re-Engagement Team

- School Counselors
- Family Engagement Facilitator
- Restorative Specialist
- Office Staff
- Student Advisor
- Campus Supervisors
- Student Engagement
- Yard Duty Team

Behavior is Communication: Data Points To Clues

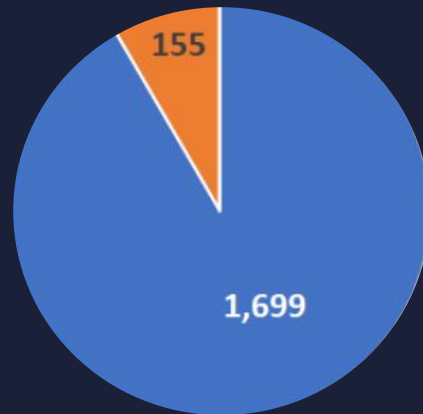


Overall Fall 2020 Screener Completion Rate

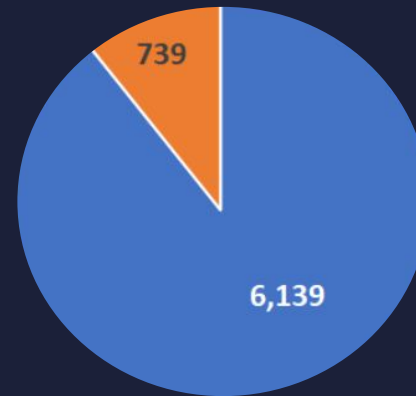
<u>Elementary</u> <u>By Parent</u>	<u>Secondary</u> <u>By Student</u>	<u>District-wide</u>
47.2%	61.9%	54.0%

Screeners

*% of Responses
where people responded 1 or 2 (Not coping well)*

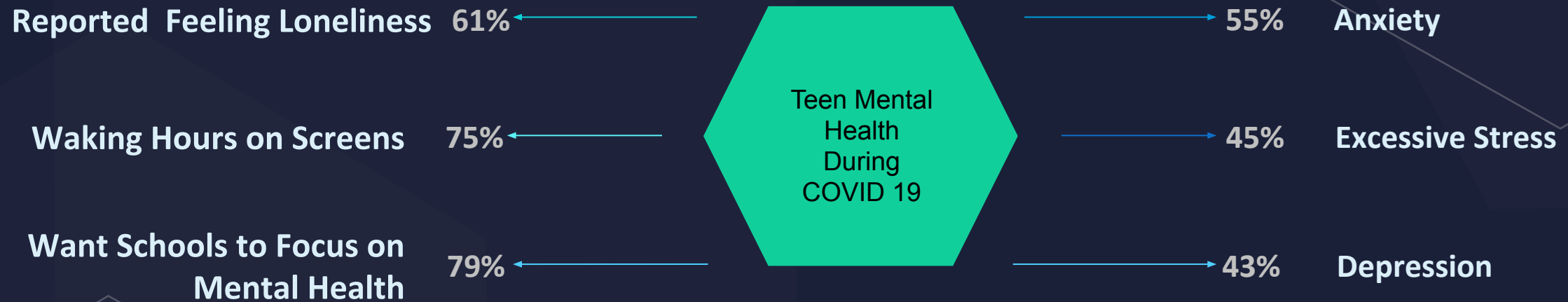


Elementary 9%



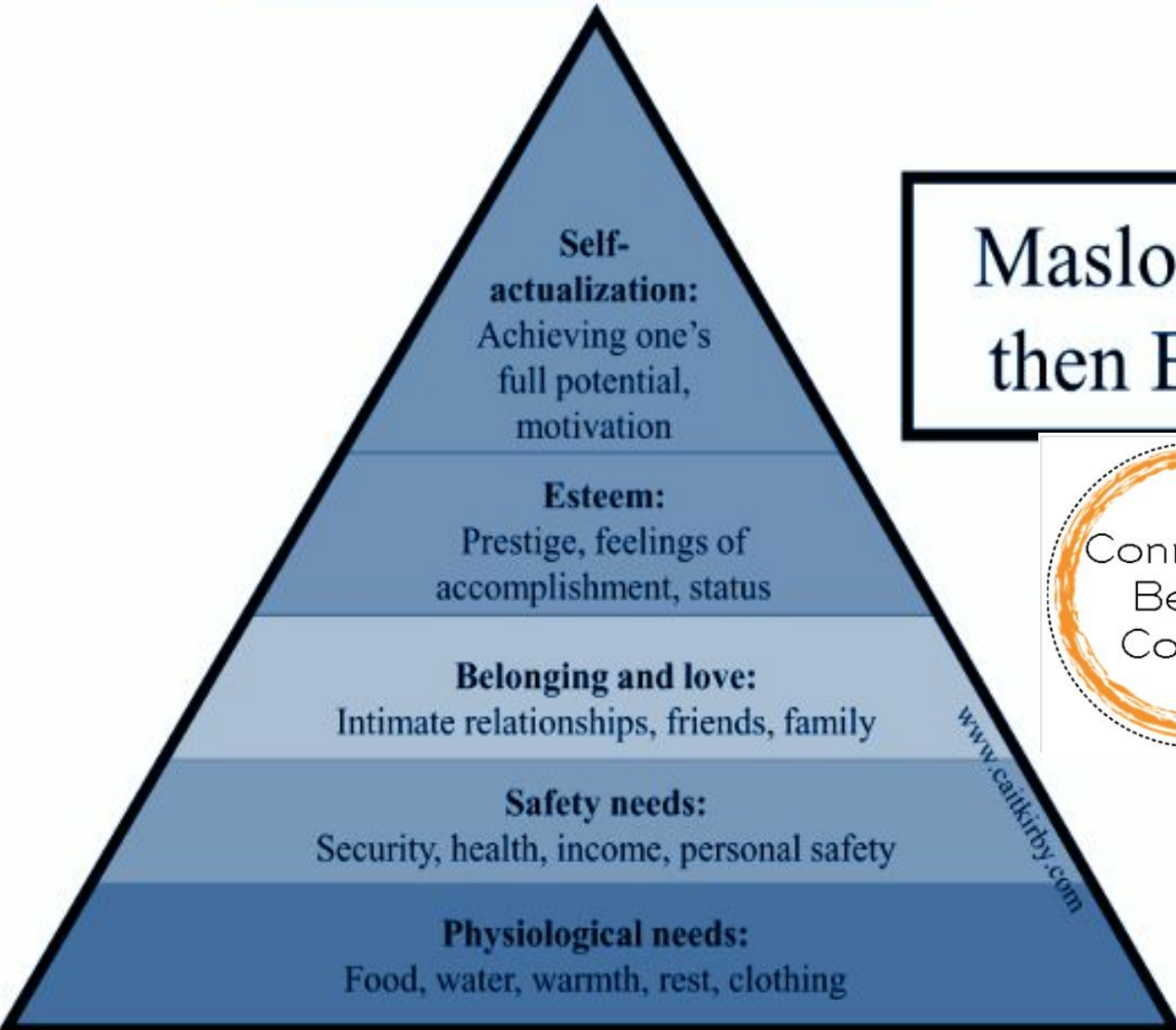
Secondary 12%

Teenage Mental Health Concerns Nationwide

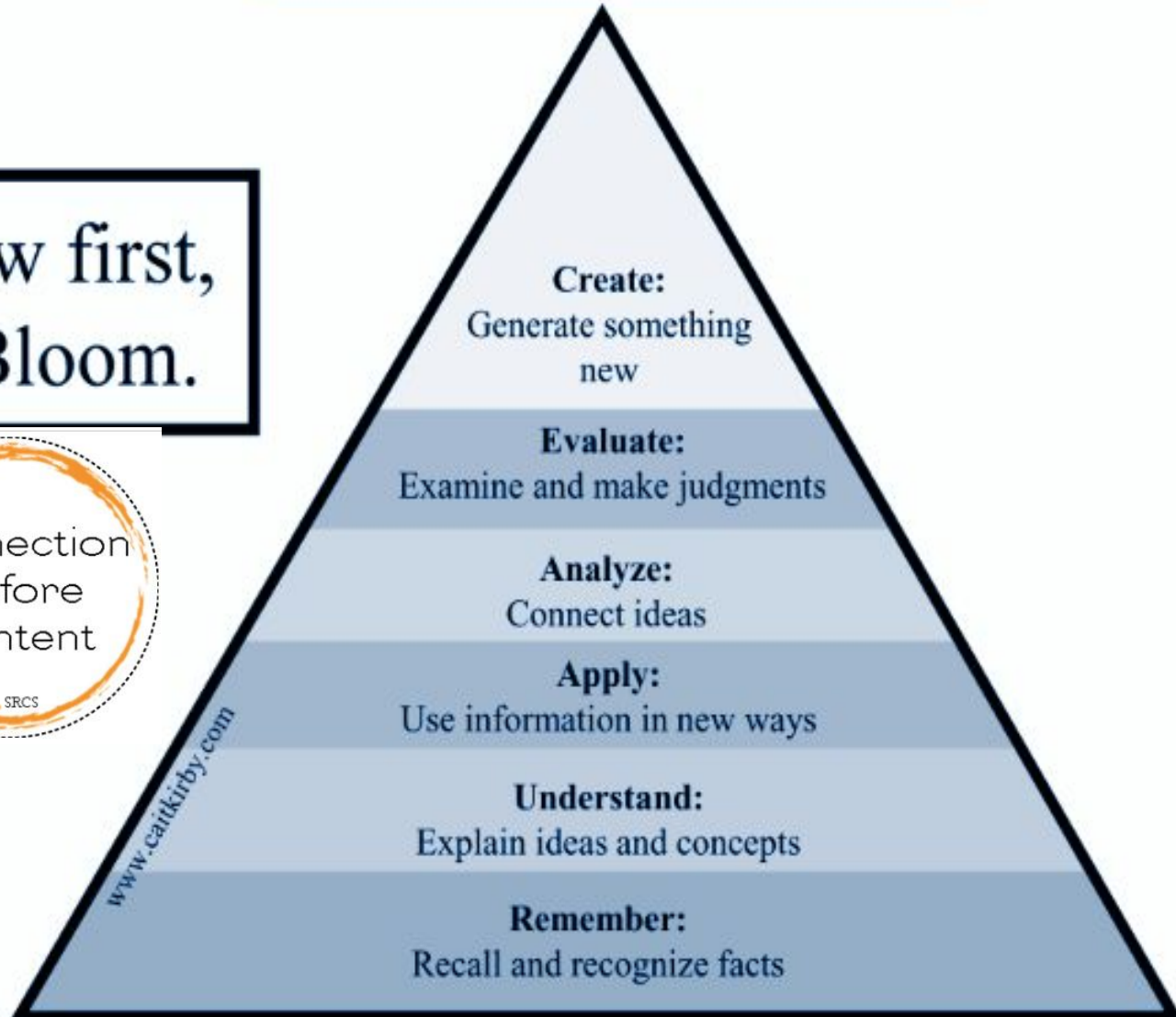


All indicators point to unprecedented increases in significant mental health problems. We need to plan to have the capacity to address the mental health impact of COVID 19.

Maslow's hierarchy



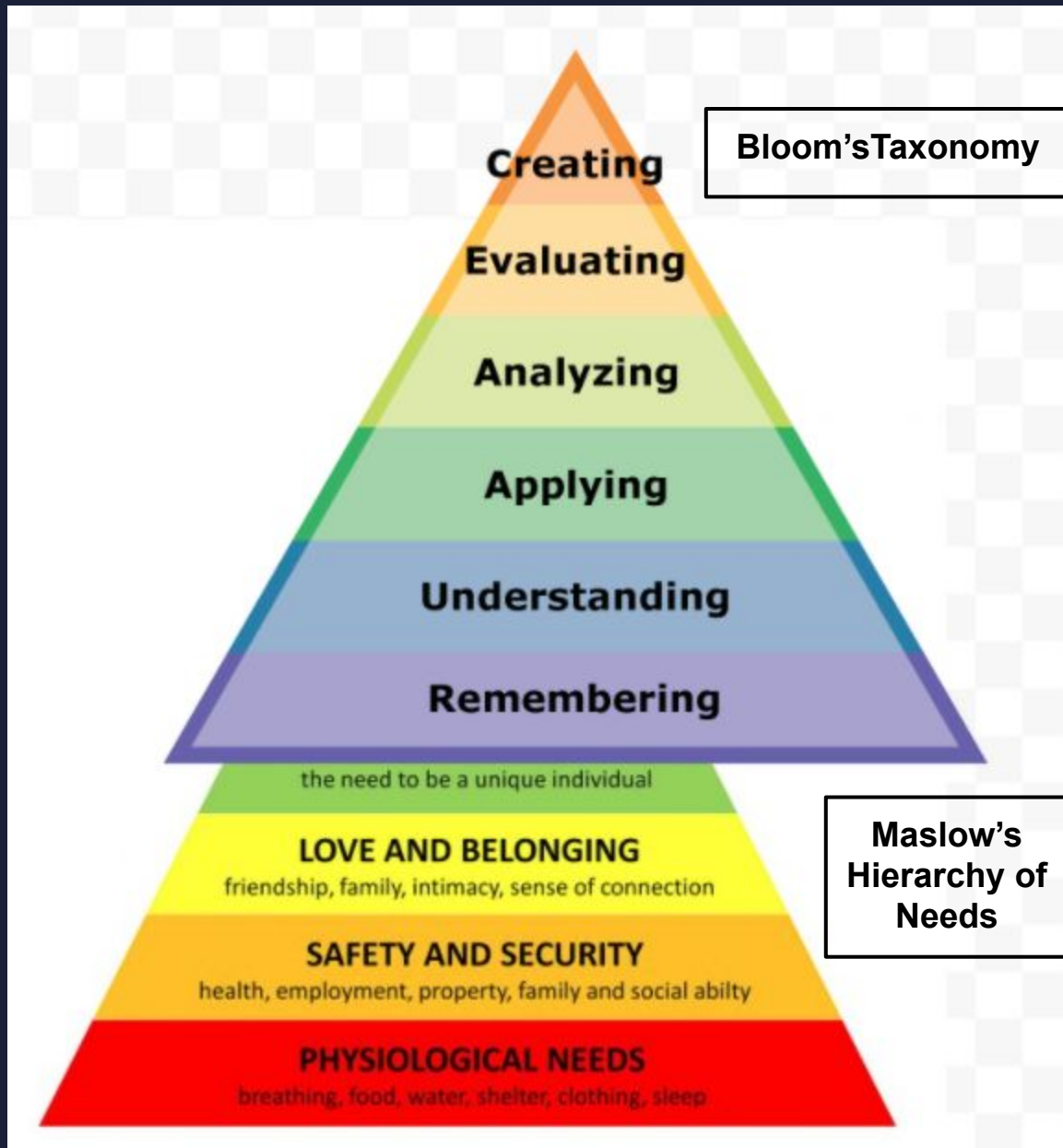
Bloom's taxonomy



Maslow first,
then Bloom.

Connection
Before
Content

SRCS





Commitment To Social-Emotional Wellness

**Implement Formal, Strengths
Based Universal Screening Tied
to CASEL Content Standards**

**Continue to Focus on Staff
Social-Emotional Wellness and
Resiliency**

**Update Comprehensive School
Counseling Program KA-12**

**Integration of ERMHS and
School-Based Therapy**

Resilience In School Environments (RISE)

Kaiser Permanente Partnerships That Support Staff and Student Social Emotional Wellness

- RISE Approved as part of a \$250,000 grant from Kaiser Community Benefit
- Santa Rosa City Schools' Crisis Response Mental Health, Wellness, and Learning Loss Initiative. \$500,000 grant to support student wellness and engagement

Increase Job Satisfaction Among Teachers and Staff

Improve Connectedness, Engagement Within the School Community

Increase Skills Related to Social Emotional Learning

Increase Mental Health Supports

Currently in Progress:

- Continue to leverage **outside funding** to strengthen programming
- Create **Tele-Wellness Center** as resource hub and ways for students, families and staff to connect with supports
- **Crisis Response Teams** at each site to focus on mental health crisis management and suicide prevention, intervention and postvention
- Create Tiered **Social-Emotional Wellness Program**
- Update **Comprehensive School Counseling Plan**

- Consider Optional BP 5141.5 on Mental Health Programs
- Continue to expand district staffing to provide mental health responses and to reduce reliance on contractors
- Support selection and implementation of universal screener
- Adopt Social-Emotional Learning Core Competencies KA-12

Key Takeaways and Future Board Consideration