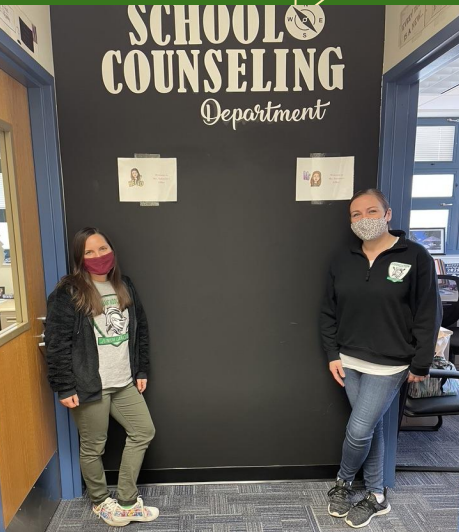
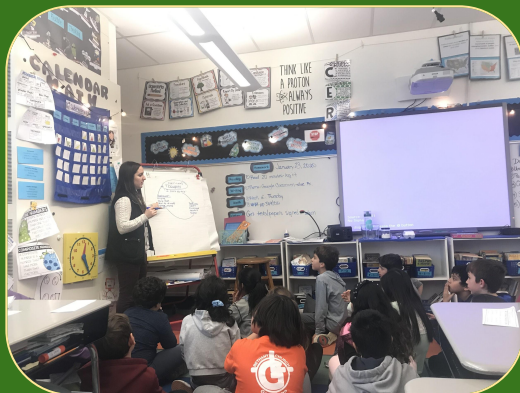


Mental Health and Our Schools



Making visible that which may not always be seen~



How do SEL's and Mental Health Connect?

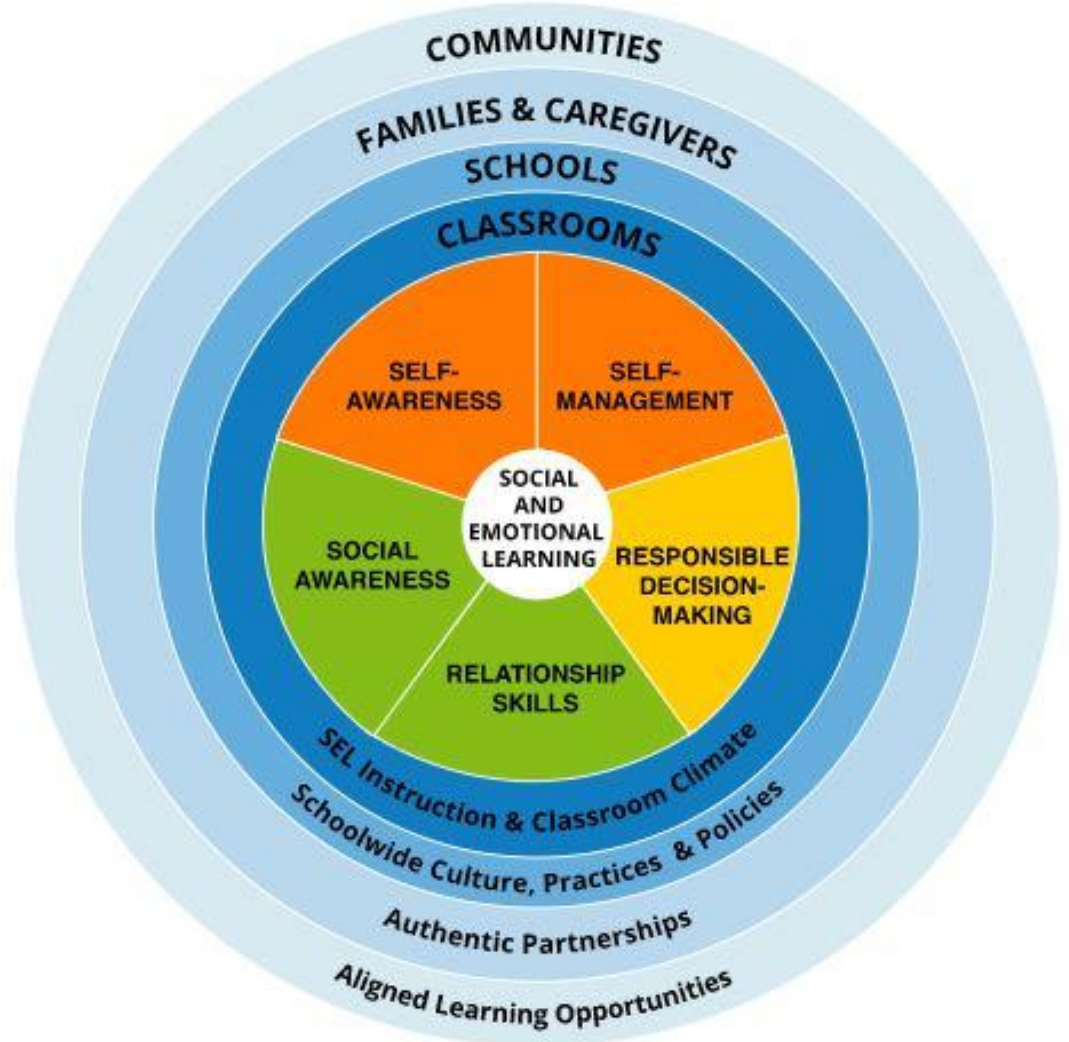
The *Social-Emotional Learning Core Competencies* are the skills that we all need to become well-balanced, healthy human beings, both mentally and physically.

In other words, what students should know and be able to do for academic success, school and civic engagement, health and wellness, and fulfilling careers.

Mental Health is our emotional, psychological and social well-being. It affects how we think, feel, and act. It relates to how we handle stress, relate to others, and make healthy choices.

<https://casel.org/sel-framework/>

CASEL SEL Competencies



Our Incredible Staff!

11

School Psychologists

Doctoral Level Psychologists

5

Social Workers

Certified School Social Workers
MSW

24

Student Assistant Counselors

Master's Degrees & Licensed

25

School Nurses

NJ Certified School Nurses
BSN

7

School Psychologists

Master's Degree, NCSP

5

School Counselors

Working as SC's or Administrators
Master's Degree

3

Health Educators

Tier 1: *All* Students

How does our team address the needs of ALL students?

Tier One services are considered those that happen as the natural course of events in our schools in supporting our students as they develop the skills and habits that will enable them to maintain strong mental health and adopt lifestyles of well-being.

TIER 1: How We Support ALL Students

Teachers

- SEL Competencies in ALL Curriculum Documents
- PD:
 - ~teaching to support positive mental health
 - ~when students are experiencing mental health concerns
- Focused units in Health and School Counseling
- District Websites and Resource pages



School Nurses

- On the front line with students
- Elementary Health Educators



School Counselors

- Regular classroom instruction and advisory lessons
- Individual and small group connections with students
- Consultation with teachers and administrators
- Whole school - whole community initiatives and presentations
- Monthly Check-in Tool
- Book-me



Tier 2: *Some* Students

Tier Two represents supports and interventions that are in addition to those in Tier One. These represent more individualized, both direct and indirect interventions. Students are identified for Tier Two supports and interventions by any professional in our schools, their families, and/or themselves.

Tier Two Supports: Some Students

I and RS Team

Provide indirect and direct supports through teacher training and support to students

Resources to Parents

Counseling

With School Counselors
or
Student Assistance
Counselor

Mental Health Counseling Groups

*With School Counselors

*With SAC's



Student Assistance Counseling Program

- Direct student support;
- Community connections and;
- Large and small group programming...

Volunteers

The Listen to the Children Program K-8



WHAT IS THE 'LISTEN TO CHILDREN' PROGRAM?

An inter-generational program that matches a school-aged child with a senior adult volunteer.

Listeners and children meet once a week to talk, play games and share experiences. Trained volunteers provide support in a non-judgmental way.

THIS PROGRAM IS FOR:

Children who have experienced a loss (ie: parent, grandparent or pet)
Children who have social skill issues
Children who have learning difficulties in school
Children new to school or the community

BENEFITS OF THE PROGRAM

Increases a child's self-esteem and confidence
Improves a child's social and academic skills
Builds a warm relationship and modeling positive attitudes
Provides a safe space to share thoughts, feelings, and ideas without judgement

'TIME SPENT WITH A CHILD IS A GOOD INVESTMENT FOR THE FUTURE.'

BRING THIS PROGRAM TO YOUR SCHOOL.

CONTACT:

Suzi Berman, LCSW at Jewish Family Service of MetroWest
973-765-9050 x1747



At every age, at every stage, we are here to help

*JFS MetroWest is committed to inclusive programming. Please call 973-765-9050 to discuss how we can help



Tier 3: Few Students

Tier Three interventions and supports are considered intensive. These are initiated when students are not progressing in the other tiers and there is an impact on their ability to perform in school. Tier Three interventions are provided through the our Department for Special Education and Related Services.

Tier Three

Related Services

Counseling with School Social Worker and/or School Psychologist

Special Education

Continuum of Services Programming

Special Education and Related Services

Social Skills

Parent Training

LINKS

Doctoral level Psychologists

Evaluations

School personnel, as well as outside professionals

Outreach

For Students

- School counselor appointments
- Classroom lessons
- Monthly check-ins through Qualtrics
- Community meetings
- Health lessons
- Mental health advocacy clubs
- 6-12 Schoology Outreach

For Teachers

- Professional Development
- Consultation with counseling staff
- Participation in building committees
- Interdisciplinary opportunities with school counseling, special education, nursing, and health educators

For Parents

- School newsletters
- Websites and district newsletter (Discover)
- Evening events or information sessions
- Conferences
- Parent Academies

Navigating Our Resources

Stay Informed

- Read information from Principal, District, and School Counseling Department
- Check out our websites



Participate

- Follow the District calendar
- Check out Discover
- Read the Student Services Newsletter
- District website and Student Assistance Counseling Website
- Mental Health Advocacy clubs in secondary schools



Ask us

- Call or email your principal or school counselor
- Contact our Director of School Counseling
- Reach out to our Directors of Special Education



When your child is struggling or you are concerned about your child...

- ⬡ Call your school counselor or your school principal
- ⬡ Talk with your child's teacher
- ⬡ Even if you are not sure that anything is going on...TRUST your parenting instincts...ALWAYS let us know!
- ⬡ Share your concerns!



Remember~We spend more than 35 hours per week with your child. We can be incredibly helpful and attentive, especially if we are made aware of something that is going on.