

## Mental, Social and Emotional Resources for 20-21 Re-Opening of Schools

The Student Services Psychological, Social Services and Mental Health teams along with school-based counselors and SAFE Coordinators will be providing the following services to students. These are available with the Face to face, OCVS and LaunchEd@Home models.

- Every elementary school has a fulltime school counselor and each middle and high school has a SAFE Coordinator. This should be a student and parent's first contact if they need social, emotional or mental health assistance.
- 6-12 Grade students will receive 5 Hours of Mental and Emotional Health Curriculum. They will receive a one hour lesson each month: Sept. Oct. Nov. Jan. and Feb.
- Elementary School students Face to Face and LaunchEd@Home have a 30 minute class each week that teach Social Emotional Learning standards along with physical health lessons. The Health Course is also available on OCVS.
- The following resources were provided during distance learning last spring and will continue to be provided:
  - "OCPS Supports" Online Service Request
    - [https://ocps.az1.qualtrics.com/jfe/form/SV\\_9XoB3I0TGhQ9kfr](https://ocps.az1.qualtrics.com/jfe/form/SV_9XoB3I0TGhQ9kfr)
    - The Student Services department in collaboration with the Homeless Education department created a new resource for families to gain assistance from the various social and mental health services provided by the district. The new resource is called OCPS Supports.
    - Parents/guardians will be able to complete a short survey with their contact information and the department where they are seeking assistance. A staff member will be in touch with the family within one to two business days.
  - Mental Health Resource Site for Parents in Canvas
    - <https://ocps.instructure.com/courses/1168604/pages/resources-for-families>
    - Crises unit information available
    - Virtual Parent Training Sessions on Self Care, Mindfulness and Coping, Mental Health Tips and Resources
    - Activities on SEL, Time management and study skills Parents can use with kids
    - Community resources for families
    - Weekly Check-ins with fragile students by Student Services or School Staff
    - Online Counseling using BBB or Webex when appropriate

- SEDNET counselors will continue to provide counseling via zoom as appropriate
  - Distance Assistance 101 interview on OCPS Mental Health tips and resources
- A virtual SEL overview was developed for teachers and administrators to view before schools open, in order to establish our district-wide social and emotional learning focus. All instructional staff will complete this virtual training. It will assist teachers in being able to build relationships with students and be able to identify social/emotional strengths and weaknesses within students.
- **Wellness Check-ins:** Within the SEL Overview, teachers will be provided resources to conduct Wellness check-ins with their students the first ten days of school. These will be done both within the Face to Face and the LaunchEd @Home model as a group and individually in the OCVS model (during their weekly check-in)
  - Check-ins build a classroom environment that is warm, inviting, and student-centered
  - Check-ins foster supportive relationships
  - Check-ins introduces students to skills that will help them successfully adapt to change
  - Wellness Check-ins should take no longer than 10 minutes
  - Wellness Check-ins typically occur at the start of the day, after lunch, and at the end of the day

**For Staff:**

- In support of the OCPS 2025 Strategic Plan, we are utilizing a structure for district-wide professional learning that links leadership to social and emotional learning. This professional learning structure is Social and Emotional Learning & Leadership, also known as SELL.
- Teacher supports and access to SEL content, social skills, time management in canvas course
- “Wellness and Mindfulness for Teachers” courses on Canvas
- Creating virtual calm room for teachers
- Provide all employees with information regarding what they may encounter socially and emotionally when students return
- Resources for staff that may be having financial or other personal issues due to Covid-19
- During the first ten days, we will have daily support for any staff that may need specific assistance (along with the virtual calm room)
- Provide the assistance or connect them with the appropriate EAP service or other community service
- Creating a trauma informed post Covid-19 video