Establishing District-Wide Systems to Support the Mental Health Needs of Students and Educators during COVID-19 (4-17-20 Webinar)
Participant Chat Transcript

Webinar Host: What are some systems your district has developed to support the social, emotional, and mental health needs of students, staff and families during the current school closures?

Ann Hall: telehealth
Ann Hall: access to counselors
Mary Lammi: Connections over Content;
Ann Hall: grab and go meals
Mary Lammi: Daily contact from counselors
Beth Swederskas: Outreach to high risk students
Mary Wermers: Access to counselors and social workers
Shawn Seybert: Virtual PLC
Ann Hall: additional mental health resources
Mary Lammi: Food Service Programs
Anne Monoxelos: Family Engagement Outreach
Angela Sheble: GSA virtual meetings
Maggie Schmidt: Check ins with teachers for specific subjects
Robert Bardwell: Class meetings via zoom with counselors and administrators
Mary Lammi: Community Network During Covid
Elizabeth Steele: Flexible Schedules, Grab and go meals, Connections

Sherry Smith: multiple weekly connection points between special ed, content, paras, counselors, and nurse,

Mary Wermers: Google Meet meetings with students

Ann Hall: virtual IEPs

Shawn Seybert: google classroom for students - sending daily tips

Karen Zopatti: support for parents

Mary Lammi: Tracking students/families who "gone dark" and reaching out

Robert Bardwell: parent/guardian.caregiver stress reduction zoom meeting

Mary Wermers: Principal check in calls

Kathleen Mackenzie: counselor push in to zoom classroom meetings

Danielle Kuchinski: weekly consultation with special educators, outside providers

Shauna Jean: Office hours for families

Mary Lammi: Using our SROs to do wellness checks

Erika Boulware: Training chosen students to engage in social media campaigns with their peers with a SEL focus

Beth Swederskas: Creation of district and building-based crisis teams

Ann Hall: hotline info on website

Vincent Cerce: Google meets with counselors, check-ins with teachers, SEL lesson embedded in teachers online classes, grab and go meals, SEL website with other SEL directors, SEL training for teachers and staff

Danielle Kuchinski: virtual faculty meetings

Susan LeVine: Engagement and participation, as well as communication of all kinds
Sharon Wolder: Grab and go, Social Emotional Services Call Team (speak languages of families), virtual IEPs, Calls to schools routed to cell phones distributed to principals.

Beth Swederskas: Posting positive and helpful tools for students to use at home

Sherry Smith: daily SEL classes w/ assigned students, run by a counselor

Kathleen Mackenzie: offering self-care strategies for staff

Ann Hall: reminders of EAP access for staff

Danielle Kuchinski: continuation of Second Step/ SEL lessons

Jacqueline Dupont: Virtual IEPs, google meets, phone check ins, our Principals check in our students, we have breakfast and lunch meals handed out, google classroom, zooms, constant email check ins

Kristy Hardy: an outside the box type of way we are trying to reach our high school students is that the social workers at MHS created this instagram account to support them

https://www.instagram.com/mhs_virtual_zen_den/?igshid=a1b8kd0xesjc

Q&A Pod

Rachel Pascale (EDC): Good morning, folks! Here’s where you can ask your questions or make comments during today’s webinar.

Rachel Pascale (EDC): https://matoolsforschools.com/

Sherry Smith: One thing we did in support of our staff was to maintain our scheduled April vacation; we thought it was critical for staff to have some space for self-care and release from work duties given how hard they’ve been working, and how stressful this whole situation has been for all

Thomas Lamey: Article in HBR on " That Discomfort You’re Feeling Is Grief"

Kristy Hardy: one thing we did to reach our hs students where they’re at was that the social workers created this instagram account to support the students during the closure -

https://instagram.com/mhs_virtual_zen_den?igshid=a1b8kd0xesjc

Elizabeth Steele: What was the E in FireHOSE?

Rachel Pascale (EDC): Great question--it stands for exercise (do you/they need exercise?)
Kristen McKinnon: Rachel, is there a link for the FireHOSE acronym?

Rachel Pascale (EDC): Thanks, Kristen! It’s described here on pbs.org’s site: https://www.pbs.org/parents/thrive/how-you-and-your-kids-can-de-stress-during-coronavirus

Ann Hall: we are partnering with the local health center and teen clinic to provide weekly Q and A with nurses for health and wellness

Mary Lammi: That was excellent! Very helpful! Thank you!

AnnMarie Schroeder: HI Ann Hall: do you have school nurses that they could connect with vs outside providers?

Mary Lammi: What is the difference b/t Google G Suite Hangout meet and Google Hangouts video

Ann Hall: we are talking with both in school and partnership agencies

Ann Hall: we have a teen clinic on our HS campus that is staffed by GLFHC and our own nurse’s suite with school nurses

AnnMarie Schroeder: that’s fantastic Ann

Jennifer Morrisino: We also maintained our scheduled April vacation for educator self-care, but some parents were not happy with this. Their children require extreme structure, which school supplies and is more difficult for some parents to enforce.

Kristin Touchette: Jariel, are the how to zoom videos available to your students on the NBPS website?

Sharon Wolder: Can you share strategies for confirming students are safe. There are far fewer 51As being filed and students are less likely to disclose in an online platform.

Mary Lammi: We are starting to plan for "beyond the curve" and return to school - can any of the panelists offer their thoughts on how and what they will prioritize to support students and staff SEL at that time.

Ann Hall: Mass4You is an EAP for all who have insurance through the GIC
Robert Bardwell: Thank you to all of the presenters for using the school counselor language. Language matters!