Establishing District-Wide Systems to Support the Mental Health Needs of Students and Educators during COVID-19
(4-24-20 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?

Carol Zappulla: I am not aware of any.

Gina Hurley: We are starting with a survey

Lea Emberg: SEL Google Classroom with weekly themes with books, videos, activities and some parent resources

Karen Giangregorio: Regular office hours with SACs as well as daily check ins with at risk students/families

Melissa Kapeckas: Our advisories are meeting twice a week virtually for wellness checks and connections with peers and advisor.

Elise Herrig: Individual e-mail check-ins with staff, continuing meeting with adjustment counselors and guidance via zoom or phone call

Connie Mahoney: Groups with adjustment counselors continue via zoom

Gina Kahn: Regular communication, links to resources, access to community supports

Jonathan Landman: Regular check-ins by every teacher with students; emphasis on S/E check-ins

Lynn Pollard: Having teachers and paras check in with families

Jonathan Libby: Mental health team outreach (psychologists, social workers and counselors)

Susan Mitchell: Assigned check in with students via zoom, phone calls, etc
Valerie Smith: Our school counselors are checking in regularly with our students during their Zoom meetings, and individually with students whom they had previous services with before COVID.

Shannon Borgesen: Weekly SEL Google Classroom posts focusing on topics for students and family.

Liz Doncaster: We continue to use our Student Support Team model through online meetings to discuss high risk high need students.

Kathleen Souza: Phone contact with students, providing tech resources to students without

gail russ: due to failure to reach first graders or inspire participation... started pen pal... we don't know if it will work.

Dan Bouchard: Our school counselors are creating groups (lego, chats, art) and are beginning to get overwhelmed.

Kristina Masso: I am not aware of any.

Maria Wilson: Zoom sessions with students and staff.

Julie Kingston: Establishment of various committees to support new learning, access to additional resources, working with tech to increase access to internet and computers, staff based groups, vertical team meetings, student support meetings, admin times to connect.

Kathleen Buchanan 2: Check in with families and staff google classroom.

Shara McClanahan: Virtual Mindfulness Sessions.

Jonathan Landman: Data collection to determine who is disengaged/at risk; extra outreach to those individuals.

Jonathan Libby: - partnered with McLeans’s, offering a pre-recorded webinar for parents.

meghan Callahan: Lunch bunches, connections via zoom, we had a parade for students which also benefitted staff to name a few.

Mary Kimball: We sent out a student/parent/teacher survey to assess if there are any at-risk students and have reached out to them. We also have weekly meetings with teachers to check in to see if there are students who are not participating in remote learning or if they are
concerned with students. We have reached out to counseling students that we normally would meet with and their parents to check-in.

Taryn Muolo: SEL weekly newsletter for all families, community resources, food pantry information, ongoing communication with families

Kathleen Souza: Zoom staff mtgs

Connie Mahoney: emails, phone calls and face to face at lunch pick ups

Karen Murdock: Regular check-ins with students by teachers and support staff

Liz Doncaster: Our counselors and imbedded services continue to check in with students - District wide

William Fogel: We have updated resources list available for parent, teachers, students, EAP for teachers, SST is reviewing students with little/no contact, prioritizing telemental health, zoom classrooms are being used, advisories/homerooms

Ariel daCosta: google classrooms, zoom sessions, individual calls/emails, set "office hours" for students and families, SAC /guidance staff have conducted "positivity zooms" for staff

J D. Fergus: Daily communication, Individual learning plans, Online Circles, live community meetings, Mindfullbess sessions...

Shannon Borgesen: Individual email check ins with a "would you rather..." question to touch base weekly. WE will be moving to google meets for lunch bunch groups and individual check ins

Julie Kingston: across district team meetings, using hangouts to connect, using interpreters to connect with students and parents with a primary language other than english, continuation of lunch program (grab and go),

Christine Marcolini: class meets ups run by school psychologist for kids to connect as well as google doc communication and "snail mail" connections for very young students with pictures and notes

meaghan Callahan: Calling parents for N1 to check in.

Stacy GLICKMAN: providing resources, YOG letters. counselor check ins

Liz Doncaster: we have provided a large menu of SEL resources for Students and teachers
Dan Bouchard: we reach out to families directly if we are concerned they have food, resource, technology needs

Kathleen Buchanan: Our school counselor has scheduled weekly check-ins with her students, and check-ins with their parents. She has scheduled a Netflix Movie Night for the whole school so the students can have an online social activity to hang out with each other for fun.

Carol Zappulla: Food pantry delivery to homes

**Main Chat Discussion**

Rachel Pascale, SEL & MH Academy: Hello folks! We can continue the conversation over here!

Dr. Beverly Hegedus: Will we receive copies of the Powerpoint?

Rachel Pascale, SEL & MH Academy: Yes, Beverly! We’ll be sending them to all participants...along with the recording

Wendy Phillips: Counselors have an auto reply on their email to direct students/families to immediate resources

Karen Molnar: We have a staff group looking at needs and supports

Jennifer Ramsdell: online resources site on district website

Dr. Beverly Hegedus: Tag teaming student outreach, scheduled student check-in’s, spreadsheet monitoring of student participation for later followup.

Jennifer Ramsdell: ongoing communication, identifying needs based on IEP service delivery grids and putting into remote learning plans

Liz Doncaster: I’ve heard Sara speak before- glad to have you!

Sara: Thanks, Liz!

Colleen Culligan: Universal supports are underway with the huge transition to remote learning

Colleen Culligan: Tiers 2 and 3 more challenging

Rachel Pascale, SEL & MH Academy: If you have any comments or questions for Jariel, you can add them here
Richard Fournier: some of his themes have included family and community engagement, language accommodations, focusing on tiers 2/3

Kristina Masso: great point Jariel!

Sakshi Khurana: It might be helpful to support families to create safe and nurturing spaces at home by sharing strategies and microskills for empathy building, listening, paraphrasing and being attentive to one's own thoughts and emotions.

Richard Fournier: agreed Sakshi!!

Ariel daCosta: great point Sakshi!

Kristina Masso: I am actually being observed via zoom for my classes

Shannon Borgesen: All such great points Sara!!!

Colleen Culligan: Thank you Sara, for the reference to the ACE factors (since the end of the 1990's for heaven's sake) and remembering these with our own staff and the serious stressors they are facing.

Rachel Pascale, SEL & MH Academy: We have time for a question or two for Jariel and Sara if you want to share one here

Rachel Pascale, SEL & MH Academy: Yes, Colleen! Agreed re: ACES!

Colleen Culligan: Some ideas for staff would be great....

Colleen Culligan: Frameworks for feedback, thank you.

Rachel Pascale, SEL & MH Academy: Great question, Colleen!

Ariel daCosta: LOVE the focus on SEL standards as a way to provide feedback.

Sara: Colleen, I will share resources! thank you

Gladys Franco: Ditto, I love the idea of shifting the focus to presence of mind and modeling & supporting SEL with our staff

Colleen Culligan: Thank you very much.

Ariel daCosta: Sara, I would love resources as well.
Sara: @Ariel, I will send to Rachel to share with all.

Ariel daCosta: thanks so much : )

Rachel Pascale, SEL & MH Academy: Here's the SEL integration approach that Sara mentioned: https://www.transformingeducation.org/introducing-transformeds-sel-integration-approach-for-classroom-educators/


Rachel Pascale, SEL & MH Academy: will send anything Sara sends me as well

Sara: Richard-- we have accountability buddies too! They check in twice a week to make sure everyone is healthy!

Sara: Thank you all!

Rachel Pascale, SEL & MH Academy: Thank you, Sara and Jariel!

Richard Fournier: yes, thank you!!

Colleen Culligan: I like the idea of some supervision time for our SEL staff...thanks for this idea.

Liz Doncaster: Thank you Very helpful ideas!

Colleen Culligan: Something we do naturally when we are in contact more regularly but that has fallen by the wayside for us.

Rachel Pascale, SEL & MH Academy: Agreed, Colleen--it's like having to learn how to do that all over again and in new ways

Alma Petrovic: will the slides be available to us after the webinar?

Rachel Pascale, SEL & MH Academy: Hi Alma--yes we'll send everyone both the slides and the recording

Alma Petrovic: Great, thanks so much!

Shannon Borgesen: Another great tool is a "Zone of Regulation" check in for staff posted on our school's google classroom site, for all staff to check in and post their current "Zone" (red, blue, yellow or green)
Richard Fournier: Thats’ a good one Shannon!

Rachel Pascale, SEL & MH Academy: All these links that Mariangely has mentioned will be embedded in the PowerPoint slides we’ll send out.

Gladys Franco: Thank you!

Olga Guerrero: Thank you.

Rachel Pascale, SEL & MH Academy: Just a quick reminder--all these links will be embedded into the PowerPoint we send out.

J D. Fergus: I’m grateful for the support of mindfulness practice.

Rachel Pascale, SEL & MH Academy: Question check! If you have any questions for Kathy (now), or Mariangely or Heidi, feel free to post those here.

Christine Marcolini: Thank you Shannon for the reminder about the Zones of Regulation : )

Shannon Lee: Sharing this week’s Massachusetts Association of Approved Private Schools (maaps) wellness session – a pre-recorded meditation exercise with Dan Harris with Ten Percent Happier. His guest in this session is Susan Piver from Somerville, MA a well known author and meditation teacher. The follow-up discussion is all about communication. Here’s a little information about Susan and the link to the video. Susan has an international reputation for being an exceptionally skillful meditation teacher. She teaches workshops and speaks on mindfulness, innovation, communication, relationships, and creativity. She has been a student of Buddhism since 1995, graduated from a Buddhist seminary in 2004 and was authorized to teach meditation in 2005. In 2012, she founded The Open Heart Project, the world’s largest online-only meditation center.

Debra Vaughan: Thank you for all this information and reassurance.

Rachel Pascale, SEL & MH Academy: Thanks for sharing, Shannon!

Rachel Pascale, SEL & MH Academy: And Debra, of course. Thank you for joining.

Nicole Viele: Thank you to all the presenters.

Sakshi Khurana: Are there any volunteer opportunities for students who might be interested in supporting with SEL and mental health initiatives?
Jonathan Landman: Will the recording of this session give us access to the comments everyone typed into the chat and other boxes?

Rachel Pascale, SEL & MH Academy: Yes, Johnathan. We'll try to get the recording and PowerPoint out Monday

Linda Drew: Thank you all so much!

Jonathan Landman: Thanks to all presenters!

Rachel Pascale, SEL & MH Academy: the comments may take a few more days to get posted and share

gail russ: thank you, will share with my admin for sure

Jonathan Landman: Ditto

Dan Bouchard: thank you

Christine Marcolini: This has been great! thank you to the organizers and speakers