

Mental Health Presentation - School Board Update



August 14, 2023

Dr. Jessica Lengle, Director of Pupil Services

Background

- March 2023 - School Board of Directors approved contract with Dr. Arasz to provide consultation services and supporting of development of K-12 SEL curriculum; included need for professional employee from recommendations of MHTF
- May - June 2023 - Dr. Arasz met with representatives from the following stakeholder groups to gather information: administration, school counselors, SAP team members, school board of directors, coaches and extra curricular club advisors and parents
- July 2023 - Dr. Arasz shared recommendations with District administration related to strengths and areas of growth
- Strategic Plan initiated this work; 22-23 was used to identify needs, 23-24 will be to develop new procedures and a plan for implementation and 24-25 will include full implementation

Recommendations from Dr. Arasz

Detailed report and comprehensive presentation for the School Board of Directors in fall of 2023

Recommendation Highlights

- K-12 Mental Health Education Curriculum (Tier 1)
- Parent training on age-specific student needs (Tier 1 and 3)
- Staff training to include more stakeholder groups (Tier 1)
- Consistent language and use of an anxiety (“feeling”) scale throughout all three buildings (Tier 1 and 2)
- Develop community connections for families through safe and supportive means (Tier 2 and 3)
- Develop data tracking systems related to student and staff needs - attendance, sleep habits, homework time, tests/quizzes - prioritize within departments (all tiers)
- Short-term group/individual services based on data (Tier 2 and 3)

Tiered System of Supports for SEL and Related Factors

School-based Counseling
Psychological Counseling

Family Needs Assessments
Community/School/Parent Connections
Individual Parent Training Connections
Intensive group/individual student services

K-12 Social Work Services
eSAP and SAP assessments
eSAP and SAP groups
SAIPs with tier 2 supports

K-8 school counselor lessons
Hope Squad and Aavidum Clubs
Safe2Say
Health class curriculum

K-12 Mental Health Education Curriculum

K-12 data collection on topic specific needs to be reviewed and analyzed by MHTF

Proposed Agency Services

Contract with Empowerment Behavioral Health to provide full-time employee to support K-12 students, in addition to 60 hours of time to be used for professional development and/or support from bilingual EBH staff

Duties would include, but not be limited to:

- Support direct instruction of SEL skills
- Support referrals to in-school and outside behavioral health programs
- Conduct family needs assessments
- Promote parental/guardian involvement in schools
- Act as community school liaison
- Assist with determining barriers to school attendance
- Support K-12 data collection related to needs and supports and services

Investment and Funding

- Total cost would not exceed \$51,750 (total hours would not exceed 1,725 through June 30, 2023 at \$30/hour)
- Mental Health & School Safety Grant from 22-23 would cover approximately \$32,000 of the total cost
- \$119,000 is expected to be provided to the District through the state budget with requirements to be used for mental health supports

WASD Mental Health Task Force Action Plan

- From the March 2023 presentation to the school, a more formalized action plan was developed
- MHTF Action Plan is public on the WASD website
https://cdnsm5-ss18.sharpschool.com/UserFiles/Servers/Server_157550/File/Departments/Student%20Services/Mental%20Health%20Task%20Force/WASD%20Mental%20Health%20Task%20Force%20Action%20Plan.pdf
- Progress will be updated based on summer work and then quarterly throughout the year

Spreading Kindness Yard Signs Update

- Funding solidified in June 2023 - two generous anonymous donors and additional funding from the Anne Seltzer Fund through WAEF
- Sales have begun at the Wyomissing Public Library and signs are popping up in our community
- Will advertise to staff and community in the upcoming weeks via email (staff) and social media (community)
- Feedback has been very positive
- Proceeds will be used to purchase mental health resources for the library and District



Questions?