

Mental Health Presentation - School Board Update



October 23, 2023

Dr. Jessica Lengle, Director of Pupil Services

Background

- Strategic Plan initiated this work; 22-23 was used to identify needs, 23-24 began our work and 24-25 will include full implementation and continued goal development
- 22-23 Academic Year - multiple task force meetings with opportunities for individual/group written input as well
- March 2023 - action plan developed for 23-24 and 24-25 academic years
- While Director of Pupil Services is leading these goals, groups represented in the work include: school board of directors, administrators, school counselors, school social worker, nurses, parents, teachers, support staff, local physicians and multiple community agencies

Mental Health Stigma

- Highlights
 - Rebranding of eSAP - new logo; new parent referral form; member door signage and building signage
 - Community-wide kindness campaign with Wyomissing Public Library
 - K-1 brain breaks through M.Y. Time SEL program
- Next Steps
 - Rebranding of eSAP - creating newsletters and potty PD
 - Kindness campaign - determine what resources to purchase
 - Continue with M.Y. Time program to grades 2-4

Parental Knowledge of Age-Appropriate Behaviors

- Highlights
 - Cook Center parent trainings for 23-24 academic year
 - Supporting Your Child’s Mental Health
 - What Parents Need to Know About Suicide Prevention
 - Effects of Screen Time
 - Parenting Through Anxiety and Depression
 - Establishing Health Boundaries
 - Understanding Video Game Addiction
- Next Steps
 - Strengthening Families program to run in winter 2024
 - Teens and Technology program to run for students in grades 5-8 and parents in K-8 in late winter/early spring
 - Collaborate with EBH to run free, in person parent trainings related to student mental health needs

Bullying and Depression/Suicide

- Highlights
 - WASD Crisis Postvention Manual updated by school counselors and district administration
 - Multiple staff members attending PrePare trainings at BCIU and Dr. Lengle participated in Flight Team training for administrators
 - JSHS staff provided written procedures for supporting students in crisis during the day, along with documentation
- Next Steps
 - Develop new training plan for all school staff related to suicidal prevention
 - Consider expanding Hope Squad to West Reading Elementary Center

Stress and Pressure

- Highlights
 - Dr. Lenge applied for participation in Penn State Health School Mental Health Screening Grant
 - Dr. Lenge worked with school counselor department chair to develop timeline for implementing S-BIRT
 - Received outline of comprehensive K-12 mental health curriculum from Dr. Arasz
- Next Steps
 - Provide training for S-BIRT administration team
 - Combine Dr. Arasz's mental health curriculum with our already established SEL curriculum
 - Ensure appropriate interventions are in place to respond to screening data

Lack of Access to Mental Health Providers and Resources

- Highlights
 - Reorganized K-12 social work and related services to begin late October 2023
 - Dr. Lengle assumed Homeless Liaison duties in July 2023
 - Agreement to participate in pilot for virtual outpatient D&A counseling
 - Significantly increased number of students participating in school based-counseling (as of 10.20.23):
 - WHEC - 12 current, 2 in intake process
 - WREC - 6 current, 1 in intake process
 - JSHS - 28 current, 7 in intake process
- Next Steps
 - Continue to promote school-based counseling
 - Utilitze MHTF for determine what areas we need additional data from families to support our decision making

Poverty

- Highlights
 - Weekender Program through Helping Harvest is running again this year
 - Increased advertisement of free lunch program; individual family connections to support completion of application
 - Contract with EBH to provide more opportunities for parent connection to support in-home needs
 - Monthly connections with families experiencing housing instability to ensure awareness of community supports
- Next Steps
 - Further training on trauma and ACEs for school staff
 - Additional advertisement of community supports
 - Further advertise support for families to complete free lunch application

MHTF Agenda for 23-24 Academic Year

- Review input from stakeholder groups that was provided to Dr. Arasz
- Consider Dr. Arasz's recommendations from her review of our district data and her stakeholder meetings
- Determine additional areas of data collection from staff and families
- Review 22-23 eSAP and SAP data as well as fall 2023 data
- Discuss new initiatives related to student attendance, specifically related to EBH support
- Evaluate PAYS data, including 4th grade pilot
- Update action plan as appropriate based on additional data review

Questions?