



Zephyr Wellness Program Update November 12, 2020



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- Fall 2020 Survey Data
 - Mental Health of Students and Staff
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Zephyr Wellness Program: Community Conversations

Date	Event	Registered	Did you find the presentation to be informative to you as a parent or educator?	Did the information presented at the event help you have conversations with your child, students, or other adults?
October 26, 2020	Erin Walsh: Setting Limits and Avoiding Power Struggles	209	83.33%: Yes	66.67: Yes
October 5, 2020	Erin Walsh: The Science of Motivation	196	100%: Yes	100%: Yes
April 7, 2020	Dr. Devorah Heitner: Helping Kids and Families Thrive During Distance Learning	332	93.33%: Yes	93.10%: Yes
January 14, 2020	Embolden You: The Key Ingredient to Your Child's Emotional Well Being	96	100%: Yes	87.50%: Yes

Attendee future wellness topics of interest: children's mental health, social media use, equity, parent panels, social interactions/friendships, online safety, stress reduction in the home, sleep, and community meet ups (virtual or in-person).

Community Conversations: Voices from Surveys

“Thank you for putting together these valuable and worthwhile events.”

“These are wonderful events. I have enjoyed and learned from each Wellness Program I have attended. Thank you for organizing these topics and presenters.”

“I thought this program event was WONDERFUL!! I thought Erin Walsh shared really helpful tools and examples that I will use in our family. She is very interesting and easy to listen to. I really like how we as the audience could respond to questions even though it was virtual. It was well worth my time! I am going to have my husband watch it as well. I am glad this will be available for others who couldn't attend. Because this one was so good, I plan to watch the one done prior. I think it relieved some of my stress and worry. It was extremely valuable.

Thanks again!”

“I was unable to attend "live" but watched it in full earlier today and LOVED it. Thank you so much for having the foresight to record it for those who were unable to work it into their schedules the other night. Thoughtful, empathetic and positive insights into a world we are all learning to adjust to. I feel so much better about what I'm doing as a parent, a teacher, and even as a daughter, after listening to Dr. Heinter's presentation.”

“I still think about this presentation daily. It was such a change in how I view my children and how we talk to each other. It has changed our family and I'm so grateful! Thank you for this invaluable lesson.”

Zephyr Wellness Program: Staff Development

Fall 2020: Staff Debriefing

- Free and confidential debriefing opportunities for staff in each of our buildings.
- Debriefing is an opportunity for staff as individuals or in groups to problem solve, vent, consult, and coach.
- The sessions are confidential and last 15-20 minutes. Some of the common reasons for debriefing include, but are not limited to, primary and secondary traumatic stress, burnout, workplace conflict, personal stress that impacts work, and COVID-19.

Training (MS)- Resilience and Self-Care in a Pandemic

Presented by Advanced Trauma Consulting



Zephyr Wellness Program: North Homes Mental Health Services

During the 2020-21 school year, Mahtomedi Public Schools continues to provide mental health support, including therapy, to students ages preschool to 12th grade, via in-person and telehealth appointments through their community provider, North Homes Children and Family Services.

- In 2019-2020, North Homes served approximately 125 students/families with 3 providers.
- In 2020-21, North Homes is serving approximately 98 students/families with 2 providers.
- Funding from Mahtomedi Area Educational Foundation and Greater White Bear Lake Community Foundation support families who need assistance with therapy cost.

Fall 2020 Survey Data: Staff & Student Mental Health

	Question	Response
Staff	I have the resources and support I need for my mental wellness.	56.79% Strongly Agree or Agree. 19.75% are Unsure
OHA Students	When I am sad or worried, I know someone at home or school that I can go to.	88.46% Strongly Agree or Agree
MMS Students	I have the resources and support I need for my mental wellness.	88.58% Strongly Agree or Agree
MHS Students	I have the resources and support I need for my mental wellness.	71.55% Strongly Agree or Agree

Fall 2020 Survey Data: Staff & Student Mental Health

Our responsive approach to addressing mental health at this time

- Listen and seek feedback to identify the causes of stress
- Respond by making adjustments and building a system of structured, daily supports
- Monitor supports for effectiveness and adapt accordingly

Mental Health During Hybrid and Distance Learning 2.0

- **Structured Support in Secondary Schedule:** Starting November 30, the schedule will have new ways to target students with academic and social emotional support.
- **In-Person Student Groups During Distance Learning 2.0:** Prioritize in-person learning opportunities for students who need the most direction and support.
 - **Group 1:** High needs special education students and 18-21 Passages Transition Program
 - **Group 2:** Students requiring academic or social/emotional support and intervention, Special Education, EL, 504 students, Students at-risk of not graduating, and Students experiencing homelessness.
- **Continuation of Activities (Athletics and Clubs):** Development of peer relationships (area for improvement in MMS and MHS surveys), passion development, and overall wellness.