

Mental Health & Social Emotional Learning Supports During Hybrid & Distance Learning



ISD
709
6
Duluth
Public Schools

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Professional Development

- ❑ All staff at the end of last school year received training on recognizing and supporting students mental health needs during distance learning. Link to: [Emergency Distance Learning & Crisis Support for Students with Mental Health Needs](#) & [Better Together Video](#)
- ❑ All Social Workers, Counselors, Psychologists, Nurses, Admin, and Mental Health Practitioners were trained in applying the crisis response/suicide response protocol during distance learning.

Tier 1 Social Emotional Learning Supports

- ❑ Teaching expectations around virtual learning and covid precautions (PBIS in some schools)
- ❑ Second Step or other SEL being taught by each school (last year lesson plans were created to be the same for all students)
- ❑ Youtube SEL lessons
- ❑ Virtual Calming Rooms in some bldgs through Seesaw or webpage: [The Chill Out Space](#)
- ❑ Virtual SEL libraries
- ❑ Counselor and Dean pages in Canvas
- ❑ Daily SEL announcements

Tier 1 Social Emotional Learning Supports

- ❑ Connecting students to their needs including technology needs, food, clothing, and school materials.
- ❑ Parent support and engagement
- ❑ Offering SEL lessons in person in the classroom in some schools that are hybrid
- ❑ Restorative Practices occurring in some locations (LPMS Restorative Practices Team offers check-in questions and relationship building activities for teachers to post on their Canvas pages)
- ❑ Positive recognition systems for students

Tier 1 Social Emotional Learning Supports

- ❑ Virtual orientation & welcome/community building opportunities for students such as through videos and webpages. [Ordean East video](#) & [LPMS Virtual Orientation](#)
- ❑ Videos shared last school year during distance learning
 - ❑ [Grief & Loss Video for Teens with Grief Therapist Gina Dixon & Ron Lake](#)
 - ❑ [Grief & Loss for Parents & Staff with Essentia Therapist Cheryl Lagergren & Ron Lake](#)
 - ❑ [Sleep & Relaxation with Dr. Dave Plude & Ron Lake](#)

Tier 2 Social Emotional Learning Supports

- ❑ Groups via google meet by Counselors, Gen Ed Social Workers, SEL Specialists, MTSS Coordinators
- ❑ Reaching out to students and families using several modes of communication to support attendance
- ❑ Using restorative practices in some schools to resolve student problems as they arise
- ❑ Phone calls, emails, and home visits with parents to engage family in child's learning or on child's mental health or basic need supplies, etc.

Tier 3 Social Emotional Learning & Mental Health Supports

Social Workers:

- ❑ Offering 1:1 google meets or group meets
- ❑ Canvas or Seesaw Courses
- ❑ Videos on social emotional topics
- ❑ Phone calls, emails and text messages
- ❑ Mental Health Referrals
- ❑ Mini Mental Health Status Questions : sleep, diet, mood, exercise

Co-Located Mental Health Partnerships

- ❑ Every school (except ALC) has access to a co-located mental health therapist.
- ❑ Each agency has adjusted their current model from previously seeing students at school sites to now being available via telehealth or at their main office location.
- ❑ Northwood Children's Services Day Treatment Program is still seeing students on site. At LPMS they are providing transportation of students to the program since bussing is not available.

Co-Located Mental Health Partnerships

- ❑ During hybrid learning, should telehealth not support the students' needs then the agency will consider seeing the student at school after consulting with the mental health team at the school.
- ❑ Each school was encouraged to schedule google meetings bi-weekly with the co-located therapists at their site to consult on students/referrals.

Co-Located Mental Health Partnerships

Denfeld- Nystrom & Associates & Fond Du Lac School Linked Mental Health

East- Arrowhead Psychological

LPMS- The Human Development Center, Fond Du Lac School Linked Mental Health, Northwood Children's Services Day Treatment Program

Ordean- Arrowhead Psychological

Co-Located Mental Health Partnerships

Piedmont- Northwoods Outpatient Services & Northwoods Day Treatment Program (in process of establishing w/ Fond Du Lac)

Laura Mac- Northwoods Outpatient Services & Northwoods Day Treatment Program (in process of establishing w/ Fond Du Lac)

Myers Wilkins- The Human Development Center & Northwoods Day Treatment Program (in process w/ Fond Du Lac)

Lowell- Northwoods Outpatient Services (in process with FDL)

Co-Located Mental Health Partnerships

Lester Park, Congdon, Lakewood, Homecroft, Stowe - The Human Development Center

The Hills Youth & Family Services (Cambia)- outpatient transition services to support student exiting a higher level of care back into the schools (12-18 year olds)

Therapeutic Services Agency- outpatient therapy for students that are deaf & hard of hearing

Additional Community Connections

- ❑ School Social Work Team just met with St. Louis County Initial Intervention Unit Supervisor last week to coordinate services and collaborate.
- ❑ Community Schools Partners support our students' social emotional needs even during distance learning.

Staff Mental Health and Wellbeing Happenings

- ❑ Check-in Buddy System
- ❑ Staff Restorative Support Circles at LPMS
- ❑ Some buildings have team builders
- ❑ HDC Providing group consultation opportunities for ISD 709 staff for anyone who wants to participate and sign up
- ❑ Social Workers, Counselors, SEL Specialists, MTSS Coordinators, Deans, Admin, etc. offering support to staff and teachers