

# SCHOOL MENTAL WELLNESS SCHOOL BOARD UPDATE

**November 4, 2021**

# OVERVIEW OF SCHOOL MENTAL WELLNESS NEEDS

- Students, families, and staff of Charlottesville City Schools, like many other school divisions, are facing increased mental health crises and ongoing struggles.
- Challenges were only further exacerbated by the separation and loss of connection from trusted school staff due to the pandemic.
- Many families have struggled and continue to struggle financially, and they are worrying about very basic needs.
- We have students and families who are experiencing a high level of grief and loss as well as have on-going concerns about their physical health

# OVERVIEW OF SCHOOL MENTAL WELLNESS NEEDS



- 38 Afghan students enrolled between 5/21-8/21/2021. We are expecting up to 36 additional Afghan students (who are currently already in the area) and anticipating up to 35 more Afghan students in the next month.
- We already had over 170 Afghan students enrolled in our schools.
- Many of our newly arrived students and families and many students who have been in Charlottesville for a period of time are experiencing a variety of feelings and needing additional support.

# OVERVIEW OF SCHOOL MENTAL WELLNESS CAPACITY

Prior to Covid, there were 28 school mental health professionals (SMHP) serving our 10 schools.

- Each elementary school and Lugo-McGinness Academy has one school counselor
- Walker Upper Elementary School and Buford Middle School have 2 school counselors
- Charlottesville High School has 6 school counselors
- There were 4 social workers and 5 psychologists shared throughout the division. Additionally, there were 2 student support liaisons, serving Walker Upper Elementary, Buford Middle School and Charlottesville High School addressing issues of student engagement via attendance support.

# OVERVIEW OF SCHOOL MENTAL WELLNESS CAPACITY - 2020-21 SCHOOL YEAR

- For the 2020-2021 school year, 5 SMHP positions, Clinical Social Workers, were added through a community grant. We were able to hire 2 of those positions at CHS during the 2020-21 school year. The other 3 Clinical Social Workers began in August of 2021 for the start of the new school year.
- Further, through CARES funding for the 2021-2022 school year, 6.5 SMHP positions, Social Emotional Support Counselors, were added. All of these positions are hired and currently in place.

# SCHOOL MENTAL WELLNESS CAPACITY - WHAT DOES THIS LOOK LIKE AT EACH SCHOOL FOR 2021-22?

- CHS/LMA
- Buford
- Walker
- Elementary



# OVERVIEW OF SCHOOL MENTAL WELLNESS CCS CAPACITY

- **Mental Wellness Teams address mental health emergencies and tragedies**
- **Collaborative partnerships with other SMHP's**
- **Healthier and more mentally well school**

Considering the reduced availability of community-based resources like therapeutic day treatment (TDT) due to changes in state practices and staffing as well as long wait lists for other services, increasing our school division's mental wellness capacity is more critical than ever

# SCHOOL MENTAL WELLNESS - PRACTICE

- The 16.5 new SMHP positions are integrated into the Virginia Tiered Systems of Support
- Work collaboratively with other team members and interventionists to assess who is in need of Tier 2 and Tier 3 interventions.
- Integration of **Family Engagement** and **Positive School Culture**

Some current needs include:

- Depression
- Anxiety
- Trauma
- Executive Function
- Impulsivity
- Sexuality/Gender Identity
- Grief and Loss
- Emotional dysregulation
- Crisis Intervention
- Family/School Distress



# SCHOOL MENTAL WELLNESS - PRACTICE

One representative sample of how data is used to drive mental wellness practice is given below:

- Positive school culture and mental wellness support in classrooms is needed as reflected in data acquired through a student self assessment from ReThink Ed at **Buford Middle School**; (a platform Charlottesville City Schools uses for Social Emotional Learning Curriculum- please note there was no assessment given in Spring of 2021).
- With that knowledge, the Clinical Social Workers at Buford Middle School have been spending some of their time providing service in classrooms with greater need. Some examples of this tier 1 support are proactive, restorative classroom circles and teaching specific mental health lessons for health classes on depression and signs of suicide.

Grade 7 ▾

SEL Spring 2021, SEL Fall 2021  
▾

Total Score ▾

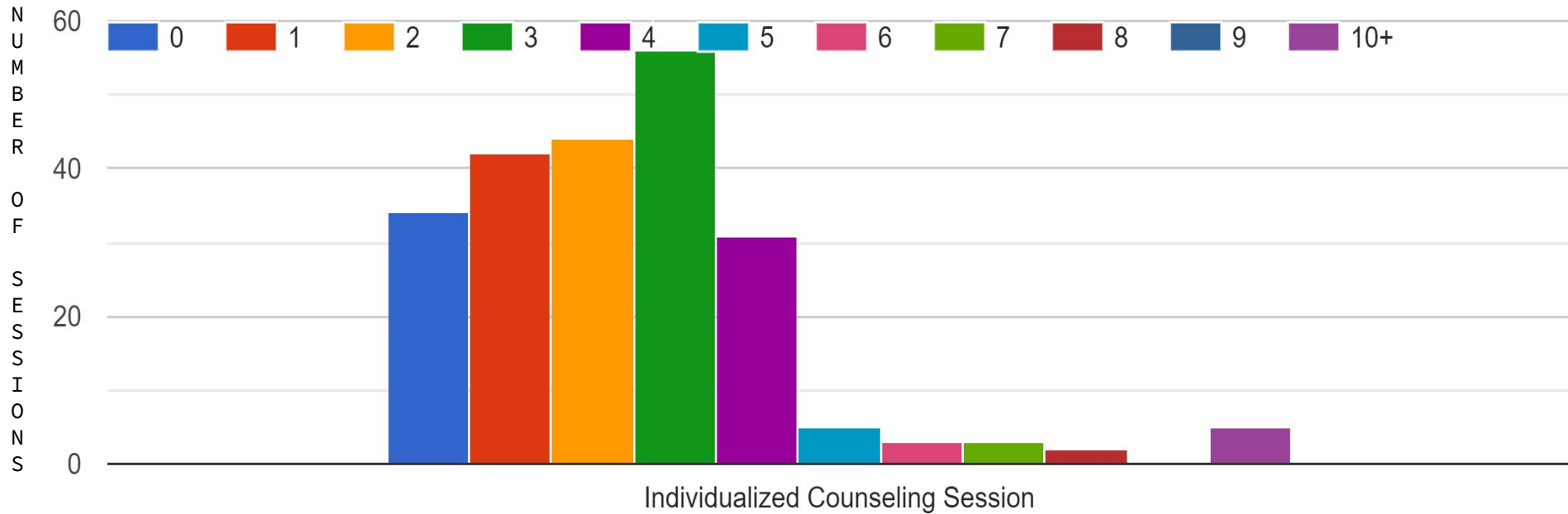


\* **SEL Spring 2021** Assessment available from **02/01/2021 - 07/31/2021**.

**SEL Fall 2021** Assessment available from **08/01/2021**.

Your selected date range displays results from **07/09/2021 - 10/07/2021**.

# Average Daily Occurrences of Individualized Support Provided (Tier 3 Services) -Per Provider



# MENTAL WELLNESS AHEAD

- Given the significant academic pressures caused by the pandemic and the subsequent stress felt by everyone, adult and student mental health needs are only going to increase in the near future
- Proactive investment in our capacity to meet the mental wellness and health challenges will allow for a more equitable and sustainable Charlottesville positive school culture