



Mountain View  
Whisman  
School District

# Wellness

March 18, 2021



# Strategic Plan 2021

- SP2021 did not specifically target health and wellness or have a social-emotional learning focus.
- The closest it came was:
  - Goal 3: Inclusive and Supportive Culture
    - Communication
    - Engaging and Positive Interactions

# Strategic Plan 2027

- SP2027 specifically identifies a focus on “Student Social-Emotional Health”.
- Goal Area 2: Student Social-Emotional Health
  - 2a. Equitably and effectively support healthy and responsible student behavior.
  - 2b. Ensure an integrated, consistent approach to social-emotional learning.

# Why Social-Emotional Focus?

- Trauma has lasting adverse effects on an individual's functioning and physical, social, emotional, or spiritual well-being (CDC ACES, SAMHSA, n.d.).
- Social-Emotional Learning instruction with fidelity has demonstrated an average of 11 percentile-point increase in student achievement as measured on standardized assessment. (CASEL 2011)



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# Health & Wellness Coordinator

# Health and Wellness Coordinator

- Onboarding:
  - November 16
  - Thanksgiving Break
  - Winter Break
  - Mid-Winter Break
- Month-to-Month duties/activities
  - First month focus: learn & connect
  - Subsequent months: learn, connect & support
  - Currently: learn, support, plan, & look for opportunities

# Health and Wellness Coordinator

- Learn and Connect (Month 1)
  - 1:1 Principal Meet and Greet
  - District Leadership Meetings
  - Community meetings: City, District
  - Collaboration meetings with community based organizations
  - Board Meetings
  - Read Board Policy, district handbooks, crisis response plan, department materials, SARCS, and examined student data

# Health and Wellness Coordinator

- Connect & Support (Months 2-4)
  - Continued 1:1, District Leadership, Community Meetings, Collaboration, and Board Meetings
  - Initiated work with schools:
    - staff introductions & presentations,
    - coffee with principal introductions & presentations
  - Started check-ins with School Linked Services, Community Health Awareness Council (CHAC), Uplift, and Santa Clara Behavioral Health
  - Conducted School Counselor Check-in and support meetings
  - Curated Social Emotional Wellness Lessons and Resources for teachers



# Health and Wellness Coordinator

- Support, Plan, and Looking for Opportunities
  - Continue meeting with stakeholders
  - Continue school site support at staff meetings
  - Participate in Strategic Planning Process for SP2027
    - Facilitated team development of Goal 2 strategic initiatives
  - Plan: May Mental Health Month
  - Plan: adult supports for transition to in-person learning: Parent University, Resilience Pause
  - Resume Health and Wellness Committee
  - Seek supplemental funding opportunities
    - County Grants, State Legislation supporting Mental Health



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# What Currently Exists?

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<u>Prevention/Promotion</u>	<u>Targeted Support / Intervention</u>	<u>Intensive Intervention</u>
Social-Emotional Supplemental Classroom Lessons	School Counselors	Clinical Therapist for Students with Individualized Education Programs
Santa Clara County Behavioral Health Partnership: Kognito, HEARD Alliance	School Psychologists	Uplift/Prevention and Early Intervention
School and Community Engagement Facilitators (SCEF)	Community Health Awareness Council (CHAC)	
	Uplift/Prevention and Early Intervention (PEI)	

# What Data Currently Exists?

- Data
  - Number of student referrals or contacts
  - SCEF data logs
  - Crisis response logs
  - Daily attendance
  - Information from Student Success Team (SST) meetings

# What is missing?

- Social emotional competencies or learning targets
- Behavioral support infrastructure
- Comprehensive data
- Social Emotional Learning (SEL) curriculum
- Professional development
- Seamless integration within Multi-Tiered System of Support (MTSS)



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# Strengths & Challenges

# Some Good News

- Social Emotional Learning is happening
- Counseling support exists
- Crisis support exists
- Teachers and support staff have been provided simulations and professional development on a variety of topics
- Leadership is supportive

We have momentum!

# Challenges

- Silos: SEL instruction and interventions are site dependent
- Absence of Social Emotional Learning curriculum for all
- Lack of uniform data collection and analysis processes or system for social emotional development
- Development of a multi-tiered system of support incorporating mental health prevention & intervention





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# Next Steps

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- Develop Strategic Plan 2027 - Goal 2
  - Utilize process & stakeholder input
  - Develop action plans
  - Build upon and refine current SEL efforts
- Continue collaborative opportunities
  - We can't do this work alone or in silos
- Continue teacher and parent prevention activities
- Facilitate Mental Health promotion activities