



# Healthy Youth and Schools Commission

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August Quarterly Meeting

Quarterly Commission Meeting  
Aug. 22, 2018

Jeff Travers  
Chairman of the Commission



Welcome



# Agenda

- **Welcome and Introductions**
- **Recap the Previous Commission Meeting**
  - Approval of Minutes
- **Update on Healthy Youth and Schools Commission**
- **Update from OSSE**
  - General Announcements
  - Health and Wellness Personnel Update
  - Strategic Planning
- **Update from the Physical Activity Subcommittee**
- **Legislative Update**
  - The Healthy Students Amendment Act of 2017
  - The Student Certificate of Health Amendment Act of 2018
- **Mental Health for Students and School Staff**
  - District of Columbia Public Schools (DCPS)
  - AppleTree and the School Social Work Association
- **Comments from Commissioners on Current Work**
- **Closeout and Priorities for Next Meeting**



# Recap Previous Commission Meeting

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**Jeff Travers, Chairman**

Healthy Youth and Schools Commission





# Recap Previous Commission Meeting

- April Quarterly Meeting
  - Date: Wednesday, Apr. 25, 2018
  - Main topics covered:
    - 2017 YRBS Data
    - Electronic Universal Health Certificates
    - Safer, Stronger DC
  - Approval of minutes



# Update on Healthy Youth and Schools Commission

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**Jeff Travers, Chairman**

Healthy Youth and Schools Commission

**Kyle Flood, Manager of Policy and Compliance**

Office of the State Superintendent of Education



## **Congratulations, Laureen Polite!**

*Student Commissioner, School Year 2017-18*

Laureen graduated from Friendship Public Charter School in the spring. She is now attending Virginia State University with a major in social work and a minor in biology. Laureen maintains an interest in public health and giving back to her community. She is already thinking of opportunities to volunteer and serve the District in summer 2019.



# Update from OSSE

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**Heidi Schumacher, Assistant Superintendent**

Office of the State Superintendent of Education

**Kyle Flood, Manager of Policy and Compliance**

Office of the State Superintendent of Education



# Update from Physical Activity Subcommittee

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**Bill Dietz, Commissioner**

Healthy Youth and Schools Commission,  
Physical Activity Subcommittee



# Legislative Update

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**Kyle Flood, Manager of Policy and Compliance**

Office of the State Superintendent of Education (OSSE)



# Mental Health for Students and School Staff

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District of Columbia Public Schools (DCPS)

AppleTree and the School Social Work Association



DISTRICT OF COLUMBIA  
PUBLIC SCHOOLS

August 22, 2018

# Healthy Youth and School Commission Meeting

Danielle Shakur





# Objectives

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- By the end of this presentation, participants will understand
  - How DCPS Health and Physical Education (HPE) team addresses student mental health through the curriculum
  - How staff mental wellness is addressed through the HPE team.

## Background of Health Curriculum

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DCPS uses a skill-based approach for teaching health education. Studies show that simply providing information is not enough; individuals must practice using health skills in order to change health behavior.

The skills we focus on are: ***accessing and evaluating information; analyzing influences; decision-making; goal-setting; self-management; interpersonal communication; and advocacy.***

## Introduction to Curriculum

- Looking at the end product from the 8<sup>th</sup> grade



## 8<sup>th</sup> Grade Curriculum:

- **8th grade: Accessing and evaluating information (Cornerstone: If You're Watching This)**
- This unit examines myths about mental health and helps students to recognize the characteristics of positive mental health. Students debunk myths about mental health and address the role of family and friends in supporting mental and emotional health. They will then create a video diary to an individual who is experiencing depression or suicidal thoughts that offers them guidance.
- Essential question: where can I turn for help to support mental health?

## 7<sup>th</sup> Grade Curriculum:

- **7th grade: Communication**
- This unit focuses on ways to use effective communication skills to foster positive mental health outcomes and healthy relationships. Students will practice active listening, collaboration and other communication skills and techniques for controlling emotions as they examine the impact of communication on mental health. Students will also demonstrate how to ask for assistance to enhance the health of themselves and others.
- Essential question: how does effective communication impact relationships and mental health?

## 6<sup>th</sup> Grade Curriculum:

- **6th: goal-setting and self-management**
- Students will examine factors that impact their mental health, including stress, anxiety and self-image. Students will learn to recognize and manage their emotions, including their reactions to stress. Students will assess their needs and set short and long-term goals. Students will also explain the importance of assuming personal responsibility for adopting behaviors that improve mental health.
- Essential question: how do goal-setting and practicing health enhancing behaviors impact mental health?

## K-5<sup>th</sup> Grade Curriculum:

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- K-5: the focus is on skill development. Students describe healthy ways to express needs, wants and feelings; demonstrate listening skills; identify trusted adults; demonstrate ways to respond when in uncomfortable situations and practice telling a trusted adult when help is needed.

## High School Curriculum:

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- **High School: Analyzing influences**
- This unit examines the factors that influence the mental health of individuals, families and communities. Students will analyze how various factors, including family, peers, media and technology, influence their own perceptions, practices and behaviors and develop strategies for improving mental health outcomes.
- Essential question: who influences my mental health?



## HPE Staff Wellness:

Two Years Ago 2016-17	Last Year 2017-18	This Year 2018 -19
<ul style="list-style-type: none"> <li>February designated for Health and Wellness PD – to focus on curriculum and staff wellness</li> </ul>	<ul style="list-style-type: none"> <li>February designated for Health and Wellness PD – to focus on curriculum and staff wellness</li> <li>Choice Sessions included for staff wellness throughout PD – Yoga, Mindfulness, Trauma Informed Care</li> </ul>	<ul style="list-style-type: none"> <li>February designated for Health and Wellness PD – to focus on curriculum and staff wellness</li> <li>Choice Sessions included for staff wellness throughout PD – Yoga, Mindfulness, Trauma Informed Care</li> <li>PLC Group and Choice Sessions</li> </ul>



DISTRICT OF COLUMBIA  
PUBLIC SCHOOLS

# STAFF WELLNESS



# TRAUMA RESPONSIVE SCHOOLS PILOT

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- Trauma Responsive Schools Implementation Plan addresses outcome efforts on three different levels:
  - School Level
  - Staff Level
    - Built in components of staff wellness to address secondary trauma
  - Student Level

# INOVA

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- DCPS offers the INOVA Employee Assistance benefit for employees (teachers and school staff) who may experience secondary traumatic stress or other mental health challenges.
- INOVA is a free and confidential service available 24 hours per day/ 365 days of the year to DCPS employees residing in DC, Maryland and Virginia.



# FUTURE PROGRAMMING

## FUTURE PLANNING

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- DCPS has mini-grants available through Kaiser Permanente for 10 DCPS schools
- Application is designed to bring teachers, staff and principals together to determine what they want to do in their school to support staff wellness.
- Schools on the top 25% of highest needs schools list will be encouraged to apply, as well as schools with limited PTA funding available.

# FUTURE PLANNING

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- Kaiser piloted this mini-grant program in Prince George's County and saw a number of creative plans:
  - Meditation room
  - Coffee makers
  - Kitchens painted and renovated
  - Offerings of classes afterschool for staff
    - Yoga
    - Measured mile walking tracks
    - Zumba



# AppleTree

Mental Health and Social Emotional Supports

OSSE Healthy Youth and Schools Commission: August 2018



# Mental Health Curriculum for Students



AppleTree

# Every Child Ready (ECR)

- Comprehensive and multi-tiered curriculum developed by the AppleTree Institute
- Utilized at all 11 AppleTree campus sites
  - 2018-2019: ~1,400 preschool and pre-kindergarten students



# Every Child Ready (ECR) - Tier 1

- **Unit 1: Getting Ready to Learn** (first 4 weeks of school)
  - Daily, whole group lessons focused on Social Emotional Development
    - Preschool lesson examples:
      - Emotion expressions
      - Identifying strong emotions
      - Basic soothing strategies
      - Identifying emotions in others
    - Pre-kindergarten lesson examples:
      - Helping others
      - Calming strategies
      - Big deal/Little deal



# Every Child Ready (ECR) - Tier 1

- Continued, embedded SED lessons throughout the year for all students
  - One (1) SED lesson per week during a small group
  - Examples:
    - Showing empathy
    - Different feelings
    - Feeling left out
- Updates to entire ECR curriculum, including increased emphasis on SED, underway to roll out in 2019-2010



# Mental Health Supports - Tier 2 and 3

- Tier 2 SED lessons through Every Child Ready (10-20% of students)
  - Topic examples: Resiliency, Conflict resolution, Self-control
- Students with highest needs / trauma symptoms (3-10% of students)
  - Bounce Back - online training
  - Incredible Years small group counseling curriculum pilot
  - Play therapy certification scholarship (2 clinicians / year)
- **Challenges**
  - Scaling down for youngest learners (3 years)
  - Cost prohibitive kits for highest rated interventions



# Mental Health Supports for Staff



AppleTree

# Partnership with Georgetown University

- **2016-2017**: Began pilot partnership through the Early Childhood Innovation Network (ECIN) at Georgetown University
  - 2 campus sites
  - Included teacher wellness initiatives



# Partnership with Georgetown University

- **2017-2018/2018-2019**: Grant funded partnership with WISE Center (Wellness in School Environments) and ECIN
  - Early Childhood Mental Health Consultation at 5 campus sites
  - Principal-chosen offerings include:
    - Teacher wellness
    - Trauma-informed teaching fellowship
    - Trauma-informed practices professional development
  - ~80+ teachers and staff





# Partnership with Georgetown University

- **Challenges:**
  - 5 out of 11 campus sites
    - AppleTree clinicians (social workers/counselors) at non-partnership campuses facilitate professional development and workshops based on campus need and principal requests
  - Current discussions regarding scaling and work after grant cycle



# Partnership with RELAY/GSE

- Beginning 2017-2018, resident teachers receive monthly teacher wellness and trauma-informed psychoeducation from Georgetown University medical practitioners.
  - ~45 teachers





# Commissioners' Current Work

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**Commissioners**

Healthy Youth and Schools Commission



# Closeout and Priorities for Next Meeting

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**Jeff Travers, Chairman**

Healthy Youth and Schools Commission