



# A Focus on Mental Health

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School Board Meeting  
November 19, 2018



# Start with School Climate

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School climate is the way school culture affects a child's sense of safety and acceptance, and consequently, is a critical determinant of students' ability to focus on learning. It includes the following:

- **Engagement** - cultural and linguistic competence, relationships, school participation
- **Safety** - emotional and physical, bullying/cyberbullying, emergency readiness and management
- **Environment** - physical, instructional, physical and mental health, discipline

# Syosset is Proactive

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- Ongoing professional development, including a nationally recognized consultant in positive behavior supports and best practices to address awareness, prevention, and treatment of challenging behaviors/mental health issues
- 2016: K - 12 task force including teachers, mental health staff, nurses, and administrators to develop a coordinated and comprehensive system to address students' social/emotional/behavioral/mental health needs
- Incorporating recent NY State Education guidelines on mental health literacy into an instructional and community-based framework to support student and staff wellness

# Elementary

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- Use of an evidence-based social/emotional learning program
- Mindfulness activities embedded in the school day
- School-based goals for the development of positive behavioral supports for all students
- Additional social worker support available
- Grade and building level programs and activities to increase sensitivity to differences with self and others

# Middle School

- No Place for Hate designation
- Student advisory pilot
- School-based goals for the development of positive behavioral supports for all students
- Peer mentoring and tutoring
- Social skills and friendship groups
- Wellness lessons embedded in the PE curriculum
- Health curriculum aligned with NY State mental health literacy guidelines
- Exceed the NY State mandate for health education
- Additional social worker support
- Additional psychologist support

# High School Mental Health Supports & Programs

## Supports/Programs

- Wellness Program (all students)
- Peer Leadership Program
- Grade 11 Health classes
- 3 Psychologists
- K-12 Social Worker
- School Counselor (drug & alcohol)
- 11 Guidance Counselors
- Instructional Support Team
- PRIDE = School-wide Character Education Programs



## 2018-2019 Enhancements

- Increase Social Worker Caseload
- Added Secondary Psychologist
- Multi-Tiered Systems of Support (MTSS), Threat Assessment Committee, Social Emotional Learning (SEL) Committee
- Positive Behavioral Supports for all students
- Implemented the Mental Health Education Literacy in Schools Above Expectations



**Comprehensive Mental Health Supports/Programs Meeting and Exceeding State Mandates**

# NYSED Mandated Health Curriculum

NYSED Health Curriculum Mandate	Syosset Exceeds Mandate
<b>Elementary</b> Teach a sequential health curriculum (no seat time required)	<ul style="list-style-type: none"><li>• Embedded Mindfulness curriculum K-5</li><li>• Grade 5 gender health issues unit of study</li><li>• Social emotional learning curriculum pilot</li></ul>
<b>Grade 6</b> None	<ul style="list-style-type: none"><li>• .25 Health credit taught by a certified Health Teacher</li></ul>
<b>Grades 7-8</b> .5 Health credit	<ul style="list-style-type: none"><li>• .5 Health credit</li><li>• Wellness Curriculum (15 days - Phys. Ed Rotation)</li></ul>
<b>High School (9-12)</b> .5 Health credit	<ul style="list-style-type: none"><li>• .5 Health credit</li><li>• Grades 9 &amp; 10 Wellness curriculum (40 days - Phys. Ed Rotation)</li><li>• Grade 11 Junior Day with classroom reinforcement</li><li>• Grade 11 Community Health elective (1 credit)</li><li>• Peer Leadership Program (9-12)</li><li>• Health Fair (9-12)</li></ul>

# Threat Assessment Protocol

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Goal: Identify students of concern, assess their risk for violence or other harmful activities, and identify intervention strategies to manage the risk

1. Multi-disciplinary team
2. Define behaviors
3. Develop a reporting system
4. Establish procedures to assess level of threat
5. Align intervention systems and programs
6. Provide ongoing professional development





Thank You