



WSCC Emotional Well-Being Learning Collaborative

December Community of Practice Call

CDC National Initiative to Advance Health Equity in K-12 Education
by Preventing Chronic Disease and Promoting Healthy Behaviors
Priority 2: Emotional Well-Being

**National Center for School Mental Health &
Collaborative for Academic, Social, and Emotional Learning**





Welcome!

-Please change your Zoom
Name to: STATE-Your name



Agenda

Mindful Moment

Youth Engagement - Guest Speakers

Youth Leadership Summit - Reflections

State Breakout - Youth Engagement

SHAPE - Action Planning

Breakout - SHAPE

Next Steps





2-Minute Focus Reset

● [firststepsdc](#)





Youth Engagement



Eden Prairie School District – Successfully Engaging Youth





Reflections from the Youth Leadership Summit - Cohort 2

“I am excited to bring a new focus to student interactions and using clubs to

“Putting our thoughts and ideas into action and see the changes. I want to see more

“The best thing about participating in the Youth Leadership Summit was connecting with students across the country and discussing the struggles we

“I’m excited about positively changing how students feel about the school atmosphere and becoming more inclusive and equitable.”

able to advocate for my peers’ mental well-being”

collaborate with peers my age was a highlight of this summit”

and ideas with district/state leaders where I felt heard and accounted for. It was an amazing experience to use my voice and make a positive difference in my community”



District Reflections

Rock Hill and Tucson School Districts share reflections from hearing Youth during and after the Youth Leadership Summit.







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Youth Engagement - State Breakout Groups





State Breakouts (10 minutes)

- Main Objective: Discuss how youth engagement will occur in the districts
 1. How will our states and districts integrate youth ideas into our goals and action planning?
 2. What role can the District Youth Liaison play to support this process?
 - Consider having a running agenda item related to report outs on youth work;
 - Inviting youth to meetings, as appropriate;
 - Requesting input from youth via email or meetings with District Youth Liaisons;
 - Reviewing the Padlet and SMARTIE goal worksheets from the summit and action calls to get snapshot of youth ideas



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Action Planning

- Identifying Emotional Well-Being Area of Focus

Content

- Targeted content from NCSMH/CASEL
- Targeted peer consultation and learning

Small steps to meaningful impact

Area of focus	Example Goals
Implement a SEL curriculum for Elementary Schools in the district	<ul style="list-style-type: none">• Convene a work group to inform implementation, including diverse stakeholders• Conduct an environmental scan of available SEL curriculum that fits the needs of the district's student population
Improve data literacy and use	<ul style="list-style-type: none">• Establish a team to review data once a month for 1.5 hours• Identify a team lead to download and disaggregate data prior to each meeting• Elect youth to provide reflections on data
Increase adult knowledge on SEL & MH in order to reduce stigma and improve student-teacher relationships	<ul style="list-style-type: none">• Administration will establish 1-hour of protected time for Classroom Wise training each month• Invite youth to speak at faculty meeting once a quarter to provide insight into important topics/current struggles
Build and support Youth Leadership in Overall Emotional Well-Being	<ul style="list-style-type: none">• Establish a Youth advisory council comprised of youth representative of the study body• Start a youth-led emotional well-being awareness campaign



District/School Action Planning

Using the SHAPE report and Strategic Planning Guide to Action Plan

Review SHAPE report to identify areas of **mastery, progressing & emerging**

Use the **Strategic Planning Guide** to brainstorm a small manageable goal that will move the needle regarding SEL, well-being and/or school mental health in your district



State Action Planning

Using the State SMH Profile report and Strategic Planning Guide to Action Plan

Review the State SMH Profile report to identify areas of focus

Brainstorm a small manageable goal that will move the needle regarding SEL, well-being and/or school mental health in your state



START SMALL

And leverage resources
for ideas and
strategies!

1 Student

1 Classroom

1 School



Action Planning Example

SHAPE Up New York: Binghamton City School District



Excerpt of presentation slides shared at 2023 Annual School Mental Health Conference: SHAPE Up New York: Advancing and Spotlighting High-Quality School Mental Health Practices Across New York State



**Office of
Mental Health**



UR
MEDICINE

GOLISANO
CHILDREN'S HOSPITAL



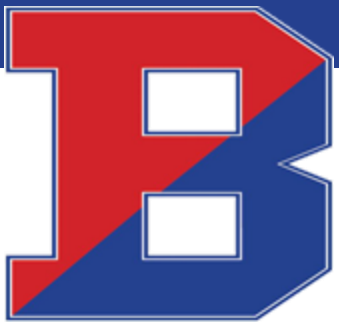
Using a State-Wide Learning Collaborative to Promote High-Quality School Mental Health in Diverse School Districts Across New York State

SHAPE@omh.ny.gov

NYS Office of Mental Health

Division of Integrated Community Services for Children & Families





Binghamton City School District

SHAPE UP Learning Collaborative Grant

Project Leads:

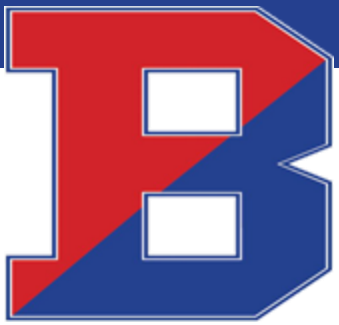
Ms. Tia Rodriguez - Director of Secondary Special Services

Ms. Jill Coleman - Restorative Coordinator

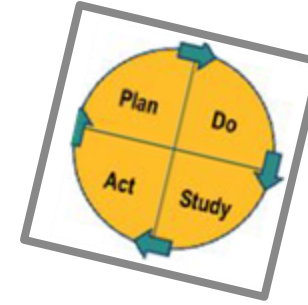


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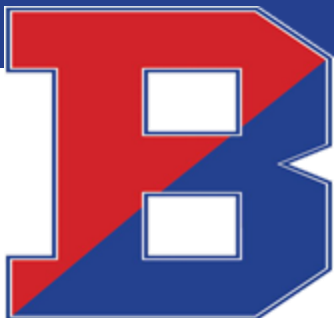


What did SHAPE UP do for us?

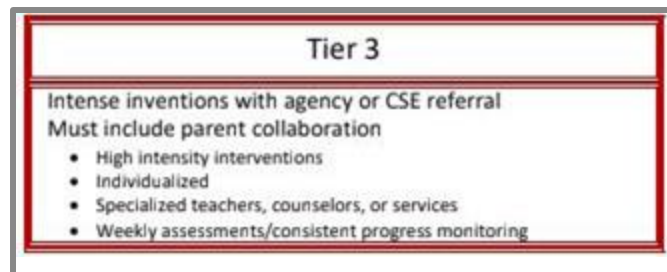


Our Project:

Enhancing the organizational structures to support our colleagues and families with identifying interventions that align to our students' mental health needs, by creating an **Intervention Resource Map** to identify in-house and community based interventions for our students

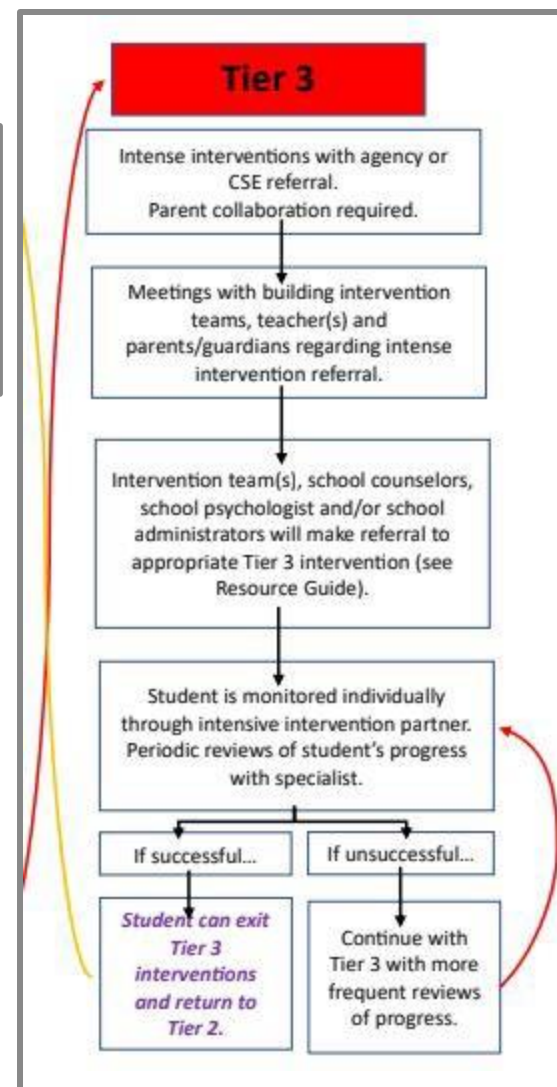


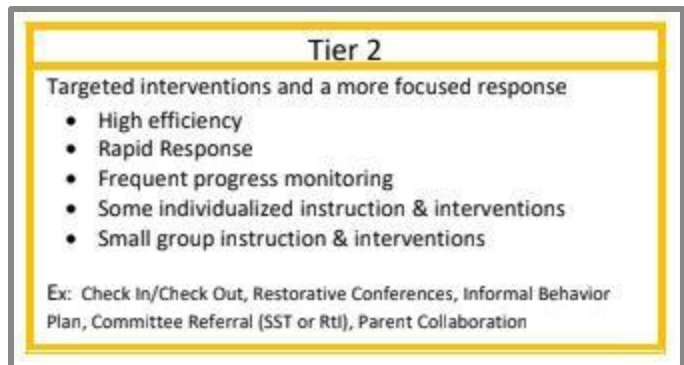
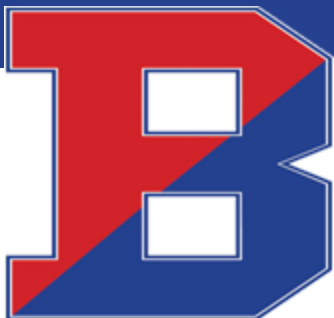
Where we started...



February through March:

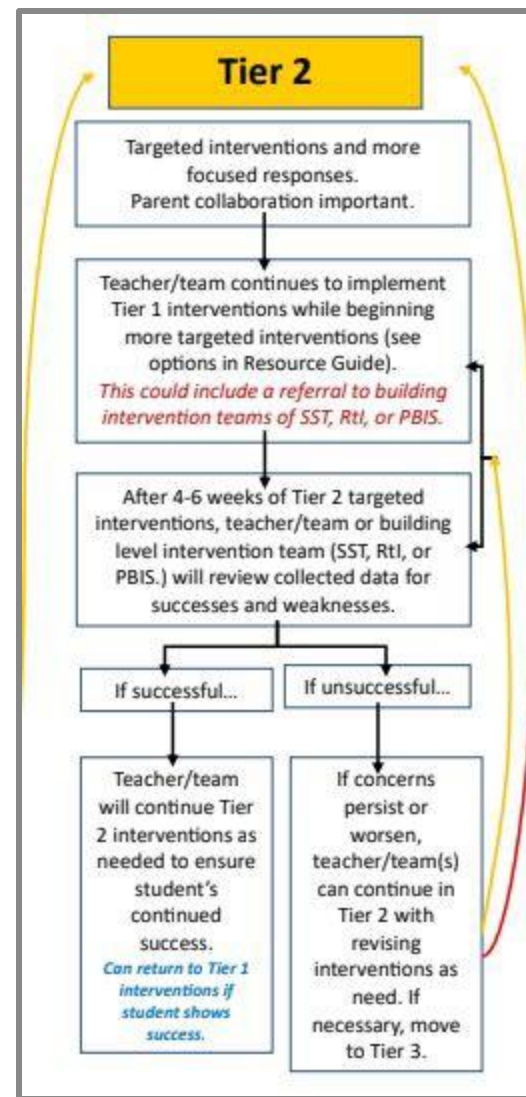
- 1. Identified county-wide and in-district Tier 3 programs/resources available and pertinent to our students*
 - ★ *In-district Tier 3 resources were acquired from our district Code of Conduct*
- 1. Consolidated identified Tier 3 programs/resources into easily readable document for dissemination to school district community*

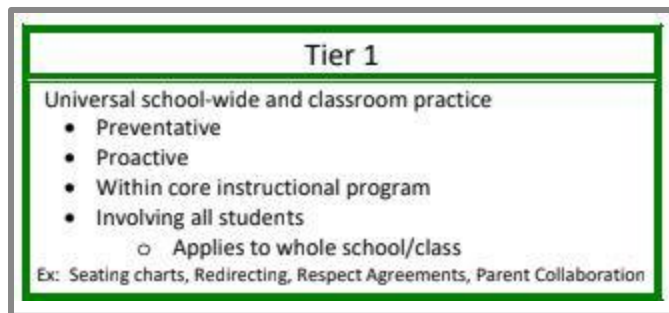
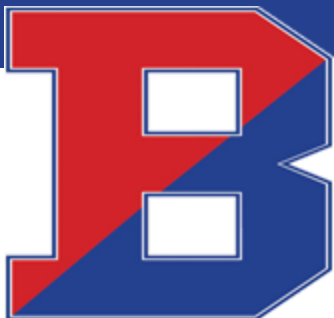




April:

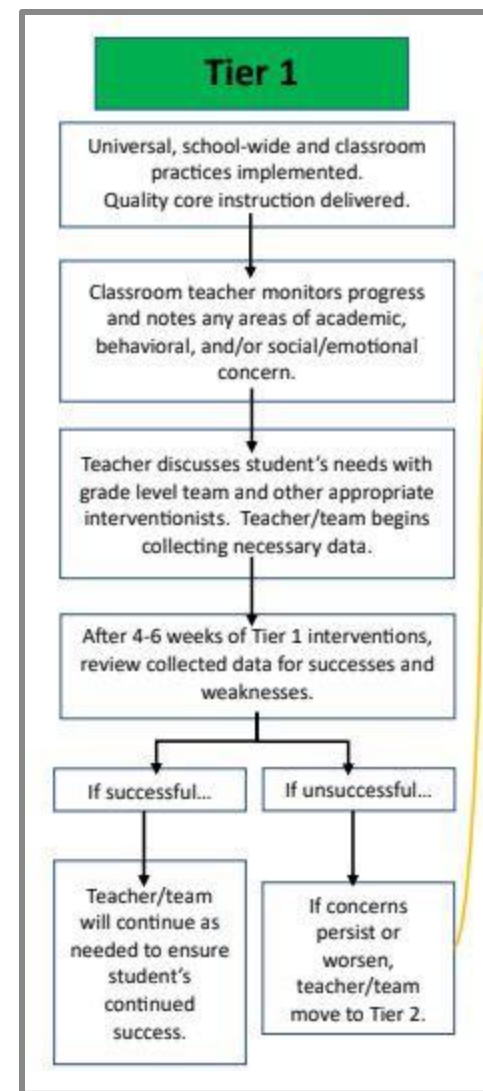
1. *Identified in-district Tier 2 programs/resources available and pertinent to our students*
 - ★ *Tier 2 resources were acquired from our district Code of Conduct*





May through June:

- 1. Identified in-district Tier 1 programs/resources available and pertinent to our students and added them to the Resource Guidebook*
 - ★ In-district Tier 1 resources were acquired from our district Code of Conduct*
- 1. Finalized the MTSS Referral Flow Chart*
- 2. Finalized all revisions for the Resource Guidebook*
- 3. Re-designed the Student Success Plan created for students who are returning to school from extended suspensions and/or alternative programs*

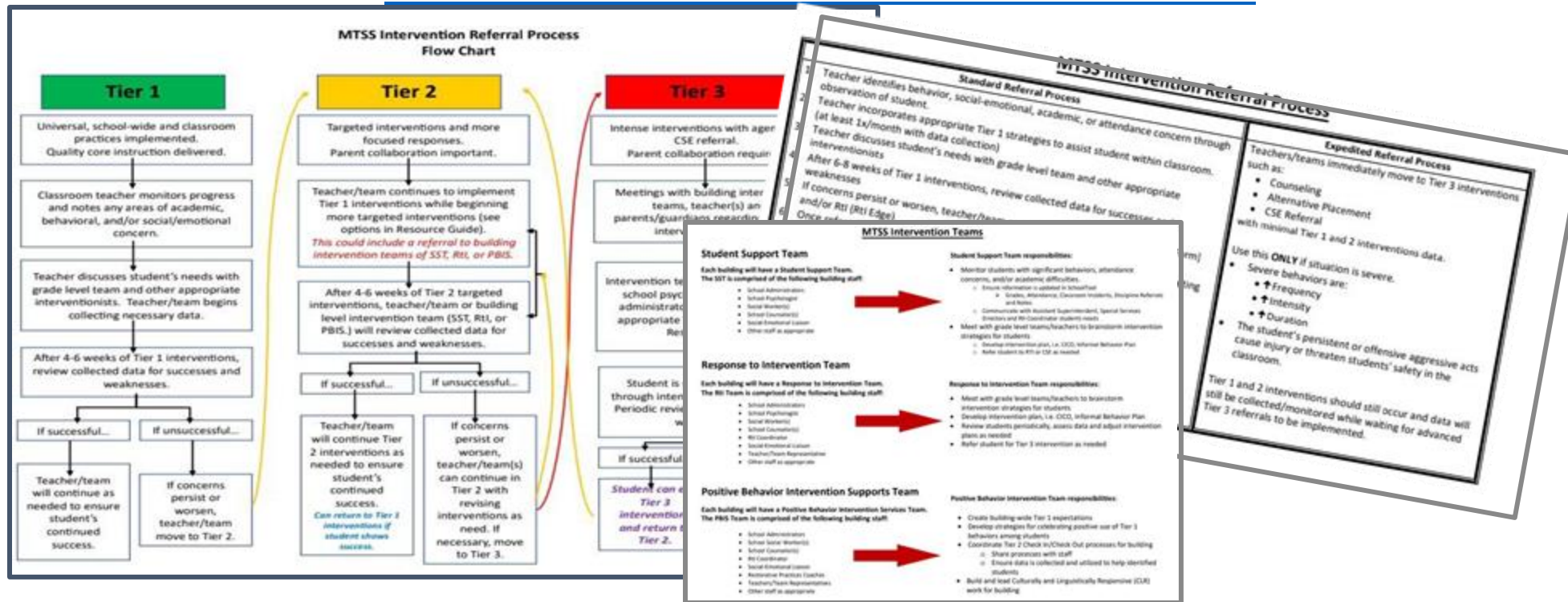


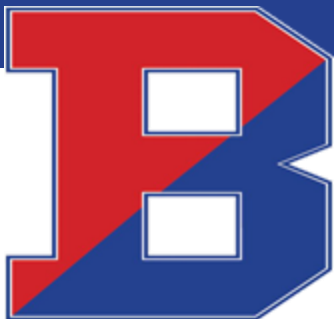


Resources

Intervention Referral Flow Chart

Multi-Tiered System of Support (MTSS) for Interventions






Resources

Student Success Plan

Printable version (hand written) [write-in version of Student Success Plan](#)

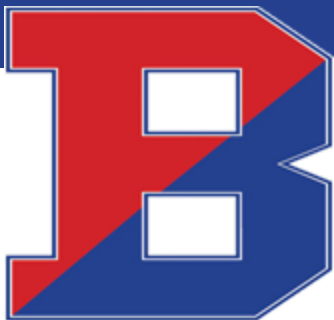


Binghamton City School District
164 Hawley Street
PO Box 2126
Binghamton, NY 13902-2126
(607) 762-8100
Fax: (607) 762-8110

Student Success Plan
Student Centered plan focused on collaboration between family, building, and district
This document is to be placed in School Tool notes

Student Name:
Grade:
Scheduled Reentry meeting date:
Name of Parent / Guardian:
 In-person Phone
District Representative(s) that facilitated Reentry meeting:
The student has a:
 IEP 504 NA
Current Alternative Education Placement:
Time in Alternate Placement:

What Interventions were attempted in Alternate Placement?	Were the Interventions successful? If yes, please document interventions below.



Resources

Community Supports & In-District Resource Guide



2023 Resource Guide

Binghamton City School District
Community Supports & Resource Guide
2023

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Program	Page #
Community Based	
After School, Summer and Respite Programs	3
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Broome INCLUDES	5
CABHS--Child/Adolescent Behavioral Health Clinic	6
Care Coordination Organization--Life Plan CCO, LLC	7-8
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CPEP @ UHS--Comprehensive Psychiatric Emergency Program	10
Crisis Counseling and Victim Advocacy	11

Binghamton City School District
Community Supports & Resource Guide
2023

PERSON IN NEED OF SUPERVISION (PINS) DIVERSION
BROOME COUNTY DEPARTMENT OF SOCIAL SERVICES

Program is located at: Broome County Department of Social Services
36-43 Main St.
Binghamton, NY 13905

Phone Number: (607) 725-2705-Intake Line

Website: www.gobroomecounty.com/dss
<https://www.gobroomecounty.com/dss/other/pins>

What population is served by this program? A child under 18 years old who is engaging in non-criminal behavior.

What are the program's eligibility requirements? A referral for Diversion Services may be made if a child is: (at least one of the below criteria)

- Habitually truant from school, if compulsory age
- Exhibiting a pattern of ungovernable, or habitually disobedient behavior and beyond the lawful control of his or her legal caretaker
- A runaway/stay away
- Engaging in chronic marijuana use

How to refer: Parents/guardians are the preferred referral method; however, schools can make referrals as well.

- Parent/guardian calls the intake phone number
- Schools send the referral directly to the unit.

 Other community agencies can refer
 Police referrals

What Services Does the Program Provide: **Services**
 The goal of PINS Diversion services is to provide services to address the underlying issues that are causing the PINS behavior and to prevent the child from being referred to Family Court. Every effort is made by the Department to provide comprehensive and intensive services. Parents are expected to fully participate and engage in services as well as the child.





Action Planning Worksheet



WSCC LC Action Planning Guide



State/District Team:

Month/Year of Action:

Domain/Potential Area of Focus	Need for change (1-10) 1=no need 10=great need	Desire for change (1-10) 1=no desire 10=great desire	Resources to achieve change (1-10) 1=no resources 10=many resources	Barriers to change (1-10) 1=no barriers 10=many barriers

Select one area from the list above that your team wants to improve:

Please state a specific goal within this area. (For example, for the Teaming domain, one goal might be that the school mental health team will better collect and use data to identify students who need mental health support.)

GOAL:

Optional!
Use as a guide to help focus in on your goal and plan next steps



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SHAPE – Select Breakout Group





Choose Breakout Group (15 minutes)

Lead by Faculty Liaison

SHAPE Assessment Completion	SHAPE Action Planning - Beginner	SHAPE Action Planning - Experienced	SHAPE Action Planning - Integrating youth voice	State Leaders breakout group
Help with SHAPE assessments.	Your assessment is complete and you would like to start the action planning process.	You have previously developed action plans and would like support on building on this.	Effective strategies for incorporating the youth leader voice in action planning.	Connect with other state leaders about supporting districts.

When prompted, join the breakout room of your choice.



Next Steps

1

Meet with youth leaders between now and Jan to brainstorm a feasible goal.

2

Meet as a team to continue to refine your goal.

3

Take time to focus on your own well-being!



S.M.A.R.T.I.E Goal

- ❑ District Youth Liaisons: Schedule meeting in December/January to meet with your youth leaders to help brainstorm a goal for their involvement in your state/district emotional well-being work





Learning Together SEL Workshops

Join our Leading Schoolwide SEL: Preparing for the Journey Ahead workshop series on social and emotional learning to help you plan, sustain, and continuously improve systemic SEL implementation throughout your school community. *Click below to learn more and register:*



Live Virtual Series: Now Open

On-demand Course: Now Open



Delivered virtually.

Attendees can choose the live or on-demand series



Ask questions.

Connect with the CASEL team and other attendees



Guided action planning.

Prepare specific steps to take with your school community



All SEL leaders.

Beginning, intermediate, and advanced SEL expertise



Thanks for a great session!

Next Monthly Call
January 9, 2024



Please fill out an evaluation of
today's activities!





WSCC Emotional Well-Being LC Communications

Contact: Dr. Zahra Ladhani - zladhani@som.umaryland.edu

Websites: schoolmentalhealth.org
casel.org

Listserv bit.ly/NCSMH_listserv

CASEL Newsletters: [Newsletters - CASEL](#)

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