

ACNW Charter School Division

Safeguarding Student Health and

Distance Learning

April 9, 2020

Student Health & Safety

Educators are responsible for safe-guarding the health and safety of their students, including their mental well-being.



Today, that responsibility exists in a remote learning context.

And, for us, this means.....



▶ **Differences** How is this different for us and our students?

- ▶ Physical distance
- ▶ Less time together
- ▶ New environment
- ▶ Other supports





It is **DIFFERENT**, but.....

- ▶ Many strategies you've already used in your classrooms can still be used.
- ▶ Strategies need to be adapted to work in a remote learning environment.



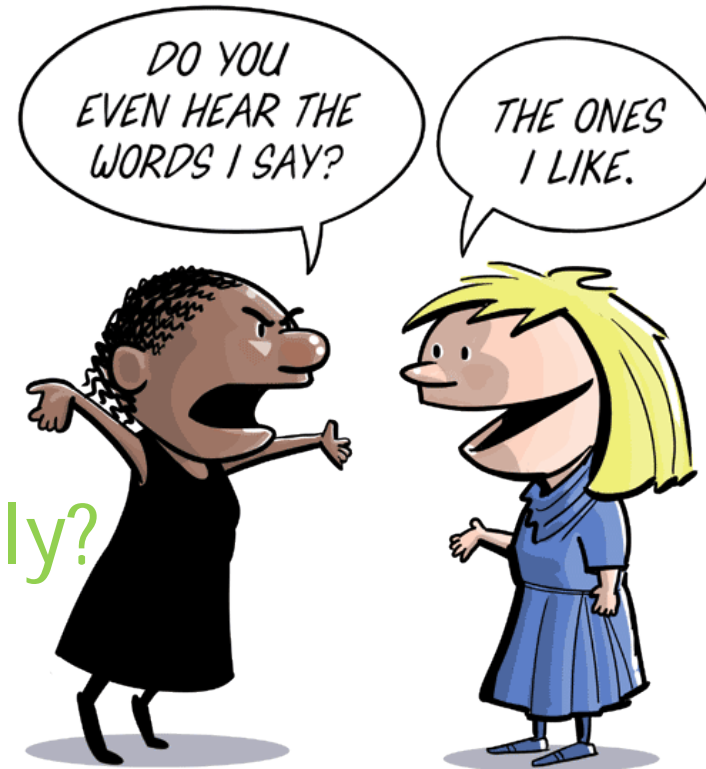
You **already** have the skills for this!



Strategies Already in Use....LISTENING

- ▶ Listen attentively
- ▶ Avoid distractions
- ▶ Ask questions
- ▶ Check for understanding

How is this different remotely?



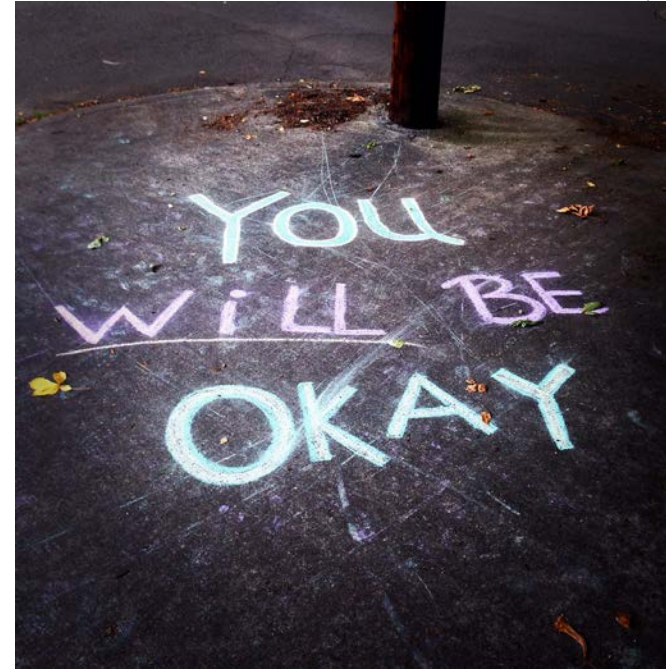
Sometimes we hear what we want to hear.
We need to hear what is **real**.



Strategies Already in Place....Reassurance

- ▶ Give reassurance
- ▶ Provide information
- ▶ Make sure it is understood

How is this different remotely?



Don't move on without checking that the message is **heard** and **understood**.

Strategies Already in Place....Encourage Self-Care Strategies

- ▶ Identify specific things students can do...exercise, listening to music, getting outside, etc.
- ▶ Ask students what they already do that helps them feel well.

How is this different remotely?

Incorporate strategies in work assignments.



You aren't in this alone. Who is your team?
Who might be best to follow up with concerns
that you have? It may not be you.

- ▶ Paraprofessionals
- ▶ Special Education teacher
- ▶ Social worker
- ▶ School administrator

Remember that your initial thoughts may not be accurate. Engaging other adults in your concerns will provide an additional frame of reference. In this, though, remember to share only with appropriate support staff at your school. This is private student data and should be handled on a need to know basis.



Questions and Comments



What's next?

Mental Health professionals expect to see more anxiety, depression and chemical use during this time of social distancing.



Our session next week will be with mental health professionals from Fernbrook Family Center. Specific information about indicators and interventions will be provided.



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Resources:

The **Child Mind Institute** is an independent, national nonprofit dedicated to transforming the lives of children and families struggling with mental health and learning disorders. There are several pages on this website that could be helpful to teachers such as learning strategies/behaviors and classroom techniques.

<https://childmind.org/audience/for-educators/>

Several article specific to the Covid19 virus can be found here:

https://childmind.org/search/?fwp_term=covid%2019

From **Mental Health America** (non-profit) several items that may be useful: Tips for boosting mental health (some applicable for youth)

<https://www.mhanational.org/sites/default/files/Poster%20-%2031%20Ways%20to%20Work%20on%20Your%20Wellness.pdf>

Tips for keeping your mind grounded may be useful for some youth

<https://www.mhanational.org/sites/default/files/B2S%202018%20Worksheet%20-%20Keep%20Your%20Mind%20Grounded.pdf>

Ways to look underneath feelings to see what is bothering us....may be useful with youth

<https://www.mhanational.org/sites/default/files/Worksheet%20-%20Whats%20Underneath.pdf>

Mental Health America resources are suggested as a starting place to add to your support tool kit. Use what you know about your students to change language and pick appropriate supports for their situation, language level and development stage.



Change to Chill is a resource developed by Allina Health and designed for teens. This resource is designed to help youth (or those helping youth) handle stress in healthy ways. Youth can access the site directly or teachers can use the materials, ideally incorporating them in lessons and class work. The website offers lesson guides and activities, among other things. <https://www.changetochill.org/>

Search Institute is a nonprofit organization that studies and works to strengthen youth success in schools, coalitions, youth and family organizations, and the faith community. Search's work is primarily based on asset building with children and youth. They have a bulletin-type PDF document with specific suggestions building developmental relationships during the Covid19 time frame. It can be found at <https://www.search-institute.org/wp-content/uploads/2020/03/Coronavirus-checklist-Search-Institute.pdf> In addition, some of their downloadable activities, though not specific to mental health or Covid19, represent good all-around activities to build up all students using the asset approach. Those activities can be found at: <https://www.search-institute.org/tools-resources/free-downloads/>

Substance Abuse Mental Health Services Administration web page specific for and about youth and suicide - <https://suicidepreventionlifeline.org/help-yourself/youth/>





