Back to School: School Mental Health Providers

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Before & After COVID-19 School Social Work, School Counseling, and School Psychology Roles and Services:

Related Services

Services to Students and Families/Guardians

Services to School Personnel

School-Community Liaison

Services to Districts

School Mental Health Coalition

Established in 2011 to strengthen collaboration, policies and programs in school mental health

Recently worked with MDE on the Return to School Toolkit

COVID-19 Issues and Barriers

COVID-19- "A Critical Incident"

Post Event Issues and Resulting Trauma

Wellness, Safety, Security, and Personal Control

Isolation, Disconnect, and Re-engaging Students, Families, and Staff

Returning to Normal--The "New Normal"

Needs vs. Capacity-- Ratios and Training

Maslow's Hierarchy of Needs pyramid:

- **Self-actualization:** achieving one's full potential, including creative activities — Self-fulfillment needs
- **Esteem needs:** prestige and feeling of accomplishment — Psychological needs
- **Belongingness and love needs:** intimate relationships, friends
- **Safety needs:** security, safety — Basic needs
- **Physiological needs:** food, water, warmth, rest
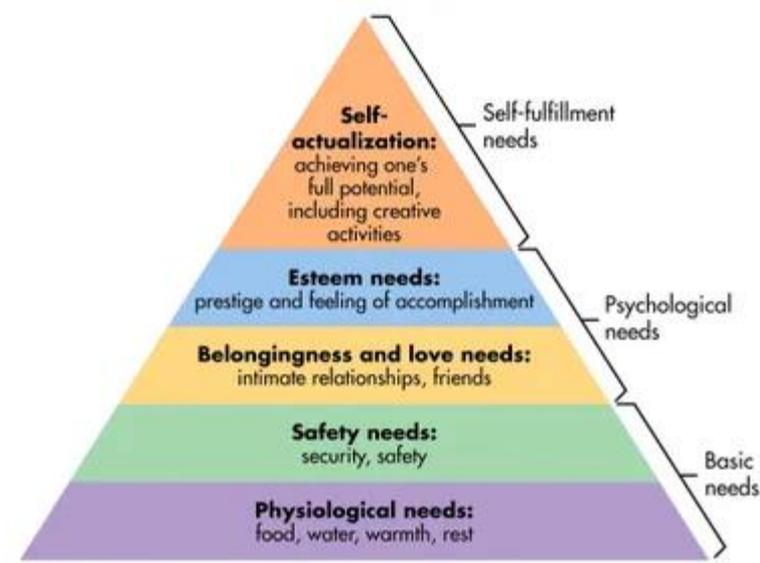
COVID-19 Issues and Barriers continued:

New Roles and Expectations (Scheduling, Assessment, Activities, etc)

Identifying Immediate Needs--Student and Staff

Challenges for Proactive Planning--and a "Need to be Nimble" Identifying and Responding to Risk, **Dealing with the Unknown**

Acute vs. Chronic-- Immediate vs. Longitudinal

Planning for the Future--**Will we be ready for the Next time**

Critical Incident Response

Debriefing - Facts

Defusing - Thoughts/feelings/experience

Grief/Loss - Support to COVID-19 specific loss of life

Stress - Support to COVID-19 specific challenges

Critical Incident Management-- Considering Setbacks

Identified Needs (Perspectives from the Field)

Focusing on **Engagement, Safety, Security, and Social-Emotional Learning, and Support**

Responding to the "New Normal"--Recognizing and Supporting the Need to Change Roles, Expectations, and Practices

Leadership in Governance and Regulatory Issues--"**A time for Grace**"

Enhancing Communication and Connectivity at all Levels- Accurate (realtime) Information is vital during a **Critical Incident**

Identified Needs (Perspectives from the Field)

Increase attention towards Universal Screening, Multi-Tiered Level of Supports (MTSS), Emergency Planning, Development of Crisis Planning and Response Teams, Enhancing School Mental Health Capacity, and Supporting Integrative Practices that focus on the Whole Child.

Presence on State-wide workgroups that focus on Crisis Planning, Emergency Team Development, Critical Incident Management, Trauma Related Issues/Practices, and to study/respond to the longitudinal effects of COVID-19

Ensuring that Mental Health is part of the School Improvement Process

Ensuring that Mental Health, Wellness, and SELs are Fully Integrated within All School Curriculums in Michigan

Thank you for your time and consideration concerning the needs of our students in Michigan. We are happy to answer any questions you might have.

"There is immense power when a group of people with similar interests gets together to work toward the same goals."

- Idowu Koyenikan