



WSSD Behavioral Health in our Schools

Quarterly Newsletter

Volume II February 2021



ANNOUNCEMENT

The Student and Staff Wellness Committee continues to meet monthly to collaborate on three key areas in our schools: Identify student emotional wellness assessments, building universal support for students and developing meaningful supports for staff. The committee is made up of teachers, counselors, administrators, board member, parents and community-based providers.

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Group Counseling to support students

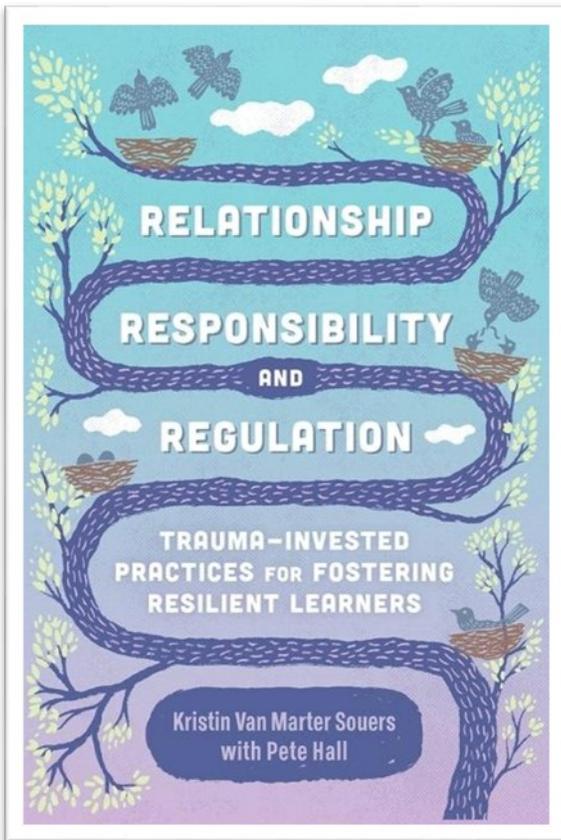
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PBIS Updates

Trauma Invested Practices

In February, 2020 Wallingford-Swarthmore School District received a Pennsylvania School Safety and Security grant in order to help schools implement trauma-invested practices so that all of our students can feel safe a ready to learn.

As part of the grant, schools will have access to two trauma coaches: one for elementary and one for secondary. These trauma coaches will participate in many of our already established systems of our schools. Coaches will consult with Positive Behavior Intervention and Supports (PBIS) teams and Student Assistance Programs (SAP) to guide school teams in using a trauma invested lens. The three pillars of building trauma-invested practices are focusing on relationships, responsibility and regulation



Year 1

During year one of the school safety grant trauma coaches will work closely with counselors to help build capacity around assessing and responding to trauma. There is Behavioral Health Department goal that focuses on trauma responsiveness within our schools, particularly as it relates to prevention and early intervention. This will happen through a combination of professional development, coaching and clinical consultation. Counselors will learn motivational interviewing techniques and participate in an introductory training for *Storiez* (a process of creating trauma narratives to build resilience). *Storiez* is creatively engaging, strengths-based, person-centered, culturally sensitive, respectful and inclusive.



Highlighting Group Work at Every Level

Group Counseling in Schools

Much of the group counseling that occurs in schools is psychoeducational in nature and helps students to build support networks that can help young people to feel less alone. Depending on the needs of the students; group counseling can be an ideal choice for addressing concerns and making positive changes.

A famous musician once said, “part of the healing process is sharing with other people who care.” Group work can be an opportunity to do just that. Additionally, it helps to strengthen empathy skills and allows participants to learn from the resilience of others.

Elementary Schools

Covid Care groups are being run at the Elementary level (K-5) to provide a space for students to process their feelings about the Covid-19 pandemic and learn coping strategies to help improve emotion regulation. Groups occur 1x per week for 30 minutes and consist of 2-4 students. Cognitive Behavioral strategies are used to improve emotional regulation and teach a variety of coping skills that can be used at home or in the classroom.



Middle School

An *Engagement Group* is currently meeting at the Middle School twice a week for six weeks. This group uses Behavioral Activation; which is a Cognitive Behavior Model used to increase school attendance, engagement and connectedness. This is an evidence based approach used with children and adolescents who are struggling with ADHD, Depression and Anxiety. The clinical approach focuses on behaviors and the positive and negative consequences of each and the resulting mood changes that follow.

High School

Transition Group is a weekly group designed for students who have recently returned to school from an inpatient or partial hospitalization program. The goal is to help students continue on their wellness path as they re-enter the school setting, while interacting with other students who have shared experiences. This transition period is critical and with the help of this group, students can build resilience and continue utilizing their learned coping skills.





Positive Behavior Interventions and Supports (PBIS)

All of the elementary schools including the Online Academy have implemented PBIS at the Tier 1 Level. Tier 1 systems, data and practices impact all students across all settings. Tier 1 is the foundation for delivering regular, proactive support and preventing unwanted behaviors. Tier 1 emphasizes prosocial skills and expectations by teaching and acknowledging appropriate student behavior. Schools are currently engaged in a series of mid-year kick-off events to help remind students and staff about the core components of PBIS, refocus energy on acknowledging the positive and re-igniting school spirit among all members of the school community.

CORE COMPONENTS



BE SAFE



BE RESPONSIBLE



BE RESPECTFUL

PBIS UPDATES

◆ Nether Providence Elementary

The NPE PBIS Team has been preparing to reinstate our acknowledgement system with Dolphin Dollars and kicking off the second half of the year by reteaching expectations to the whole school via PowerPoint and pre-recorded video clips that will allow for discussion and reflection in each classroom. We will also be announcing our first Dazzling Dolphin for the year!

◆ Swarthmore– Rutledge School

Ready to kick off the second half of the year! The students have voted on a new mascot name, received fresh SRS t-shirts and learned new ways to stay safe and continue to be respectful and responsible. Earning all the different colored paws has been Pawesome!

◆ Wallingford Elementary School

Time for our winter kick-off with a virtual assembly that will be introducing our “Be A Part of the C.U.R.E.” C.U.R.E. stands for Connection, Understanding, Respect, Empathy. Focusing on the WSSD Social Justice goal that will allow us to focus on making and keeping connections, listening to each other and celebrating differences through lessons and activities, including a visit from author Hena Khan!

◆ Online Academy

OA will be kicking off their PBIS program this month with a welcome video. Once familiarized with the concept students will begin lessons and activities that will inspire students to be respectful, responsible and safe!

WE RISE

BY LIFTING

OTHERS

