

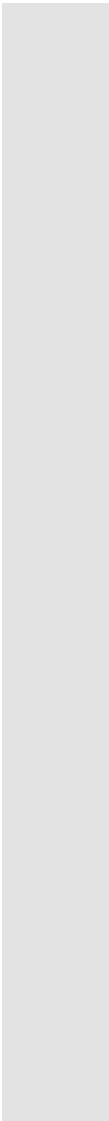


# Mental Health & Wellness Supports

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# Guiding Values

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1. Equitable Access district-wide
  2. Continuum of Services: Preventive to Responsive
  3. Anticipating community need through diverse perspectives
  4. Continual Improvement

# Support across 23 schools, serving 12,000 students

## School Sites/Counseling Staff

- 14 Elementary Schools (1 counselor at each)
- K-8 Parent Partnership Program (1 counselor)
- 4 Middle Schools (2 counselors at each)
- 4 High Schools (4 counselors at big 3 HS, 1 at Options HS)
- Prevention-Intervention Specialists (3 at HS level)

# Supporting Our Staff

## **Big 4 Wellness:**

Physical, Mental/Emotional, Social Connection, Reflection

## **Trauma-informed Practices:**

Understanding brain development, trauma, how trauma affects learning, schools as a place of healing

## **Professional Development:**

Practical classroom strategies to teach regulation and attachment

# Supporting our Families

## **Connections to their school:**

- Information, relationships, service provisions

## **Wellness Resources:**

- Communication (Emails/website), School events, MH Support

## **District-wide Support:**

- Referrals for services, district website, MRT, community partners)

# Supporting Our Students

- Multi-Tiered System of Supports
- Continuum of Services: Preventive to Responsive
- Levels/Ages: Elementary, Middle, High
- Community Partners

# Supporting our Students

## MTSS (Multi-tiered System of Supports)

- Comes from Response to Intervention (RTI) Model
- Academic Instruction
- Attendance
- Behavioral Health



# Supporting our Students

## Continuum of Services

### After-care

- Postvention, Mobile Response Team, Grief & Loss

### Responsive Services

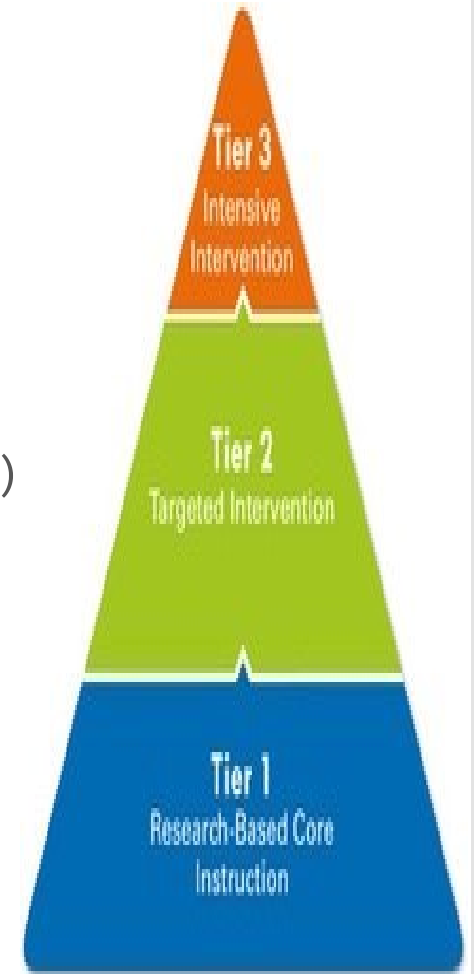
- (Suicide Screening, Behavior Plan, MH collaboration)

### Ongoing Services

- (Support groups, MH referrals, Check-ins,

### Preventive Support

- (SEL Instruction, Relationships, Structure)





# Preventive – Responsive Continuum: Grades pre-kg to Grade 12

Level	Prevention	Staff Supports	Community Partners	Responsive	Crisis Response/ After Care
	All Students		Some Students		As Needed
PreKg - Gr5	Morning Meetings: Caring Schools, Zones of Regulation, Positive Discipline	Check-Ins, Support Groups, Class Instruction	Parents/Guardians, MH, Brigid Collins, WDRC, Volunteering, CPS, BPD, medical providers, Opp Council, Our Treehouse, Compass, Sea Mar, UnityCareNW, DVSAS, NWYS, Probation, WISE	1:1 Counseling, Family Supports, Suicide Screens, Behavior Plans, Health Plans,	Counselors, MRT, Our Treehouse, Compass MCOT, BPD, WCSO, MH Providers
Gr6 - Gr8	Homerooms: CASEL	Class Instruction, Check-ins			
Gr9 - Gr12	Advisory Classes: Character Strong	PSAT, Graduation Planning, HS&BP, FAFSA			

# Supporting our Students

## Levels/Ages

- Elementary: Morning Meetings-Caring School Community
- Middle School: Homerooms-CASEL
- High School: Advisory Classes-Character Strong, Prev-Interv's
- All levels: Small groups, 1:1, Check-ins, Suicide Screenings

# Community Partners

- Compass Health: School-based, MCOT
- Sea Mar Behavioral Health: School-based
- UnityCare NW: School-based
- Our Treehouse
- Whatcom Dispute Resolution Center
- Domestic Violence and Sexual Assault Services
- Brigid Collins
- Catholic Community Services
- Faith Communities
- Bellingham Police Department: DRO, GRACE, Behavioral Health
- Whatcom Family & Community Network
- Whatcom Health Department
- Opportunity Council

# Ending Thoughts

- Relationships, Relationships, Relationships
- Prevention is Key: Upstream, MTSS, etc
- Community Collaboration
- Healing Power of Community