Use What You Have, Start Where You Are: Using Stress Reduction to Build Safe and Supportive Schools

Presenter:

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Agenda

- Welcome & Introductions
- NYC Mental Health Landscape of All Programs
- School Mental Health Consultant Program: Overview
- Stress Reduction Initiative
- Alignment with Safe and Supportive Schools
- Lessons Learned
- Q&A
Conflict of Interest

There are no financial interests to disclose
School Mental Health Mission

Improve academic outcomes by helping schools address emotional well-being and support healthy social, emotional and behavioral development.

Build **capacity** of educators to understand and address mental health needs and encourage help-seeking.

**Connect** schools, students and families to mental health information, services, resources and support.

**Create** positive school environments that foster students social and emotional development.
School Mental Health Vision

The SMH program envisions a system where mental health is integrated into the academic landscape through a variety of strategies, programs, or innovations that support the emotional well-being of children and families and build supportive environments in the schools. We do this in ways that promote excellence, equity, and equal access for all.
Mental Health Affects Student Achievement

- Fewer referrals based on challenging behavior
  - Fewer special education services
  - Students can stay in less restrictive environments

- Mental health services decrease disruption due to behavioral challenges and fewer disciplinary actions taken

- Mental health services improve academic achievement, standardized test scores, and graduation rates

- Teachers show increased confidence and ability to handle mental health crises in their classroom 11
Universal School-wide supports that promote mental health awareness

Selective Supports aimed to intervene early for at risk students

Targeted Intensive supports for students with identified concerns

Universal School-wide supports that promote mental health awareness

Three-Tiered School Mental Health Framework
Thrive NYC is a major commitment to mental health, one that is tackling a problem that directly affects 20% of New Yorkers—in addition to all of the people in their lives—requires a population-wide response.

Thrive NYC will advance these principles in part through 54 targeted initiatives—representing an investment of $850 million over four years—that together comprise an entirely new and more holistic approach to mental health in New York City, and set a foundation for taking on this public health challenge in the years ahead.
Mental Health Services in NYC Schools

Existing Programs
- School-Based Mental Health Clinics (SBMHC)
- School-Based Health Centers (SBHC)
- School Response Teams (SRT)

Thrive NYC-Funded Programs
- School Mental Health Consultant Program
- Renewal and AIDP Community School Program
- School Mental Health Prevention and Intervention Program (PIP)
- The 100 Schools Project

(In addition to existing programs)
School Mental Health Consultant Program

Growth by Year
2016: 724 schools
2017: 869 schools
2018: 902 schools
Scale: 930 schools
School Mental Health Consultant Scope

Scope:
- Cover 817 Schools
- Across 5 Boroughs/32 District
- 100 Mental Health Consultants; 11 Supervisors
- Consultation to School Staff, Students*, and Families; and NYC DOE.

Goals:
- Increase Mental Health Capacity
- Build Supportive Environments
- Strengthen Family and Community Ties
Program Activities

**Service Interventions**
- Mental Health Promotion
- Planning and Assessment
- Training
- Linkage
- Consultation

**Products**
- School Mental Health Plans
- Resource Directories and Linked Partners
- Training and professional development library.
- Web Site (Connect with Kids)

**Areas of Specialization**
- Public Health Framework
- Tier I and II interventions
- Students in Temporary Housing
- Crisis Preparedness and Response
- Stress Reduction
- Mental Health Planning
Stress Reduction Initiative: Overview

- 2017: Consultant Program created a specialized, Students in Temporary Housing Team (STH) with 9 Mental Health Consultants and 1 Supervisor covering 63 schools/7 Districts.

- Schools were designated by NYC DOE based on enrollment data of students in temporary or transitional housing (35% or greater).

- NYC DOE allocated additional staff and training dollars.

- Stress Reduction was chosen as the first-line PD to foster social and emotional development through self regulation.

- Introduced self care into the learning environment and to teaching staff.
Implementation Overview

**SY 2017-2018:**
Contracted with Stress Coach and trained 10 staff in STH Program; implemented training as professional development across 63 schools.

**Summer 2017:**
STH Program staff trained 91 Consultants in the wider Consultant Program on stress reduction and facilitating workshops in schools.

**SY 2018-2019:**
Stress Coach provides booster training to 100 staff in the CP across 900 Schools. Facilitation of this training continues and expands.
NYC Implementation

Prepare

Deliver

Sustain
NYC Implementation

START WHERE YOU ARE

✓ “Stress Audit”
✓ Personal & Community Mental Health
USE WHAT YOU HAVE

✓ School community champions
✓ Supportive school environment
✓ Planning meetings
Service Delivery

Stress Domino Effect

stressor
→ immediate reactions
→ lasting impact

very stressed  stressed  unsettled  thinking  relaxing  calm  very calm

The Stress Coach

NYC Department of Education

19
Service Delivery

Reminders
- Take a break
- Take a device break
- Be mindful
- Check your Dashboard (scan for stress)
- Meditate
- Stretch
- Do Quick Calm
- Do The Tranquilizer
- Listen to a Sonic Spa track
- Do activity in My Favorites
- Do yoga
- Do something kind
1. Inhale, hold 5 seconds
2. Think I am warm
3. Exhale, think I am calm
Repeat 3 times, breathing normally for 5-10 seconds between each deep-breathing set.
USE WHAT YOU HAVE

✓ School community champions
✓ Supportive school environment
✓ Planning meetings
Sustainability

KEEP IT GOING
✓ Build It Into the School Day
✓ Train Staff and Identify School Champions
✓ Partner with Parent Coordinators
✓ Don’t Forget the PTA
✓ Low Cost Maintenance
What Are We Measuring?

SY 2016-2017 STH Only

• # of school staff, students, and parents trained.
• Satisfaction with training
• # of Downloads
• # of Active Users
• # of Views: Sonic Spa and Videos

SY 2017-present: All Schools

• # # of school staff, students, and parents trained.
• Satisfaction with training
• # of Downloads
• # of Active Users
• # of Views: Sonic Spa and Videos
<table>
<thead>
<tr>
<th>School Year</th>
<th>Number of Training</th>
<th># of staff</th>
<th># of students/parents</th>
</tr>
</thead>
<tbody>
<tr>
<td>2016-2017</td>
<td>20</td>
<td>684</td>
<td>0</td>
</tr>
<tr>
<td>2017-2018</td>
<td>101</td>
<td>906</td>
<td>476</td>
</tr>
<tr>
<td>2018-2019</td>
<td>353</td>
<td>4038</td>
<td>6222</td>
</tr>
<tr>
<td>2019-2020</td>
<td>11</td>
<td>229</td>
<td>174</td>
</tr>
</tbody>
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**Stress Training**

- **Number of Training**
  - 2016-2017: 20
  - 2017-2018: 101
  - 2018-2019: 353
  - 2019-2020: 11

- **# of staff**
  - 2016-2017: 684
  - 2017-2018: 906
  - 2018-2019: 4038
  - 2019-2020: 229

- **# of students/parents**
  - 2016-2017: 0
  - 2017-2018: 476
  - 2018-2019: 6222
  - 2019-2020: 174
Digital Data: Calm Cast App

Digital Data 2016- Present

- Active Users: 600
- Downloads: 8,000

Impressions by Month

- Sonic Spa: 2,000
- Video Views: 100

Average Monthly Data
What’s Next?

- Continued training for schools (print materials).
- Digital build-out for teachers (CalmCast app).
- Modules for students.
- Integration into school environment.
## Lessons Learned

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<tr>
<th>Schools are receptive to this work-it helps build safe and supportive environments</th>
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<tr>
<td>Leadership is very interested in finding creative ways to address stress and burnout</td>
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<td>Introduces Self-Care into the school day- “My Principal must Care About Me”</td>
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<th>Stress is a unifying factor-instant buy-in.</th>
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<td>Can be used strategically to create move students through transitions and high stress periods.</td>
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<td>Opens up dialogue to create personal connections outside the classroom.</td>
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<td>Conforms to an SEL framework.</td>
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Group Activity
THANK YOU

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