Creative Ways to Engage Students and Teachers in Mental Health and Wellness Promotion Activities

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Prevention

• Prevent illness or disease and promote wellness, as opposed to treatment and diagnosis
• Rooted in public health approach
  – Seminal work of Gerald Caplan linked prevention framework to mental health in 1960s
  • Evolution of typology and definition
Prevention

- **Primary Prevention:** Targets all members of population to avert disease/disorder before onset
  - Ex: vaccines
- **Secondary Prevention:** Target at-risk groups or those who exhibit early signs of disease/disorder
  - Ex: substance use prevention efforts for college students
- **Tertiary Prevention:** Targets those who exhibit symptoms of disease/disorder to prevent further complications and progression
  - Ex: aftercare programs, treatment services

*Hage & Romano, 2010; Caplan, 1964*
Prevention

• Adopted by Institute of Medicine
  – Tertiary prevention is NOT considered prevention
• **Universal:** Targets all members of a population
• **Selective:** Targets those at-risk
• **Indicated:** Targets those at high-risk

Hage & Romano, 2010; Gordon, 1987
Source for graphic: [https://www.ncbi.nlm.nih.gov/books/NBK344231/figure/part1-ch1.f1/](https://www.ncbi.nlm.nih.gov/books/NBK344231/figure/part1-ch1.f1/)
Wellness Promotion

• Foster skills, strengths, and competencies to inoculate chances of a disease/disorder from developing
  – Ex: Social-emotional learning (SEL) programs
  – Employee physical activity wellness programs

Hage & Romano, 2010
Application in Schools: Positive Behavior Intervention & Supports

• Multitiered system of supports (MTSS)
  – Tier 1-3 or 4

Source
https://www.pbis.org/school/mtss
Program Overview

Care Connection

Behavioral Health Service Model

Individual and Family Interventions

**Care Connection**
- Goal: Reduce severity, intensity of symptoms driving impairment
- Strategies: Address family and individual factors
- Programs:
  - Individual therapy
  - Family therapy
  - School collaboration

**Schools**
- Intensive Academic Support
  - Intensive social skills training
  - Behavior support plans
  - Multi-agency collaboration/Juvenile court (wraparound)
  - Multi-system collaboration
Program Overview

**Targeted Strategies**

**Care Connection**
- **Goal:** Reduce risk for “at-risk population”
- **Strategies:** Consultation, individual skill building and prevention groups to strengthen social emotional learning skills

**Programs:**
- Too Good for Drugs
- Too Good for Violence
- Coping Cat
- Skillstreaming
- Dialectal Behavior Therapy
- Skills in Schools

**Schools**
- **Targeted Strategies**
  - Social skills training/support
  - Increased academic support and practice
  - Alternatives to suspension
  - Mentoring
  - Progress monitoring
  - Behavior/attendance contracts
Program Overview

Universal School-Wide Strategies

Care Connection
Goal: Promote a positive school climate through wellness promotion and implementation of prevention programs that provide consistent and structured responses to behavioral and emotional concerns
Strategies: Teacher, family and student education
Programs:
- Elementary: PAX Good Behavior Game
- Middle and High School: Signs of Suicide (SOS)

Schools
School-Wide Supports: All Students
- Positive, safe and engaging school learning environment
- Effective academic support
- Effective classroom management
- Teaching social skills
- Teaching school-wide expectations
- Active supervision and monitoring in common areas
- Positive reinforcement for ALL

Behavioral Health System

Academic System

Nationwide Children's
When your child needs a hospital, everything matters.
Learned Lessons and Feedback

Agency-Therapist Lead vs School - Student Lead

Assessment
Collaborative Planning
Adjust and Adapt
Feedback
Implementation
Learned Lessons and Feedback

Students and families struggled to engage with the Therapist

School staff didn’t know what or how to share information related mental health

Stigma contributed to negative attitudes about treatment

Schools asked if we could do fun things with students

Schools asked if we could find creative ways to link with students and families
Quality Improvement Cycle

Plan – What are we trying to accomplish? Assess Barriers. Develop
Do - Implementation Phase
Study – How do we know that change is effective? Collect data.
Act – What can we adapt to make further changes?

Adapted from: https://www.healthcatalyst.com/insights/control-charts-healthcare-drive-4-improvement-basics
Wellness Tips

Purpose

Promote wellness

Shift and improve school climate

Student and staff engagement
Aim

To increase BH therapy referral rates in West and Westmoor schools from 47% to 75% by June 2020 and sustain for two years.

Sub-aim: To increase positive response percentage to wellness surveys from West and Westmoor schools.

Key Drivers

- Lack of awareness of NCH resources
- Lack of referral system awareness in schools
- Tier 1 presence in schools
- Teacher buy-in

Interventions

- Implement quarterly School-wide surveys for teachers and students.
- Write an universal and easy to use wellness script for schools to use.
- Use resources at NCH to measure referral and linkage rates
- Increase focused communication with teachers and school administration
- Creative ways to teach wellness and awareness in schools
Example Wellness Tip: Middle School/ High School

• **Tip #1:** Learn how to deal with stress by practicing good coping skills: Try One-Minute of deep breathing, do Tai Chi, take a nature walk, play with your pet, or try journal writing as a stress reducer. Also, remember to smile and see the humor in life. Research shows that laughter can boost your immune system, ease pain, relax your body and reduce stress.

• **Tip #2:** Quiet your mind and try mindfulness! Relaxation exercises and prayer can improve your state of mind and outlook on life. In fact, research shows that meditation may help you feel calm and enhance the effects of other stress reducers like therapy etc.
Example Wellness Tip: For Teachers

“The Power of the Positive

• Sometimes teaching can be a thankless job. Administration, children, and parents can be like herding cats.

• If you’re not careful, it’s a drain on your self-esteem. Most of the time, we have 95% of a class that’s doing well and appreciative of what we’re doing. Yet, we focus on the one parent or the one child and let that drag us down.

• Keep a “Notebook of Positivity” handy in a desk drawer. Use this to keep those “Thank you” cards, awards, student pictures, and anything else that is a reminder of the good work you do as a teacher.

• Then, when you’re feeling yourself focusing on the negative, open your notebook and receive the positive reinforcement that you’ve been given.
Example Wellness Tip: Elementary School

Tip #1: Understand that it may take time to fit in. Most people don't make best friends on the first day of school. It takes time to build friendships, so don't get sad if you don't fit in right away.

Tip #2: Change can be scary. Things might change at home or at school, but can new and fun things might happen. Accepting change will help you be happy over time. “This announcement was brought to you by the Nationwide Children’s School therapist, ________________ in room ___________ who is available for support throughout the school year.”
## Data

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<th>Linkages</th>
<th>2017-2018 School Year</th>
<th>2018-2019 School Year</th>
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<tr>
<td></td>
<td>210</td>
<td>277</td>
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### Wellness Tips Survey Results

<table>
<thead>
<tr>
<th>Wellness Tips Survey Results</th>
<th>2017-2018 School Year</th>
<th>2018-2019 School Year</th>
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<tbody>
<tr>
<td>Wellness tips helped with coping strategies</td>
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<td>Want to learn more about Wellness Tips</td>
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<tr>
<td>Likely to seek counseling</td>
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<td>64.29%</td>
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Kahoot Data:

Student engagement in wellness activities

Linked referrals with NCH school-based therapist
Future Considerations

Update wellness tips to build upon learned skills

Expand capacity through utilizing groups and other tier 2 strategies. Due to increase in referrals.

Increase classroom and school staff collaboration

Improve linkage rates

Peer lead activities
On Our Sleeves®

The Movement to Transform Mental Health for Children, Teens and Young Adults

Benefiting Nationwide Children's
On Our Sleeves Collaboration

Linda Farrell, a visual arts teacher at Columbus City Preparatory School for Girls (CCPSG), combined the message of the importance of mental health and the icons from On Our Sleeves into an art lesson on Pablo Picasso’s “Blue Period” for her classroom.
During the Month of May, the art teacher introduced another project where students picked an icon from On Our Sleeves and transformed it from a negative image to a positive image.
Success Stories

Wellness Wednesdays

Wellness Squad

Talk It Out
Collaboration with Teachers

Create teacher buy-in

Find a common time and a common language

Bridge between mental health and academic needs

True collaboration, sharing our area of expertise, but also asking the teacher’s to use their own expertise.

Planted a seed, offered support, and celebrated the efforts of the students
Share Hope: Breaking Stigmas for Children’s Mental Health

• Collecting artwork for a mosaic for the new Big Lots Behavioral Health Pavilion

• Artwork will send hope, strength and support to patients and families awaiting treatment

Host your own collection event:
ProjectSnap.org/NationwideChildrens
QUESTIONS
References


- www.healthcatalyst.com/insights/control-charts-healthcare-drive-4-improvement-basics