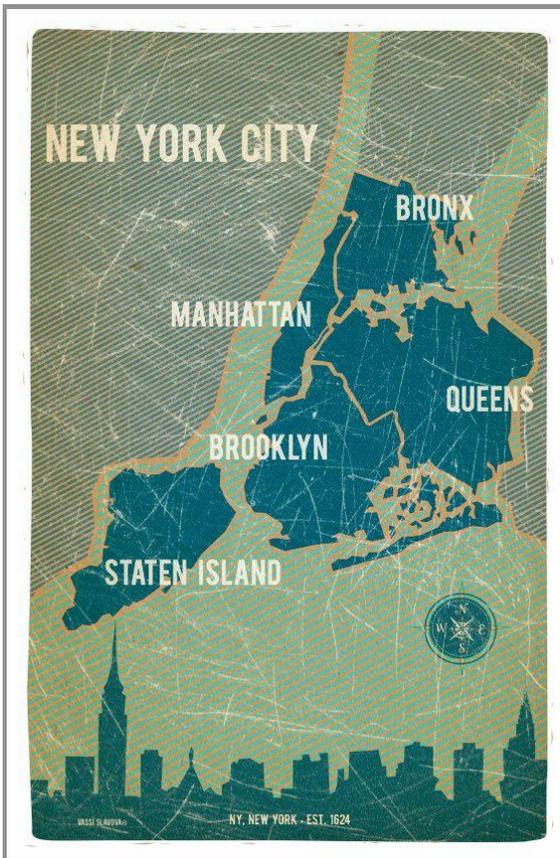


# *Use What You Have, Start Where You Are: Using Stress Reduction to Build Safe and Supportive Schools*

2019 Annual Conference on  
Advancing School Mental Health



## Presenters

### Scott Bloom, LCSW-R

Director, Office of School  
Health/Mental Health Program

### Monica Gavilanes, LMSW

Supervisor, Students in Temporary  
Housing (STH) Program.

### Denise Arieli-Barufka, LMSW

Director, School Mental Health  
Consultant Program

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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.



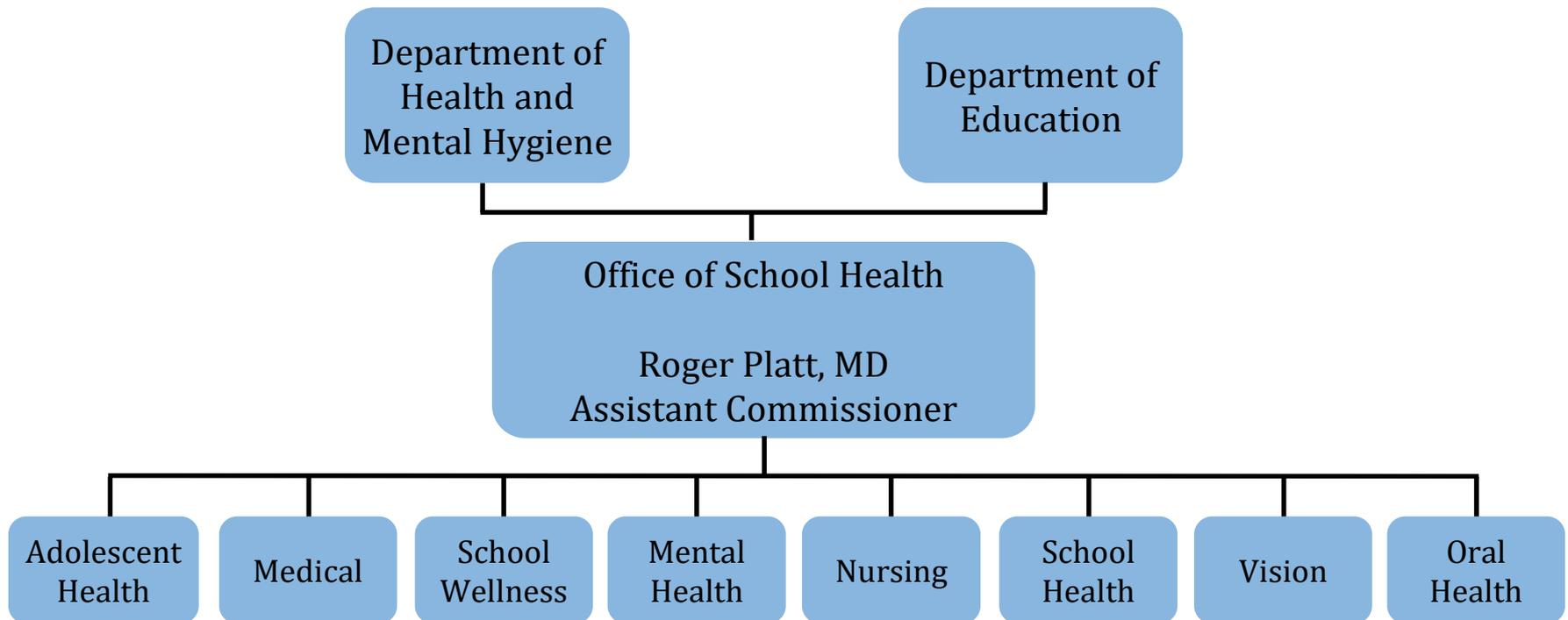
# School Mental Health Vision



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.

# Office of School Health

## Organizational Chart



# Mental Health Affects Student Achievement

Fewer referrals based on challenging behavior

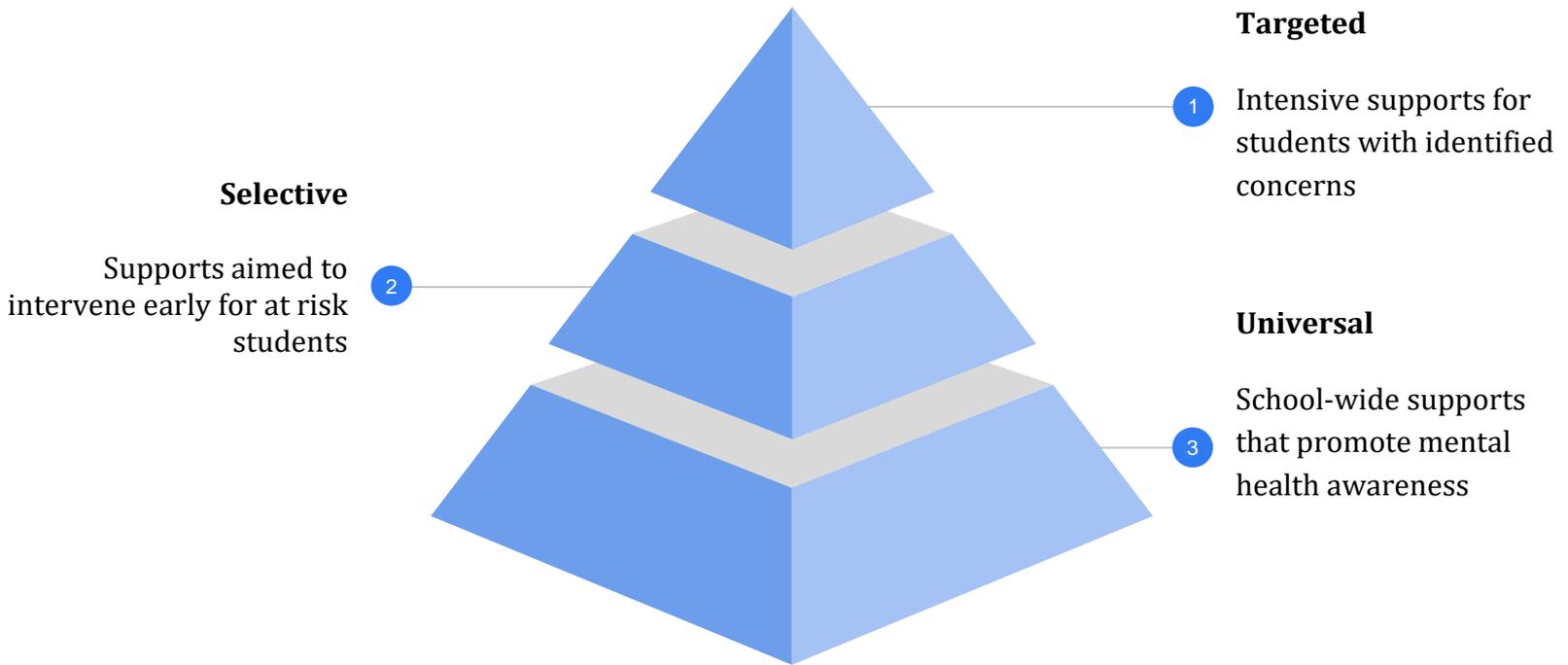
Fewer special education services

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](#)

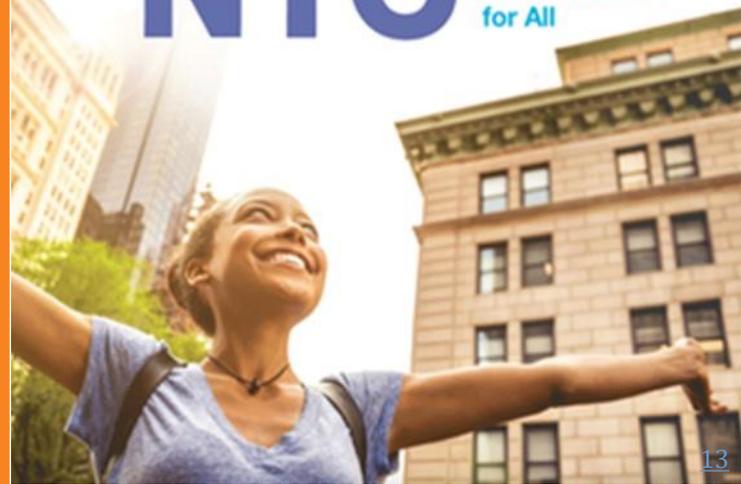


## Three-Tiered School Mental Health Framework



# Thrive NYC

A Roadmap for  
Mental Health  
for All



**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



# School Mental Health Consultant Program



# 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



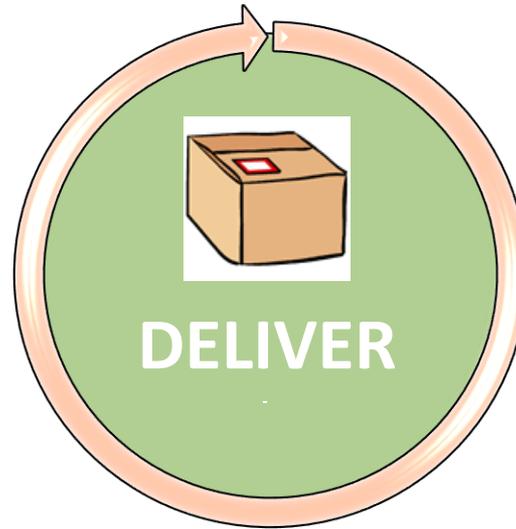
# NYC Implementation



## START WHERE YOU ARE

- ✓ “Stress Audit”
- ✓ Personal & Community Mental Health

# Service Delivery



## USE WHAT YOU HAVE

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

# Service Delivery



## Stress Domino Effect



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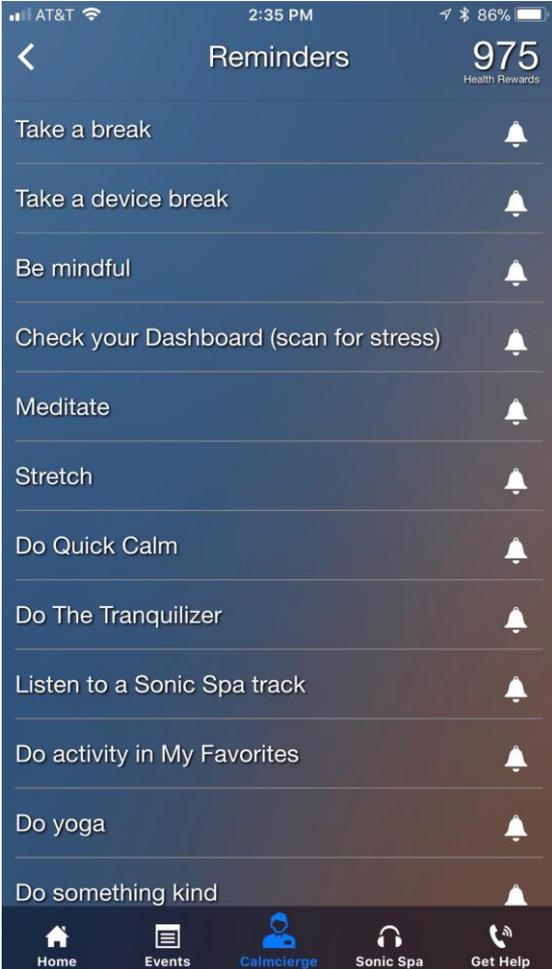
●●● The Stress Coach



very stressed   stressed   unsettled   thinking   relaxing   calm   very calm

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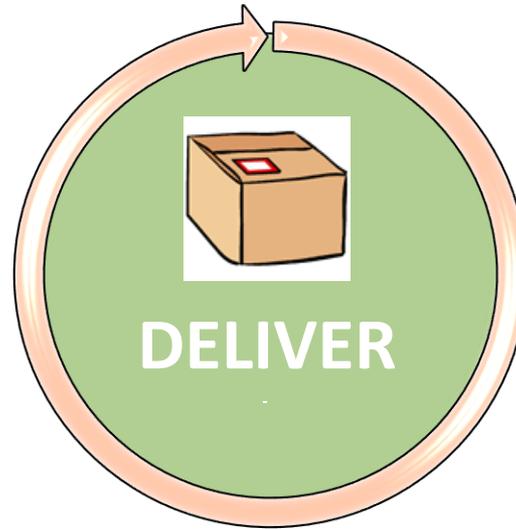
# Service Delivery



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.

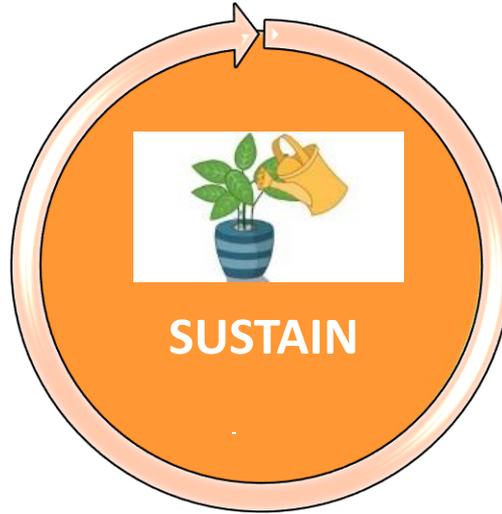
# Service Delivery



## 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

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## *What Are We Measuring?*

### **SY 2016-2017 STH Only**

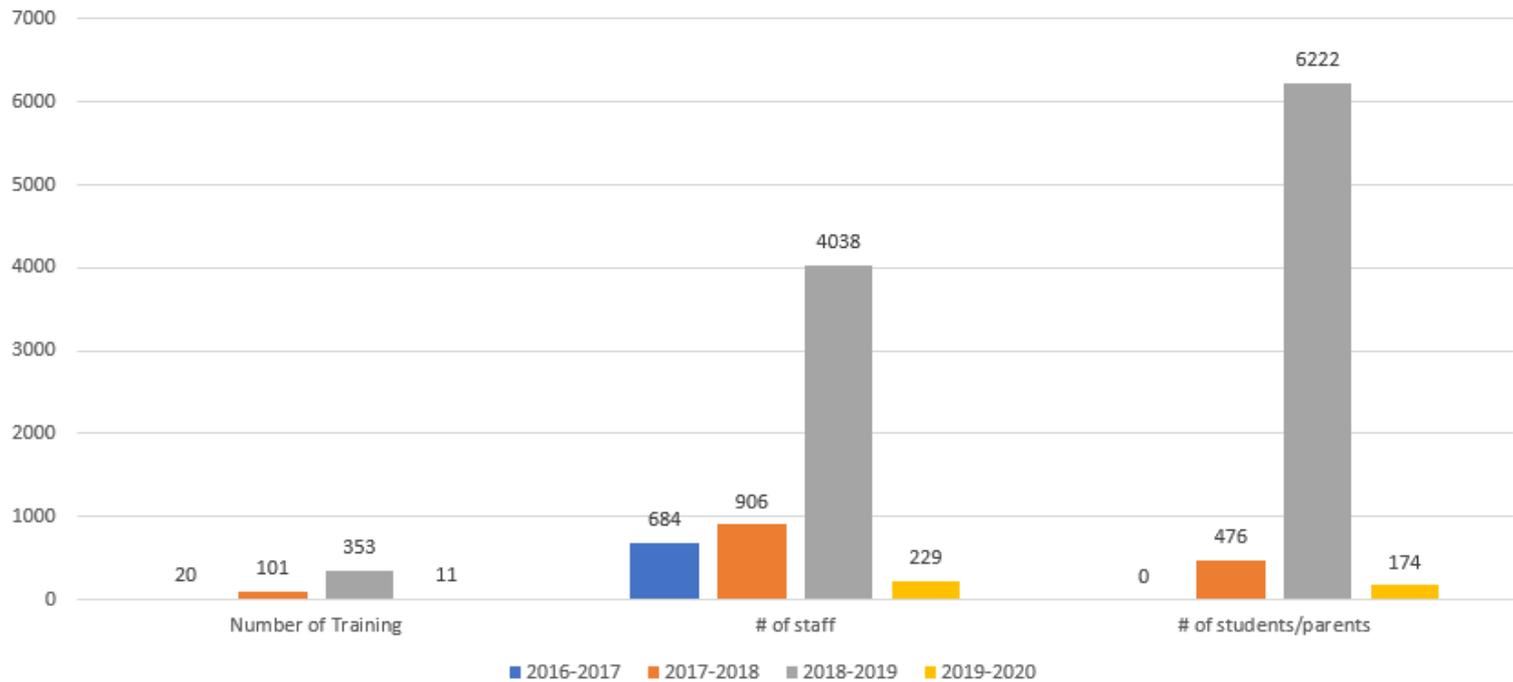
- # of school staff, students, and parents trained.
- Satisfaction with training
- # of Downloads
- # of Active Users
- # of Views: Sonic Spa and Videos

### **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

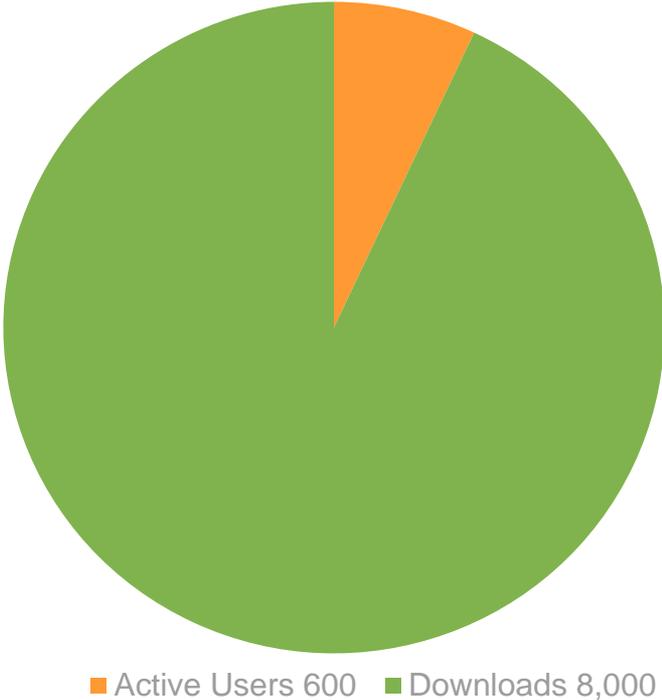
School Year	Number of Training	# of staff	# of students/parents
2016-2017	20	684	0
2017-2018	101	906	476
2018-2019	353	4038	6222
2019-2020	11	229	174

Stress Training

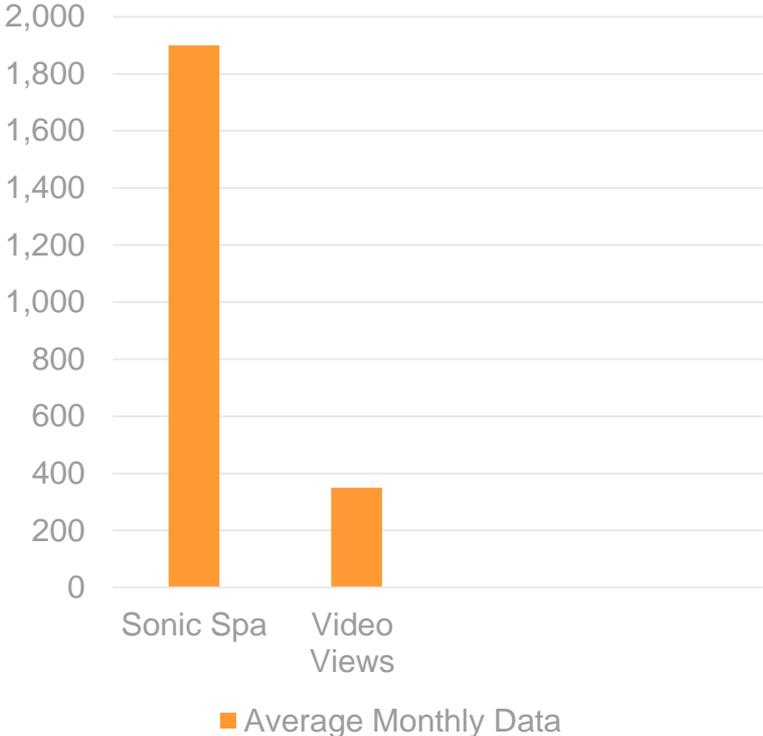


# Digital Data: Calm Cast App

Digital Data 2016- Present

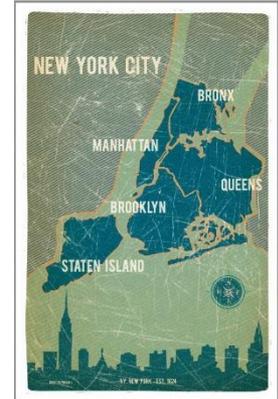


Impressions by Month



## What's Next?

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



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# Lessons Learned

- Schools are receptive to this work-it helps build safe and supportive environments
- Leadership is very interested in finding creative ways to address stress and burnout
- Introduces Self-Care into the school day- “My Principal must Care About Me”



- Stress is a unifying factor- instant buy-in.
- Can be used strategically to create move students through transitions and high stress periods.
- Opens up dialogue to create personal connections outside the classroom.
- Conforms to an SEL framework.

# Group Activity



# *THANK YOU*

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