

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



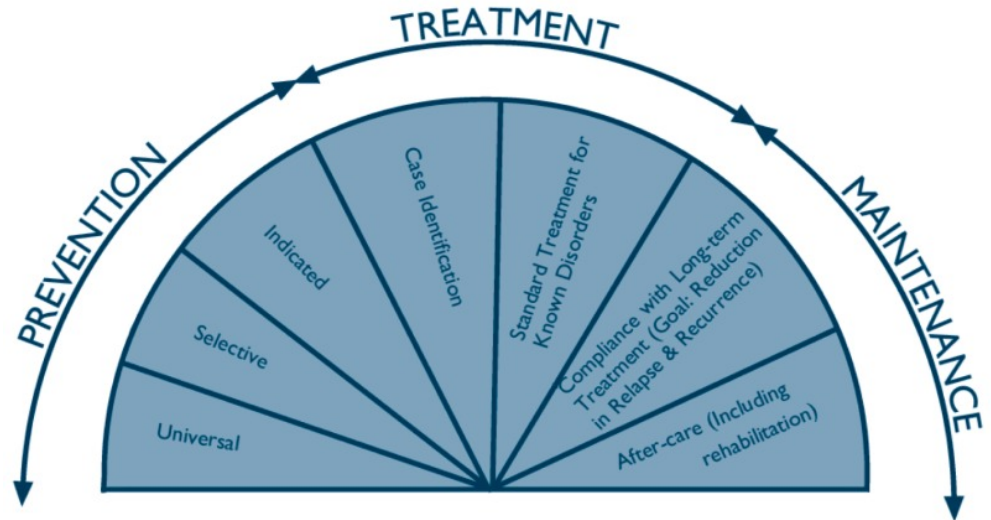
Prevention

- **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
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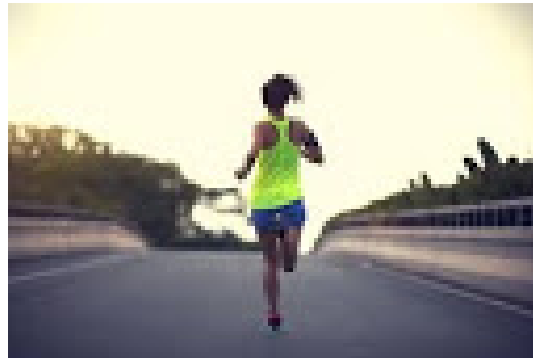
<https://www.ncbi.nlm.nih.gov/books/NBK344231/figure/part1.ch1.f1/>



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When your child needs a hospital, everything matters.

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

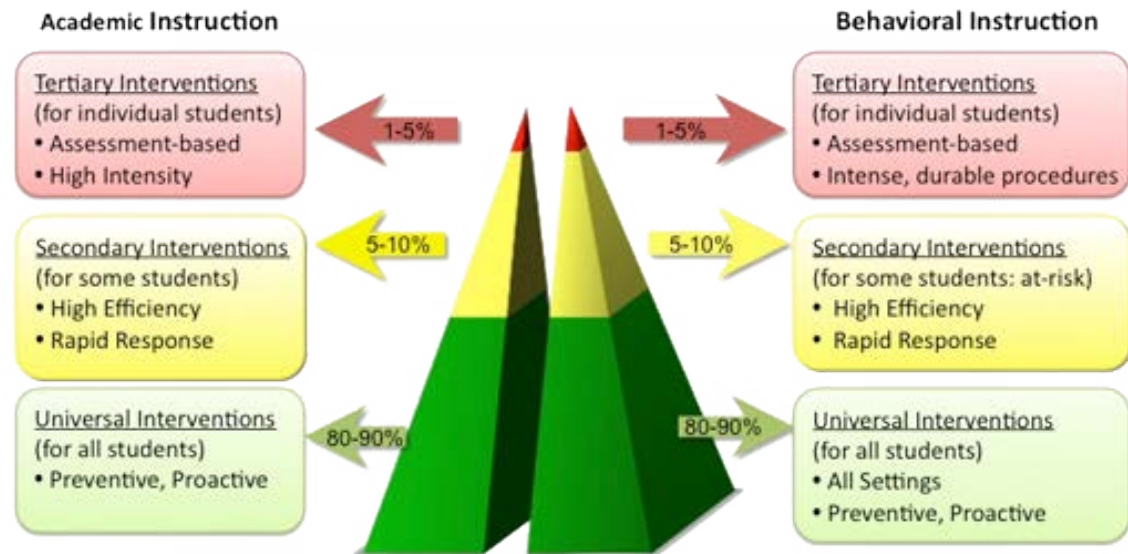


Hage & Romano, 2010

Application in Schools: Positive Behavior Intervention & Supports

- Multitiered system of supports (MTSS)

- Tier 1-3 or 4 *Designing Schoolwide Systems for Student Success*



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



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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

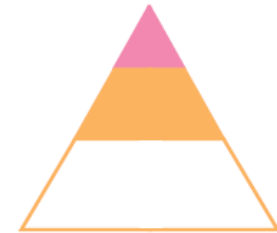
Programs:

- 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)

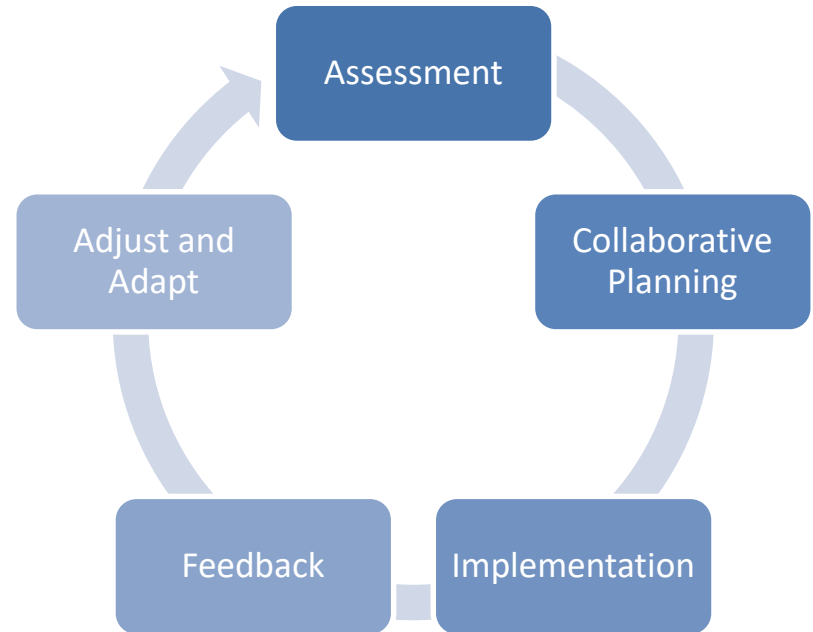
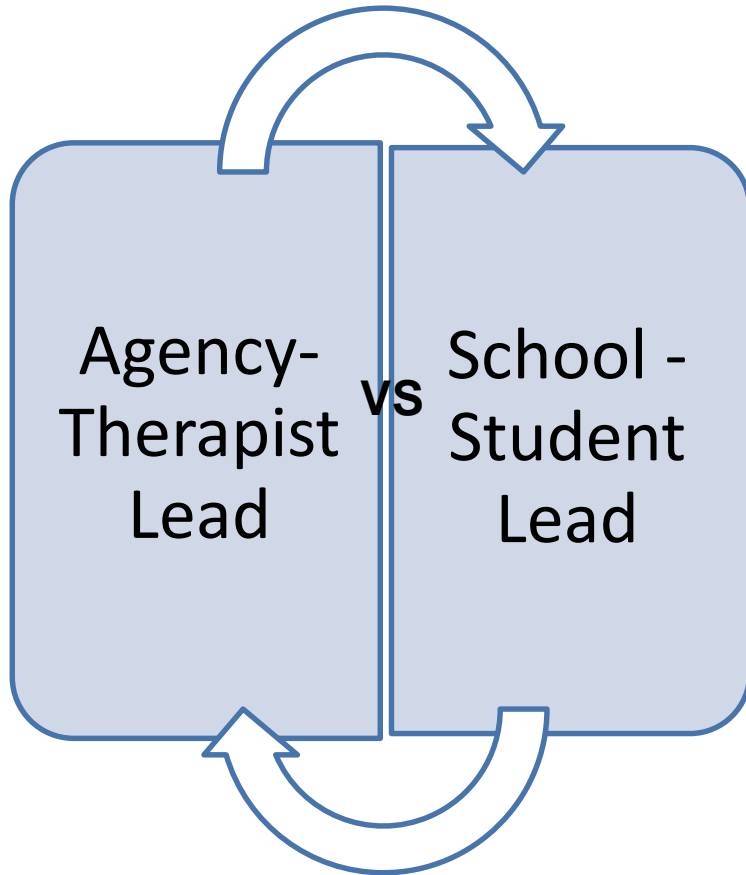
Schools

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



Learned Lessons and Feedback



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



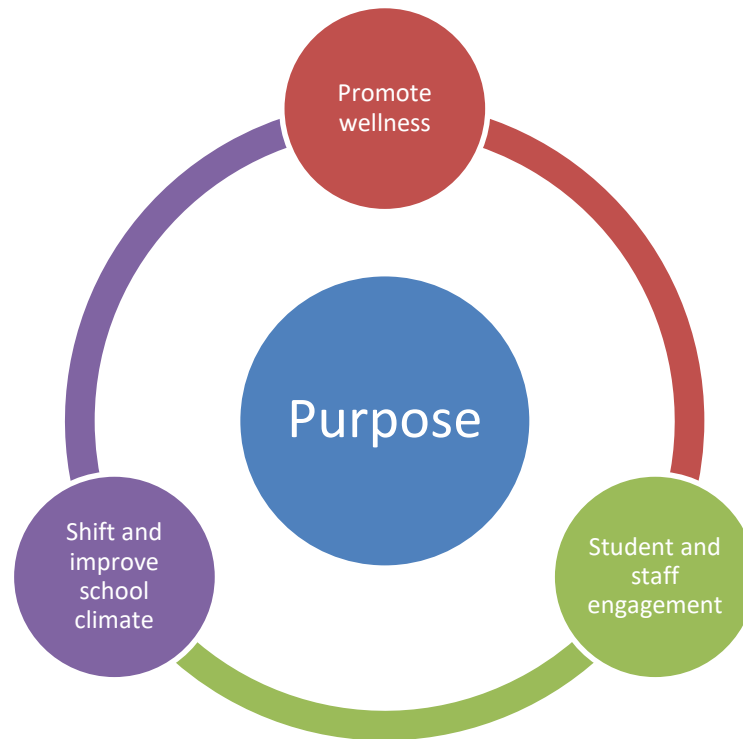
Plan – What are we trying to accomplish? Assess Barriers. Develop

Do - Implementation Phase

Study – How do we know that change is effective? Collect data.

Act – What can we adapt to make further changes?

Wellness Tips



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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.”

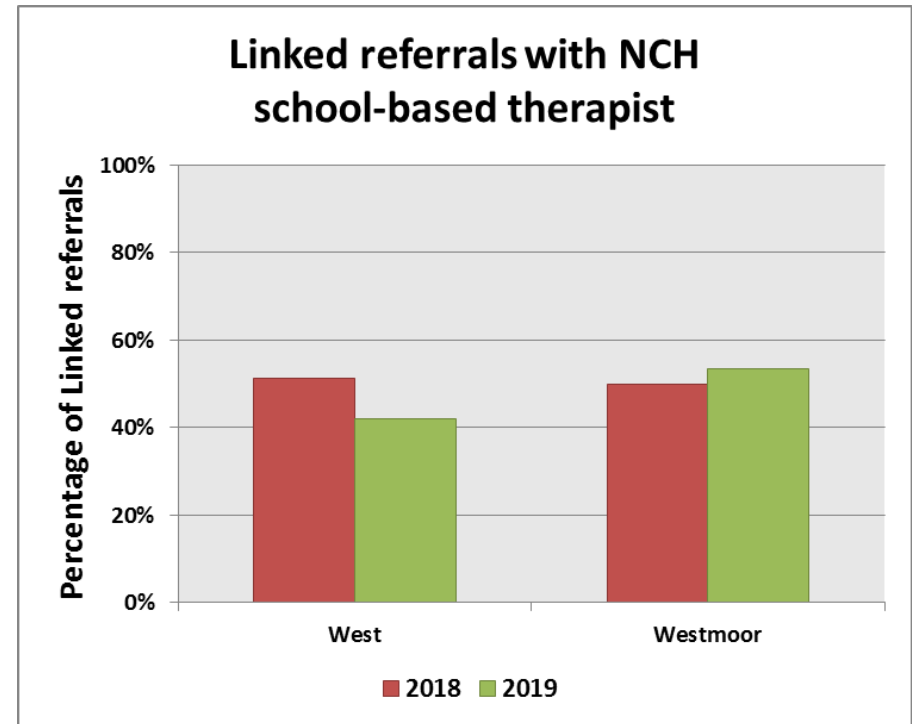
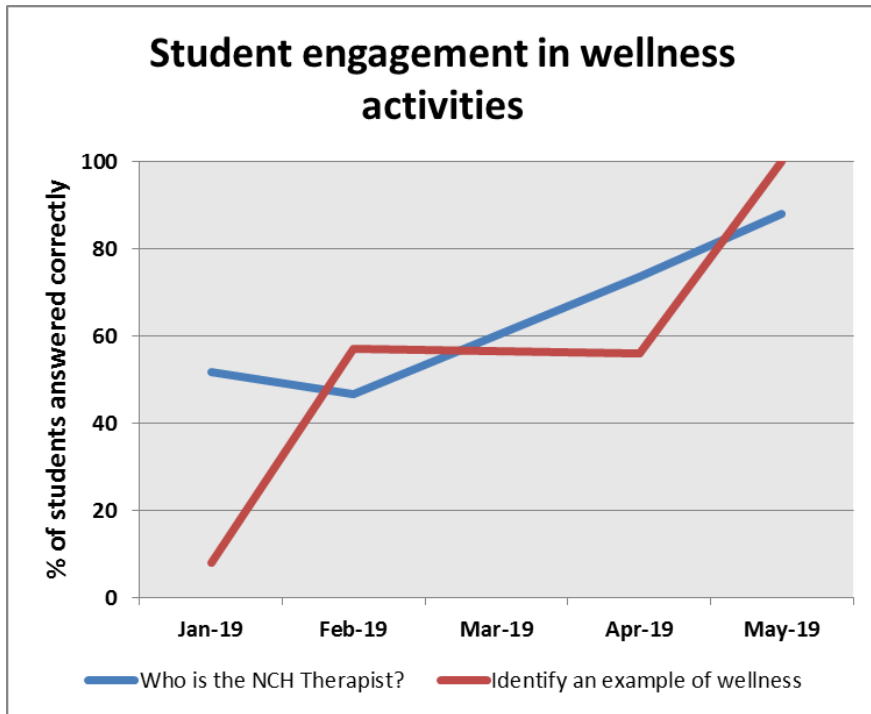
Data

	2017-2018 School Year	2018-2019 School Year
Linkages	210	277

Wellness Tips Survey Results

Wellness tips helped with coping strategies	83.3%
Want to learn more about Wellness Tips	71%
Likely to seek counseling	64.29%

Kahoot Data:



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





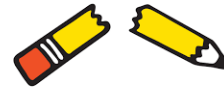
WORLD
**MENTAL
HEALTH**
DAY

OCTOBER 10



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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.





Mental Health Awareness Month



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

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