

A Proactive Approach to School Mental Wellness

Making SPACE for learning



Objectives

Thoughts and resources about trauma-informed practices.

Schoolwide approaches to addressing mental wellness.

Programs and activities I use to promote mental wellness in schools



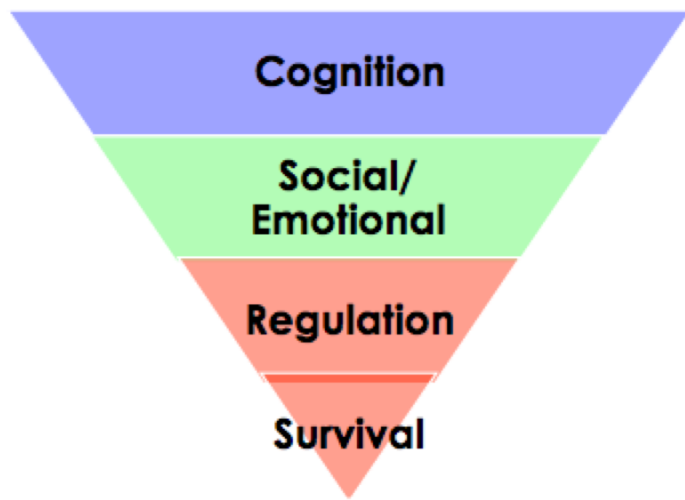
Career
Exploration,
Interests, Soft
skills, Teamwork

Social-Emotional
Character Development,
Friendship skills,
Empathy, 7 Habits,
Communication,
Feelings, Digital
Citizenship, Bully
prevention, Personal
safety

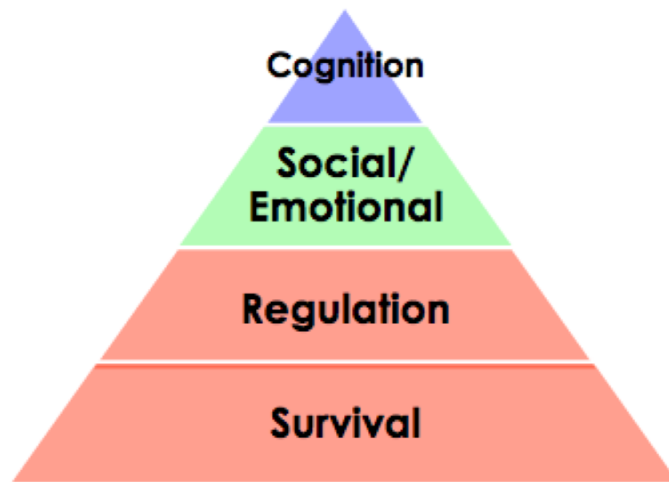
Academic
Goals setting,
Growth mindset,
Classroom Skills,
Communication

Trauma and Brain Development

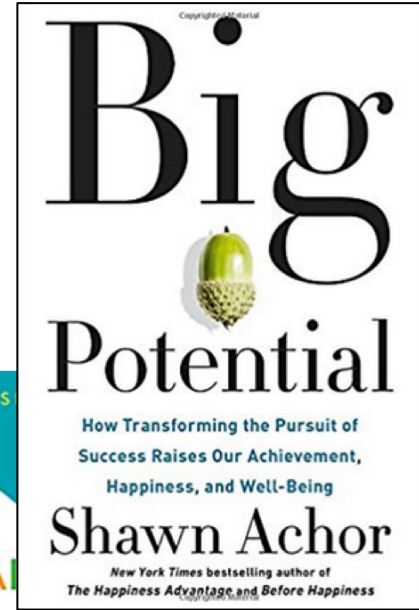
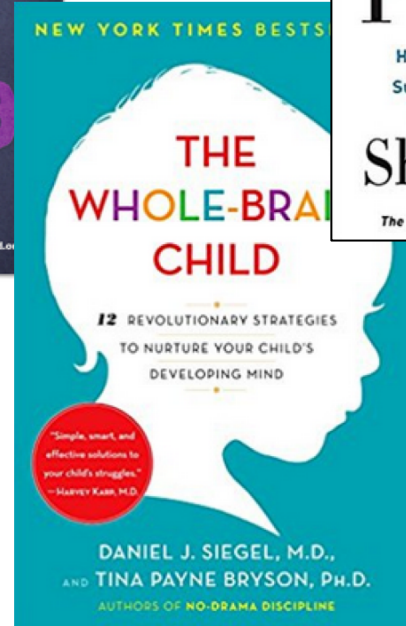
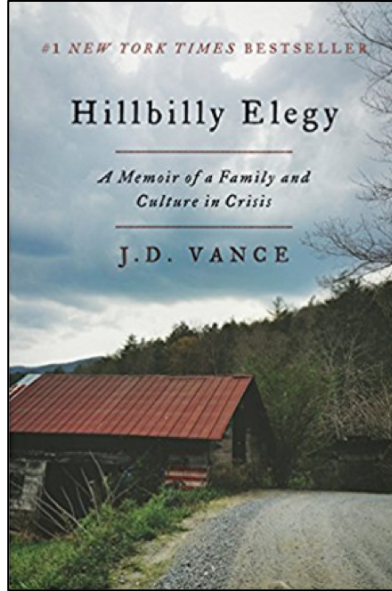
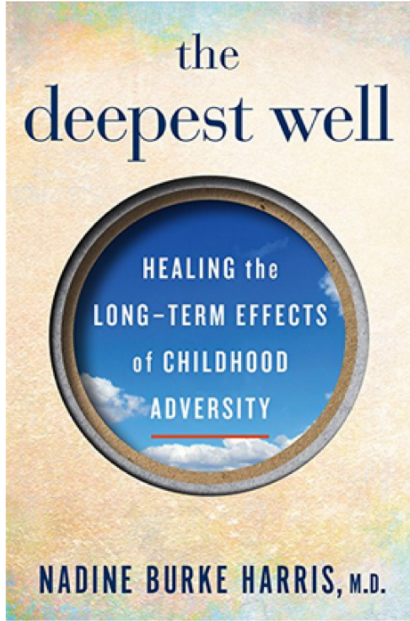
Typical Development

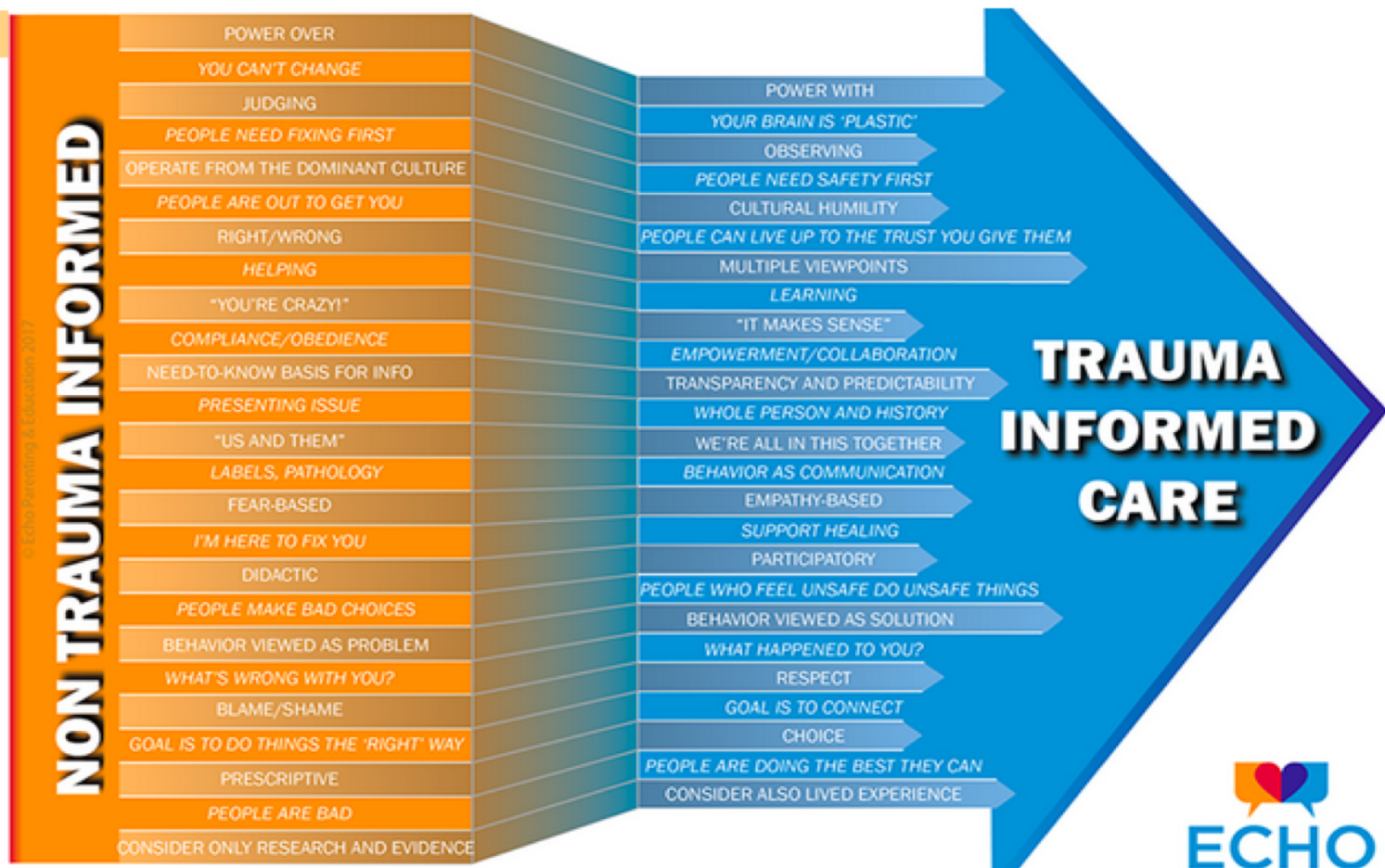


Developmental Trauma



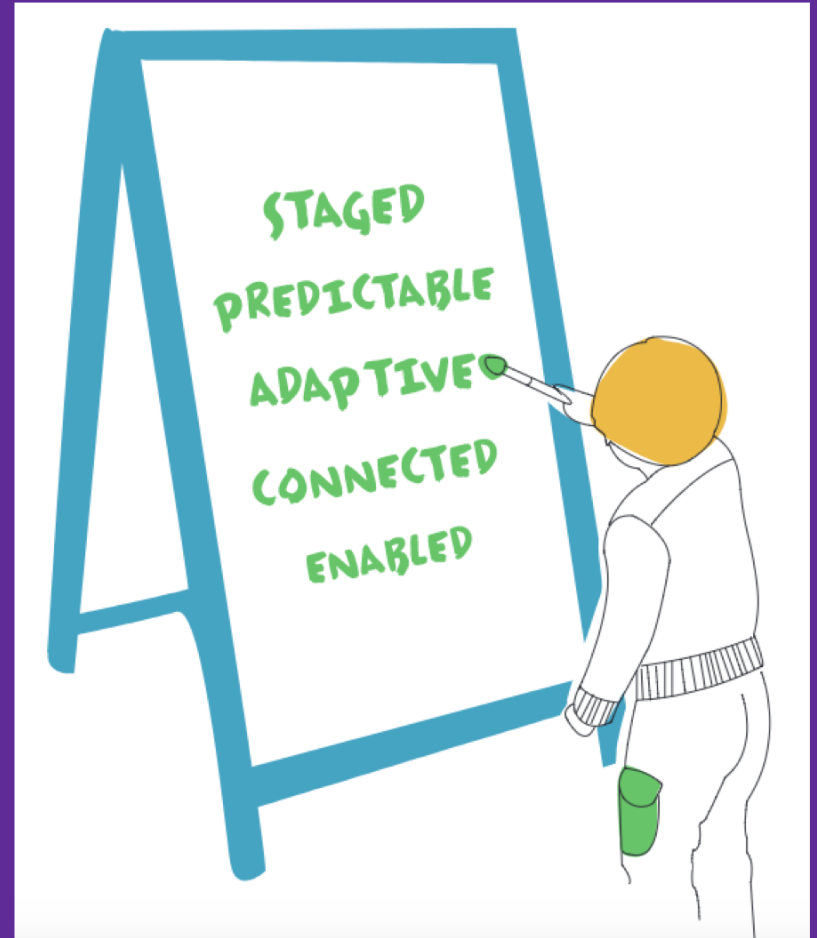
Great Resources





Making SPACE for Learning

School Culture
Comprehensive Program
Common Language
Connections



Schoolwide Initiatives

- ❑ Culture of the School
 - ❑ Bulletin boards, 7 Habits, Good News Call of the Day, Project LEAD
- ❑ Watch DOGS - Dads of Great Students
- ❑ Marathon Club
- ❑ Senior Walk
- ❑ Lincoln Families
 - ❑ One teacher to 10-12 students
 - ❑ Mixed grade levels
 - ❑ Relationships
 - ❑ 7 Habits Activities



Lincoln Cub Pride @Lincoln_Cubs · Nov 7
Want a great friend on the playground?
Come see this kid! He synergies every day
and is always helping others!
[#GoodNewsCallOfTheDay](#)



Schoolwide Initiatives

- ❑ Meaningful Work
 - ❑ 3rd graders, apply, train, and perform tasks around the school, Role Models, Responsibility, Organization, “Soft skills”
- ❑ Positive Addictions 5K and Hero Mile
- ❑ Rise and Shine
 - ❑ Reinforce 7 Habits, Book Talks, Student Recognition, Attendance, Lunch, Community Building
- ❑ The Great Kindness Challenge
 - ❑ Checklists, Kindness stations, Kindest CC Citizen, Service Projects



The Lincoln Care Team

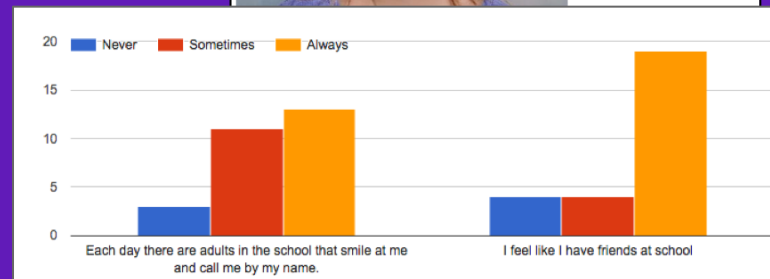
- Developed after looking at SIT team concerns
- Part of a tiered approach
 - Schoolwide & classroom lessons
 - Small groups
 - Individual
 - Still existed a need for students and families with at-risk indicators (ACE scores)
- Goals
 - Develop connections
 - Meet basic needs (survival, regulation, social-emotional)
- Interventions
 - Smile and Call them by name
 - Welcome Wagon
 - Breakfast options
 - Parent training & staff training

Smile and Call Them By Name - Mar. 2

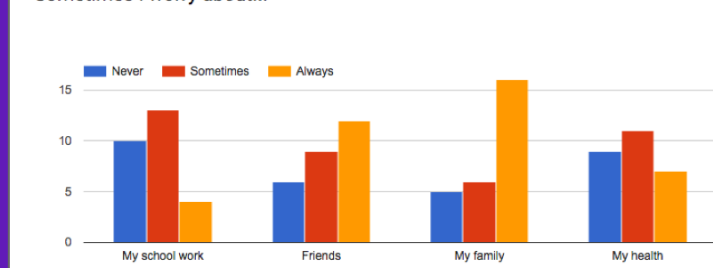
Each day you will get an email with a student's picture, name, and teacher. Smile and call him/her by name when you see them. This is to encourage connections to the school.

- Every kid is one caring adult away from being a success story.

Our student today is ----- from Miss Thatcher's kindergarten class



Sometimes I worry about...



A Site Audit Tool

- To what extent does the school culture demonstrate a positive and shared commitment in relation to the specific needs of traumatized children and young people?
- To what extent does the school incorporate collaborative strategies and processes for supporting traumatized children and young people?
- To what extent is the impact of trauma and stress on the functioning of children and young people widely understood and identified across the school setting?
- To what extent does the existing school culture (embodied in charters/policies/ processes) reflect understanding and compassion for the needs of traumatised children and young people?

Resources

Strategies to create Trauma-Sensitive Schools

<https://dpi.wi.gov/sites/default/files/imce/sspw/pdf/traumastrategies.pdf>

Making Space for Learning

<https://www.theactgroup.com.au/documents/makingspaceforlearning-traumainschools.pdf>

KSDE TASN <https://www.ksdetasn.org/resources/1695> and

https://ksdetasn.s3.amazonaws.com/uploads/resource/upload/1695/2017_MTSS_Symposium.pdf

ACES Connection <http://www.acesconnection.com/blog/how-to-be-trauma-informed-for-real>

https://docs.google.com/presentation/d/13SFKezVLKQT_Zn8wQFMJkiI9ENCmEr9bt8kfQ-f3GUM/edit?usp=sharing

Thank you!

Kristin Wright

kristinwright@usd379.org

www.usd379.org

Twitter: @Lincoln_Cubs

Facebook: Lincoln Cub Pride

