Social-Emotional Support

Building Capacity
Introduce Staff

Melanie Daniel- Supervisor of Student Services and Special Education
Colette Hokana- Nurse Manager
Dr. Emma Jurrens- Lead Psychologist
Tanya Meline- Lead Social Worker
Verona Wilborn- Lead Counselor
Professional Learning

“In learning you will teach, and in teaching you will learn.”

— Phil Collins
Mental Health Professionals & Specialized Instructional Support Personnel (SISP)

- Counselors
- Psychologists
- Social Workers
- Nurses
- Diagnosticians
> 3,000

SCPS Employees Have or Will Attend One or More Trainings/Workshops
Mental Health Trainings & Workshops

Mental Health Awareness 101

Trauma Awareness

Adverse Childhood Experiences (ACEs)

Youth Mental Health First Aid (YMHFA)

Human Trafficking

Course I: Trauma-Informed*

Course II: Trauma-Supportive*

Suicide Risk Assessment Training*

Crisis Preparedness & Prevention*

* Designated Groups Only
Mental Health Awareness & Equity

- **October 14, 2019 & November 5, 2019**
  - All Licensed Staff (Approximately 2500)
  - Mental Health & Trauma Awareness 101
  - Equity - LGBTQIA+
  - Transportation - Mental Health Awareness

- **SEL/Equity Training for All staff - August 18th/19th, 2020**
On-Demand Trainings & Workshops

◦ Mental Health Awareness 101
◦ ACE (adverse childhood experiences)
◦ Human Trafficking
◦ Trauma Awareness
◦ YMHFA (Youth Mental Health First Aid)
Aligning with District Pilots & Initiatives

- Restorative Practices & Restorative Justice
- Alternatives to Suspension Collaborative
- Typical or Troubled (Notice. Talk. Act)
- Student Code of Conduct Revision
SCPS
Social Emotional Learning for 2020-2021 and beyond.....

Panorama: Interactive Reporting Platform

SEL Framework and Training Opportunities:
Authentic Framework of SEL Resources, for staff, parents, and students.
Wellness Support for Staff

- Relaunched Wellness Committee
- Recruited Wellness Ambassadors from each school/site
- Collaborative planning with Ambassadors
- Regular resource sharing
Wellness Focus During Remote Work

- Handling physical and mental stress while teleworking
- Meditation and journaling
- Face covering guidance and DIY pattern
- Social media and mental wellness
- EAP contact information
“Wellness Wednesday”

Weekly insights from teachers included in our social media “Teacher Feature” on their own self-care habits
Plans for Fall 2020

- Continued guidance on wellness approaches for “next normal” work environment

- Proactive social-emotional support via collaboration between Human Resources, Student Services, and Benefits teams

Active sharing of self-led strategies

Passive access to social-emotional resources

Active provision of social-emotional support
Hopes for the Next “Next Normal”

- Resumed emphasis on both physical and mental health through coordinated initiatives and wellness challenges
- Using wellness as a pathway to building and supporting communities within and across schools
Confidential Help Available to All Staff

If you or a family member need immediate support for any of the following issues, free, confidential advice and resources are available through the Anthem Employee Assistance Program:

- Finding a mental or physical healthcare professional
- Critical/emergency mental health support
- Addiction recovery resources
- Domestic abuse support
- Dependent care resources for children or elders
- Financial and legal services

Call 800-346-5485 or visit anthemeap.com
Enter Stafford County Schools to log in.
Thank You!

Department of Student Services & Special Education and Human Resources