

Mental Health Supports for Students

CDSD PAC

February 23, 2023

Agenda

- Overview
- CDSD Professional Staff
- District Mental Health Coordinator
- Student Assistance Program
- True North Wellness
- Communities in Schools
- Community Supports and Resources
- CDSD Resource Website
- Panorama Survey

CDSD Professional Staff

Mental Health Coordinator

Micah Beaston

Social Workers

5 Social Workers

School Counselors

33 School
Counselors

Counselor/Liaison to Special Programs

Jenn Butz

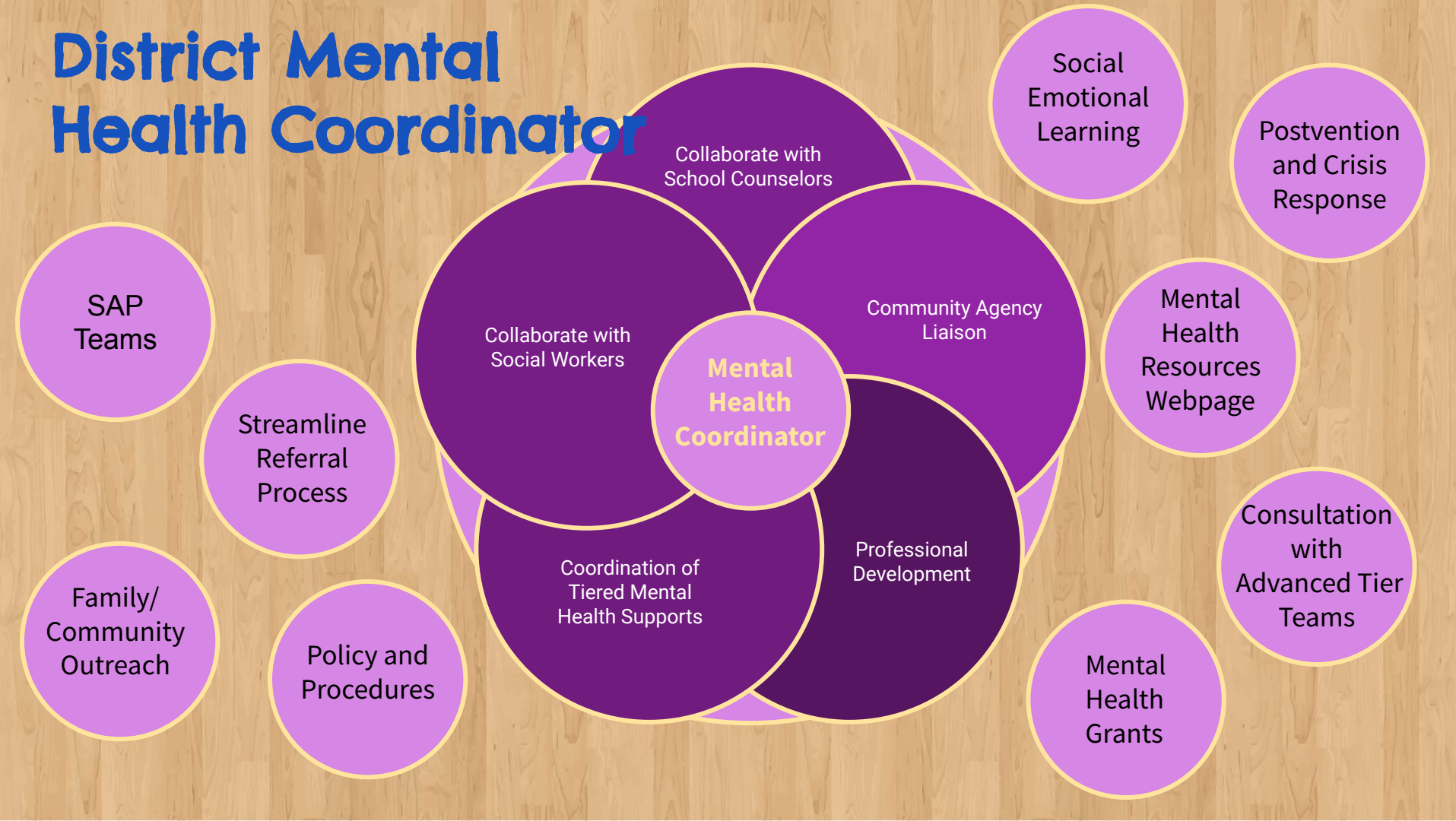
Behavior Specialists

5 Behavior
Specialists

School Psychologists

11 School
Psychologists

District Mental Health Coordinator



Student Assistance Program (SAP)

The Pennsylvania Student Assistance Program (SAP) is **a systematic team process used to mobilize school resources to remove barriers to learning**. SAP is designed to assist in identifying issues including alcohol, tobacco, other drugs, and mental health issues which pose a barrier to a student's success.

SAP team members must participate in a three day training provided by a state approved trainer.

Every building, including the CD Cyber Academy, has a SAP team.

SAP Audit being conducted to identify needs of current teams and ways to streamline the process.



True North Wellness

School Based Therapy

School Based outpatient therapy is **mental health therapy provided at school during the course of the student's day**. The student is referred to a school based therapist who will see the student during the school day for individual therapy for identified behavioral health problems.

True North Counselor comes to the school building during the school day to provide outpatient counseling services.

Paid for through the student's insurance.



Communities in Schools

Evidence-based model connects students to caring adults and community resources.

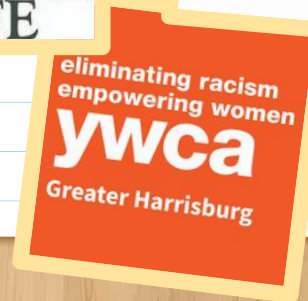
Empower students to confront and overcome personal challenges and structural barriers—so they can take charge of the future they want for themselves, their communities and each other.

Site Coordinators currently assigned to East Middle School, Swatara Middle School, and East High School.



Community Supports and Resources

- Caron - Nicotine and Cannabis Cessation Interventions
- Salvation Army - Small Group Interventions
- YWCA - Classwide Lessons
- Highmark Caring Place - Facilitator Training and Supports
- Big Brother/Big Sisters - High School Bigs (preparing now for 23-24 school year)
- Dauphin County Drug and Alcohol Services- Prevention and Intervention
- Keystone Human Services
- Laurel Life



CDSD Resource Website

CDSD Resource Website

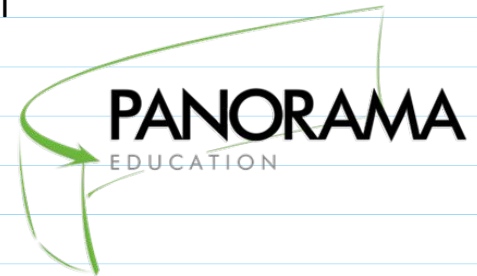


Panorama Survey

Collects valid and reliable feedback about a variety of topics from belonging and teacher-student relationships, to engagement and school safety.

Administered 2x a year - October and May

3 Surveys - Student, Community, Teacher/Staff





Student SEL Competencies

How did students perceive their own social-emotional skills?

Save as PDF

Grades 3-5

2,696 responses | [show breakdown](#)

Topic

Percent Favorable

Compared to others nationally

Change since Spring 2022

Self-Management

75%

60th-79th percentile

▲ 1

Social Awareness

74%

80th-99th percentile

▲ 4
Greatest increase

Emotion Regulation

52%

Grades 6-12

3,674 responses | [show breakdown](#)

Save as PDF

Topic

Percent Favorable

Compared to others nationally

Change since Spring 2022

Self-Management

71%

40th-59th percentile

▲ 1

Social Awareness

59%

20th-39th percentile

0

Emotion Regulation

48%

60th-79th percentile

▲ 1

Sample
Survey
Results

Family-School Relationship Survey

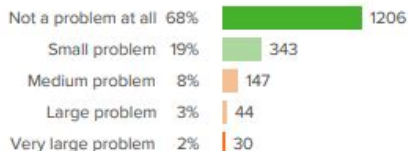
Completed Fall 2022
1,770 Respondents



Barriers to Engagement

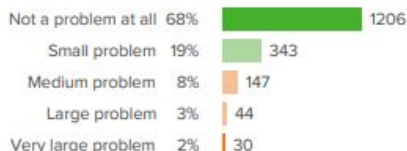
85% Favorable

Q.5: How big of a problem is the following issue for becoming involved with your child's current school: You feel unsure about how to communicate with the school?



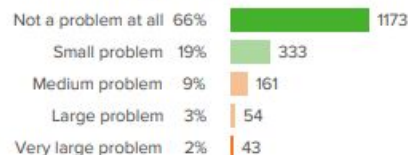
Favorable: **88%**

Q.5: How big of a problem is the following issue for becoming involved with your child's current school: You feel unsure about how to communicate with the school?



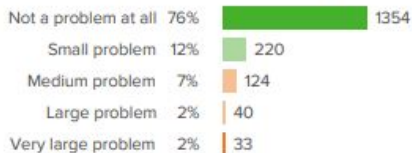
Favorable: **88%**

Q.6: How big of a problem is the following issue for becoming involved with your child's current school: The school provides little information about involvement opportunities?



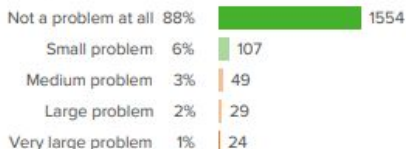
Favorable: **85%**

Q.7: How big of a problem is the following issue for becoming involved with your child's current school: The school is not welcoming to parents?



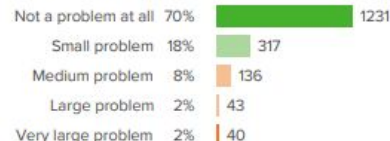
Favorable: **89%**

Q.8: How big of a problem is the following issue for becoming involved with your child's current school: The school does not communicate well with people from your culture?



Favorable: **94%**

Q.9: How big of a problem is the following issue for becoming involved with your child's current school: You do not feel a sense of belonging with your child's school community?



Favorable: **88%**

*The Fall 2023 Survey had 1,770 Respondents

Open Ended Response

If you feel there are other areas of great importance, please share them here.

Include more emotional/behavioral skill building activities throughout all grades .

I understand the safety reasons that keep parents and visitors out of the school, but I think the students and the teachers are paying the price. Both need extra help and limiting outside involvement limits how much help can be given.

Continue a focus on building safety and providing support for students who might be at risk to harm others.

I'm not sure why cell phones are allowed in school. I understand them being allowed before and after classes and at lunch, but kids should be made to keep them in their lockers.

I think teachers need ongoing training on mental health disorders among students .

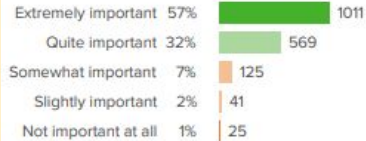
Zero tolerance when it comes to name calling and bullying on the bus .

Leadership must ensure that all educators, staff , coaches, administrators display behaviors we want to see in our young people. If we as adults don't walk the walk, how can we expect our students to do so.

Community Priorities

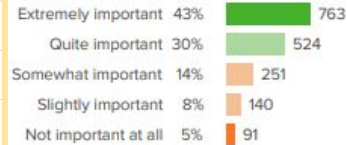
81% Favorable

Q.1: For this school or district to be successful over the next three years, how important is it for us to focus on...Student achievement?



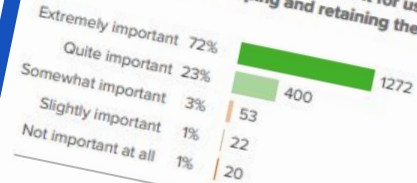
Favorable: **89%**

Q.2: For this school or district to be successful over the next three years, how important is it for us to focus on...Diversity and inclusion of all students?



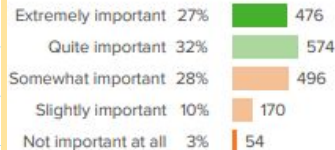
Favorable: **73%**

Q.4: For this school or district to be successful over the next three years, how important is it for us to focus on...Hiring, developing and retaining the best staff?



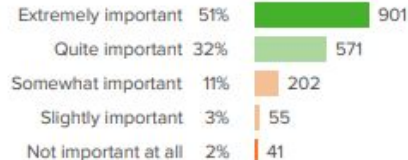
Favorable: **95%**

Q.6: For this school or district to be successful over the next three years, how important is it for us to focus on...Community partnerships?



Favorable: **59%**

Q.5: For this school or district to be successful over the next three years, how important is it for us to focus on...School climate and culture?



Favorable: **83%**

Q.8: For this school or district to be successful over the next three years, how important is it for us to focus on...Student activities and extracurricular activities?



Favorable: **73%**

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Open Ended Response

What is the single most positive aspect of this school or district?

The fun activities the school is putting together for the kids , especially now after covid and how much they missed out on. Parties, assemblies, etc - are SO important for the kids . Bring field trips back.

When the students have a great teacher, and classroom experience they learn a lot! Which then leads to them being well prepared for college academics!

Efforts are made to make students feel a sense of community .

The facilities are always clean

Since it's a larger district, there are more varied opportunities that wouldn't be present in a smaller school

Elementary schools are positive, caring places that support the students and families .

It seems that there is a constant desire or attempt to meet the needs of students and their families .

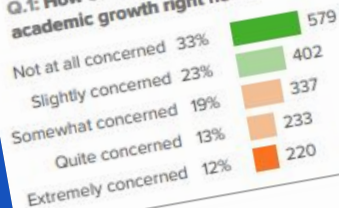
I love the amount of communication and availability and support from the teachers . I feel like I am always aware of what's going on with my kids in school. My kids feel very comfortable and safe in this school district.

I love the diversity.

Student Needs

71% Favorable

Q.1: How concerned are you about your child's academic growth right now?



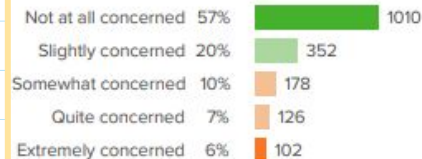
Favorable: **55%**

Q.2: How concerned are you about your child's social-emotional well-being right now?



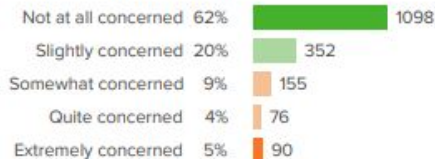
Favorable: **61%**

Q.3: How concerned are you about your child's behavior right now?



Favorable: **77%**

Q.4: How concerned are you about your child's physical health right now?



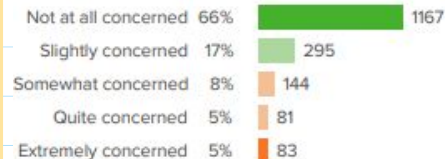
Favorable: **82%**

Q.5: How concerned are you about your child's peer relationships right now?



Favorable: **70%**

Q.6: How concerned are you about your child's relationships with adults at school right now?



Favorable: **83%**

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Open Ended Response

If you could change one thing about this school or district, what would it be?

We need to do more as a school community to celebrate diversity .

Offer sports and a second language since kindergarten. Also a full day kindergarten is crucial for early education development and growth.

Retention of teachers . There are too many leaving for other districts. What are we doing to make this the best job for them?

More employees/ staff to serve the needs of the students (more counselors, more school psychologists, more teachers , more paras, etc).

More mental health professionals on staff to help the students when they are struggling. It's too easy for kids to slip through the cracks if they aren't exhibiting extreme behavior. Many kids suffer silently from mental stress, depression and anxiety.

Stronger focus on social-emotional growth and education

More STEAM and music opportunities .

I would increase the opportunities for students to access more elective courses so they may "try out" multiple fields of study and uncover their aptitude and affinity for various fields before committing to college majors and/or career choices.

I would like more communication from the teachers .