

Psych Bytes

*Safe and Supportive Schools for **ALL** Students*

School-Based Mental Health

Students’ social and emotional welfare is important for academic success. Schools are responsible for teaching academics and also for promoting the mental health of students. School mental health services promote the psychological health of all students, providing protective support to students at risk and supporting educational environments that allow students to cope with challenges and problems. Mental health is not only the absence of psychological or behavior problems, but the presence of wellness or psychological health. For example, self-esteem, self-acceptance, resiliency, and effective coping skills contribute to mental health and good behavior in students. While families provide the primary support for developing children’s mental health, schools play an important role working with students and families.

CREATE A POSITIVE SCHOOL ENVIRONMENT

CREATE A SAFE AND SUPPORTIVE CULTURE

TAKE A BREAK: INDIVIDUAL OR CLASS-WIDE

IDENTIFY RESOURCES FOR SUPPORT

RECOGNIZE WARNING SIGNS IN STUDENTS

REMAIN CALM AND IN CONTROL

Children’s Mental Health Promotion and Support: Strategies for Educators

- Multiple-grade recess
- Cross-grade lunchtime buddies/book clubs
- Cross-age tutoring
- Post school-wide expectations and consequences
- Display student work
- Positive teacher-student relationships
- Positive home-school communication/relationships
- School-wide activities to build sense of community
- Interactive modeling
- Collaborative problem-solving
- Parent support groups
 - Parenting skill development
- Opportunities to families for academic and behavioral growth
 - Increase student engagement within the classroom
- Build self-awareness, self-management, and social relationship skills
- Promote character development and social emotional learning
- Embed mental health awareness into the school-wide curriculum
- Create a system of care with open lines of communication

Self-Care for School Staff and Students

<p style="text-align: center;">Calm Mindfulness App and The Calm Schools Initiative</p> <ul style="list-style-type: none"> • Subscription service for a library of guided meditations and mindfulness exercises • www.calm.com/schools 	<p style="text-align: center;">Safe Place: National Center on Safe Supportive Learning Environments</p> <ul style="list-style-type: none"> • Encompasses a broad range of materials introducing and endorsing trauma-sensitive practice • https://safesupportivelearning.ed.gov
<p style="text-align: center;">Yoga Journal</p> <ul style="list-style-type: none"> • Images and articles on poses, meditation, and philosophy and has a database of yoga poses that are searchable by focus and therapeutic applications • www.yogajournal.com 	<p style="text-align: center;">The Free Mindfulness Project</p> <ul style="list-style-type: none"> • Collection of free-to-download mindfulness-based exercises • www.freemindfulness.org
<p style="text-align: center;">My Free Yoga</p> <ul style="list-style-type: none"> • Online catalog of free yoga videos • www.myfreeyoga.com 	<p style="text-align: center;">Mindful Teachers</p> <ul style="list-style-type: none"> • Community of educators that share resources on mindfulness, as well as practices and tips • www.mindfulteachers.org
<p style="text-align: center;">Mindful Classrooms</p> <ul style="list-style-type: none"> • 5 minute daily practices to empower teachers and students • https://mindfulclassrooms.com/social-media 	<p style="text-align: center;">Guided Meditations</p> <ul style="list-style-type: none"> • List of free guided meditations in both English and Spanish • https://www.uclahealth.org/marc/default.cfm?id=1
<p style="text-align: center;">School-Based Trauma and Mindfulness Training</p> <ul style="list-style-type: none"> • Trainings are designed to help educators understand the impact of trauma and offers simple mindfulness exercises to cope with stress and reduce trauma reactions • https://mhahouston.org/programs/the-center-for-schoolbehavimentral-health/ 	<p style="text-align: center;">FuelEd</p> <ul style="list-style-type: none"> • Equips educators with social emotional competencies • www.fueledschools.org
<p style="text-align: center;">Take A Break! Teacher Toolbox for Physical Activity Breaks in the Secondary Classroom</p> <ul style="list-style-type: none"> • Printable activity cards for easy to integrate activities • http://marc.ucla.edu/mindfulmeditations 	<p style="text-align: center;">Yoga4Classrooms</p> <ul style="list-style-type: none"> • Evidence-based yoga and mindfulness program for schools • www.yoga4classrooms.com

RESOURCES

Books to check out:

- Mindfulness for Teachers: Simple Skills for Peace and Productivity in the Classroom, by Patricia A. Jennings
 - <http://books.wwnorton.com/books/Mindfulness-for-Teachers/>

References

Atkins, M. S., Graczyk, P. A., Frazier, S. L., & Abdul-Adil, J. (2003). Toward a new model for promoting urban children's mental health: Accessible, effective, and sustainable school-based mental health services. *School Psychology Review*, 32, 503–514.

Rimm-Kaufman, S. E. (2006). Social and academic learning study on the contribution of the Responsive Classroom Approach. Greenfield, MA: Northeast Foundation for Children. Retrieved April 21, 2009, from <http://www.responsiveclassroom.org>

Please complete the survey to be entered in for a chance to win!!!!

<https://forms.gle/mC994LWzZ3pSrziV6>

**Congratulations to last psych byte's drawing winner:
Katie Bosak**

FROM

**PSYCH BYTES BROUGHT TO YOU BY...THE SCHOOL PSYCHOLOGISTS OF ESU 7:
ANN DUBAS, BRANDY ROSE, HALEY KUNZE, JACKIE TERNUS, JOLYNN KAHLANDT, APRIL BECKER**