Mental Health Wellness Committee

2015-2016 School Year Summary

School Board Goal

- Improve efforts related to Student Wellness and Mental Health - April 2016
 - a. Evaluate Current Efforts
 - b. Engage the Community
 - c. Ensure Broad Internal District Participation (School Counselors, Nurses, Social Workers, etc.)
 - d. Update and Revise Adopted Plan

2015 – 2016 MENTAL HEALTH PLAN

DISTRICT LEVEL STRATEGIC ACTION PLAN: Personalized Learning

DISTRICT GOAL

Innovative Personalized Instruction

Innovative, student centered instructional practices will support personalized learning for all ORCSD students.

BUILDING LEVEL GOAL

Improve efforts related to student wellness and mental health, district wide by June 2016.

ACTION STRATEG	IES	RESOURCES	PERSON	COMPLETION	PROGRESS
What specific actions will be taken to	achieve the goal?	NEEDED	RESPONSIBLE	DATE	INDICATORS
		What financial & human	Who will oversee the	Estimated date for	What is the evidence we
		resources are needed	completion of this	completion of this	would accept that this
		to do this work?	piece of the work?	action step within	action has successfully
				the next year.	been completed?
Form sub-committee from Welln		Professional			Garner K-12
		Development	Heather Machanoff		representatives
			School Counselors		
			all levels		
Complete needs assessment at each building		Counselors, school	Sub-committee =	October 2015	Completion of survey
		psychologist, Nurses,	assessment		
		District physician			
Publish a directory of area agencies and		Psychologist	Director, counselors	November 2015	Publish document
providers for mental health		, ,	,		Share with community
					and website
Public Forum		Power point	Catherine Plourde	April 2016	Meeting minutes
		presentation	Heather Machanoff	ļ ·	
		•			
5. Report to School Board		Power point, Report	Jim Morse,	June 2016	Board presentation and
			Catherine Plourde		approval
			Heather Machanoff		

Committee Members

- Todd Allen
- Heather
 Machanoff
- Jason Baker
- Joe Saxe
- Dagmar Lamberts
- Rob Quaglieri
- JoAn Saxe
- Jean Wons

- Paula Roy
- Holly Pirtle
- David Geschwendt
- Brenda Tirrell
- Felicia Sperry
- Carina Dolcino
- Stacey Brooks

Needs Assessment

- Access to mental health services
- Comprehensive and accessible directory of mental health providers in the local area
- Implementation of a mental health screening tool
- Additional suicide prevention education
- Additional staff training in the areas of mental health/crisis response/suicide prevention
- Dedicated personnel in the area of social work
- Resiliency and coping strategies education
- Update existing crisis plan/create district wide plan
- Increased community involvement

Wellness Fair and Community Dinner Participants Included:

- Classroom yoga for children
- ORCSD GreenTeam
- Community Partners
- GoodwinCommunityHealth
- NAMI-NH
- The for Center Eating Disorders Management

- Craft Cottage
- Durham Parks & Recreation
- ORYA
- End 68 Hours of Hunger
- Seacoast Outright
- AmericanFoundation forSuicide Prevention

- American
 Foundation for
 Suicide Prevention
- Chuck Novak, LDAC
- Hope on Haven Hill
- BodyMindSpirit Massage
- Haven



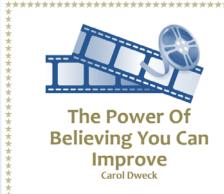
Kelly McGonigal

Stress. It makes your heart pound, your breathing quicken and your forehead sweat. But while stress has been made into a public health enemy, new research suggests that stress may only be bad for you if you believe that to be the case. Psychologist Kelly McGonigal urges us to see stress as a positive, and introduces us to an unsung mechanism for stress reduction: reaching out to others.

Located in the Library



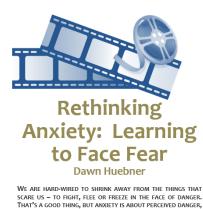
https://www.ted.com/talks/kelly_mcgonigal_ how to make stress your friend?language= en



Carol Dweck researches "growth mindset" — the idea that we can grow our brain's capacity to learn and to solve problems. In this talk, she describes two ways to think about a problem that's slightly too hard for you to solve. Are you not smart enough to solve it ... or have you just not solved it yet? A great introduction to this influential field.

Located in C₁₂₃





WE ARE HARD-WIRED TO SHRINK AWAY FROM THE THINGS THAT SCARE US – TO FIGHT, FLEE OR FREZE IN THE FACE OF DANCER. THAT'S A GOOD THING, BUT ANXIETY IS ABOUT PERCEIVED DANCER, WHICH IS DIFFERENT FROM ACTUAL DANCER. WHEN WE ACT BASED SOLELY ON NERVOUS FEELINGS, OUR WORLDS CAN BECOME VERY SMALL. OUR DESPERATE ATTEMPT TO AVOID DISCOMFORT AND UNCERTIANTY FUELS ANXIETY, AND AVOIDANCE LOCKS IT IN PLACE. YET WE CAN TAKE BACK CONTROL. WE CAN LEARN TO FACE OUR FEARS RATHER THAN BUNNING FROM THEM.

Located in C₁₂0



http://tedxtalks.ted.com/video/Rethinkinganxiety-Learning-to

https://www.ted.com/talks/carol_dweck_the_power_of_believing_that_you_can_improve?language=en

Looking Ahead

- Post-traumatic Stress Management and Psychological First Aid Training with Dr. Robert Macy of the International Trauma Center in Late July
- The Development of a K-12 Crisis Plan
- Gatekeeper Suicide Prevention training for Staff and community members
- Suicide prevention curriculum including additional mental health screening tool
- Three Community Dinners/Wellness events
- The committee would like to explore:
 - The impact of technology on healthy development
 - How to best address mental health needs of students at-risk
 - YRBS Data