



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



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 Green Team
- ▶ Community Partners
- ▶ Goodwin Community Health
- ▶ NAMI-NH
- ▶ The for Center Eating Disorders Management
- ▶ Craft Cottage
- ▶ Durham Parks & Recreation
- ▶ ORYA
- ▶ End 68 Hours of Hunger
- ▶ Seacoast Outright
- ▶ American Foundation for Suicide Prevention
- ▶ American Foundation for Suicide Prevention
- ▶ Chuck Novak, LDAC
- ▶ Hope on Haven Hill
- ▶ BodyMindSpirit Massage
- ▶ Haven



How To Make Stress Your Friend

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



The Power Of Believing You Can Improve

Carol Dweck

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



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



Rethinking Anxiety: Learning to Face Fear

Dawn Huebner

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

Located in C120



<http://tedxtalks.ted.com/video/Rethinking-anxiety-Learning-to>



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