



OUSD EDGE

Mental Health Action Plan



Our Audience

Our *Mental Health Action Plan* impacts our entire community.

We have supportive resources and services for:

- Students
- Staff
- Parents, families and guardians




OUSD Mental Health Action Plan



OUSD
Comprehensive
School
Counseling
Program

Educational backgrounds of our school counselors:

All of our OUSD school counselors have a Bachelor's Degree, a Master of Science (MS) degree in Educational Counseling, and a Pupil Personnel Services (PPS) Credential. In OUSD, our school counselors support our students throughout their K-12 journeys in elementary, middle and high school. With the support of OUSD, our school counselors are trained in the ASCA National Model for School Counseling.



ASCA
“Whole Child”
Approach
For School
Counseling



NASP

“Practices that permeate all aspects of Service delivery”



- **Data-Based Decision Making and Accountability**
- **Consultation and Collaboration**
- **Interventions and Instructional Support to Develop Academic Skills**
- **Interventions and Mental Health Services to Develop Social and Life Skills**
- **School-Wide Practices to Promote Learning**
- **Preventive and Responsive Services**
- **Family–School Collaboration Services**
- **Diversity in Development and Learning**
- **Research and Program Evaluation**
- **Legal, Ethical, and Professional Practice**





Our Action Steps

Mental Wellness Plan is guided by the needs of our students. This multi-tiered system of support model is designed to give the students what they need, when they need it.



OUSD Mental Wellness Plan

Purpose of Social and Emotional Learning

- SEL is the process through which children and adults acquire and effectively apply the knowledge, attitudes, and skills necessary to understand and manage emotions, relate to others, resolve conflict, and make responsible decisions.
- Research has shown that emotions, attention, and learning are interconnected.
- SEL has a direct impact on School Climate.
 - The focus is on building positive relationships with our students
- SEL school wide implementation takes place in the classroom, throughout the campus, within families and within our community.
- SEL helps students learn to navigate their social-emotional environments.



Multi-Tiered, Multi-Domain Systems of Support



OUSD MTMDSS



Tier I Prevention

PBIS K-12 Behavior Support

Nearpod K-12

Xello 6-12

POP Classrooms K-6

Common, supportive language used by
teachers, staff and administration

On-campus clubs and ASB promoting SEL
themes

Calendar of SEL Casel Competencies

Counselors' grade level presentations

Tier I: Power of Positivity

- Universal supports are necessary in building resilient students that understand how to manage their social-emotional lives
- OUSD adopted Nearpod K-12 SEL
 - Offers online access for students in class and at home to participate in SEL Lessons
- In order to support teachers, counselors created Google Classrooms with direct links to lessons.
 - Organize SEL lessons for teachers by grade level and by competency
 - This platform is called the Power of Positivity program
- A new SEL competencies is introduced monthly

Curriculum to Support all Domains

- *Xello* College and Career Exploration platform has been purchased for all of our middle and high schools.
- In November and December, all of our middle and high school counselors, CTE P21 teachers, Career Techs and AVID coordinators are being trained on how to utilize this platform.
- We will be rolling out *Xello* for student use in January. *Xello's* Curricular lessons address all domains.



Tier II Intervention & Supports

Outreach Concern K-12
Elementary Counselors - Small Group
Gang Prevention Intervention Program
(GRIP)
Connections Mentor Program
Phoenix House
Care Solace
SST/CAST Meetings

Tier II: Some Students

- Targeted Interventions: Some students
 - Data Collection - guides interventions
- NEW! Outreach Concern
 - Intern Counselors 2x per week K-12 schools
- Elementary Counselors: Small group
 - Focus on students who require additional support
 - Parent access to counselors via Counseling Corner
 - Parents/students can make appointments online!
- Mentor Programs:
 - Connections Mentor Program: Secondary Foster Youth and Homeless

Examples from our schools



Elementary Website: [Virtual Calm Room](#)

Website for elementary parents and students to find resources to help promote positive social and emotional wellness.

Cerro Villa: Wellness Wednesdays- Counselors and Psychologist go into the PE classes to teach a lesson in SEL using Nearpod (6 week series). They finished the first series with a lot of positive feedback from students.

The PSFO sponsored and presented a virtual Self-Care and Succulents workshop for students.

[El Modena High School Virtual Wellness Room](#)

[Villa Park Counseling Quarterly Fall 2020 \(1\).pdf](#)



K-12 SEL Supports



OUSD School Campuses have school wide norms that promote inclusion and equity.

Examples of activities that are happening on our campuses:

- Mindfulness Campaigns through Social Media and school newsletters
- Wellness Wednesdays
- Frequent and supportive communication from School Counselors and School Psychologists
- Student support groups
- School-Wide Awareness Campaigns
- Classroom presentations
- Academic and social-emotional Interventions



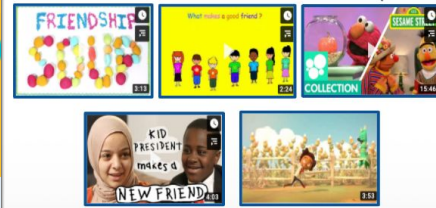


Tier III Individualized Supports

***Social-Emotional-Behavior
Evidence Based***

Behavior Support Assistance Program
CDE Diagnostic Center Mental Health Partnership
Regionalized Intensive Programs
Crisis Prevention Intervention (CPI)
Social Work Services
Wraparound Services
Community Linkage
Individualized Safety Plans
California Youth Services
CASA Youth Shelter
California Youth Services JADE

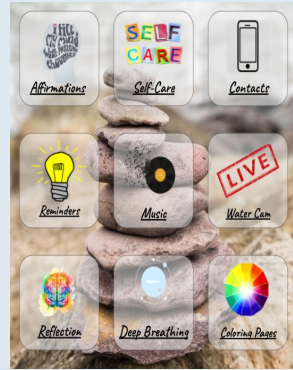
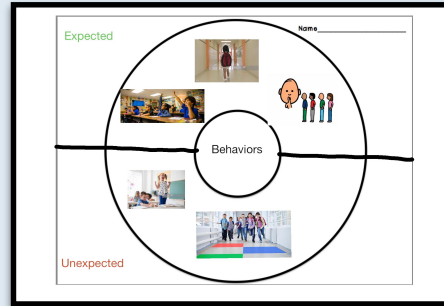
Let's Learn About Friendship



Social Emotional Learning

ONES of REGULATION

17



Building Resilience Supports for Mood Regulation



GROWTH MINDSET

Change your words... Change your MINDSET!

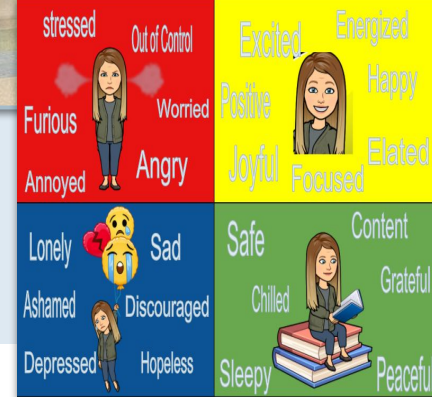
Instead of Thinking...

This is too hard!
I quit.
I am not smart enough.
Mistakes are bad.
This is good enough.
This is just taking too long.
I can't make this better.
I'm not good at this.



Try Thinking

I can do hard things!
I won't give up!
I'm getting smarter everyday!
Mistakes help me learn.
I want to do my best work!
This may take some time.
I can always improve.
I'll use a different strategy.





Social and Emotional Learning: Support for Parents

ANXIETY, DEPRESSION, STRESS, SOCIAL CONTACT, GRIEF, LOSS...

IT'S OK TO TALK ABOUT IT...

E-GROUP

Wednesday @ 3 PM
ZOOM: 574-840-9365/
PW: TTC

RESOURCES IN ORANGE COUNTY-OC Links on the web

Orange County | Behavioral Health Information & Referrals

855-OC-Links
(625-4657)

Transitional Age Youth (TAY) - Ages 16 through 25

Prevalence Community Services (PCS)

- STAY Process (Supporting Transitional Age Youth)
STAY Process focuses on transitional age youth (TAY), ages 16 through 25 years, who are seriously emotionally disturbed (SED) or severely mentally ill (SMI) frequently complicated by substance abuse, who might benefit from increased integration into the community.

Orange County Asian Pacific Islander Community Alliance (OCAFICA)

- Project FOCUS (For Our Children's Ultimate Success)
Project FOCUS serves culturally and linguistically isolated Asian and Pacific Islander individuals and families in Orange County. The community-based, client-centered program develops individualized care plans for children and transitional age youth (TAY), ages 0 through 25 years, who have serious emotional disturbances (SED) or severe mental illness (SMI).

Community Services Programs, Inc. (CSP)

- YOW: (Youthful Offender Wraparound)
YOW provides culturally competent, in-home and community-based intensive mental health rehabilitative and case management services to youthful offenders who have serious emotional disturbances (SED) or severe mental illness (SMI).
- Collaborative Courts
Collaborative Courts Full Service Partnership (CCFSP) provides culturally competent in-home and community-based intensive mental health rehabilitative and case management services for consumers, dependents and/or wards ages 0-25, who have serious emotional disturbances (SED) or severe mental illness (SMI), and/or truancy and substance abuse issues.

**OSUD SPECIAL EDUCATION DEPARTMENT
PARENT RESOURCE SITE/AUTISM SUPPORT APPOINTMENTS**

Let's connect on "Special Education"

Transitional Educational Services

Next, click on "Special Education"

Transitional Educational Services

Let's connect on "Parent Resource Site"

Autism Support: Parent Resources

In addition to connecting with the school psychologist at your school site, our Special Education team at OSUD has put together a Virtual Autism Resource. Appointment for you to be able to connect with a School Psychologist regarding issues related to the impact of Covid-19 on your child. Our intention is to link our parents to the support they may need. We encourage parents that are needing support, to schedule an appointment to speak with our School Psychologist.

<https://sites.google.com/orangedoc.org/osud-parent-portal/social-emotional>

School Psychologist Video

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Social Emotional, Parent Support

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Parent Resources, Training Sessions & Appointments

OSUD Special Education Parent Resource Site

Mindfulness

OSUD SPED Department Presents:
Social Competencies for Successful Parenting with Liz Mortlet

Zoom Link: <https://bit.ly/3kxwz9x>

Wednesdays
3:30 - 4:30 PM

Questions?
Email: Dr. Perales
perales@orangedoc.org

Nov. 18th: Social Emotional Learning
Dec. 2nd: Creating a Safe & Caring Home
Dec. 9th: Mindful Parenting
Dec. 16th: Social Emotional Learning at Home

OSUD Special Education Department Presents: Virtual Lattes with Robyn Moses

CARING FOR YOUR CHILD DURING DIFFICULT TIMES

Saturday, 10/24/20 @ 10:30 AM

Zoom Meeting ID: 896 2403 4196

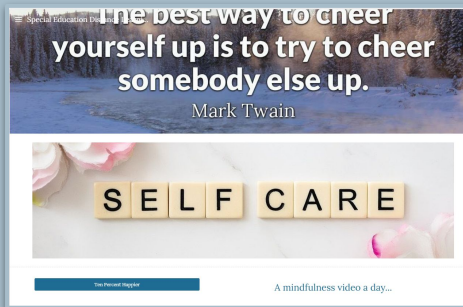
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LET ME SPEAK!

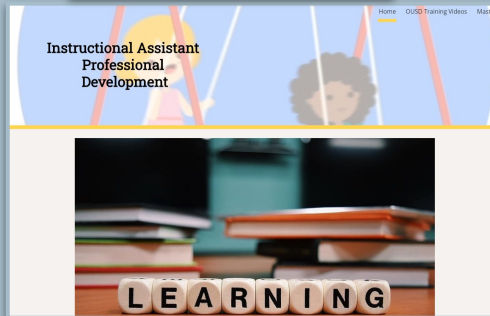
IN AMERICAN SIGN LANGUAGE



Special Education Staff Website

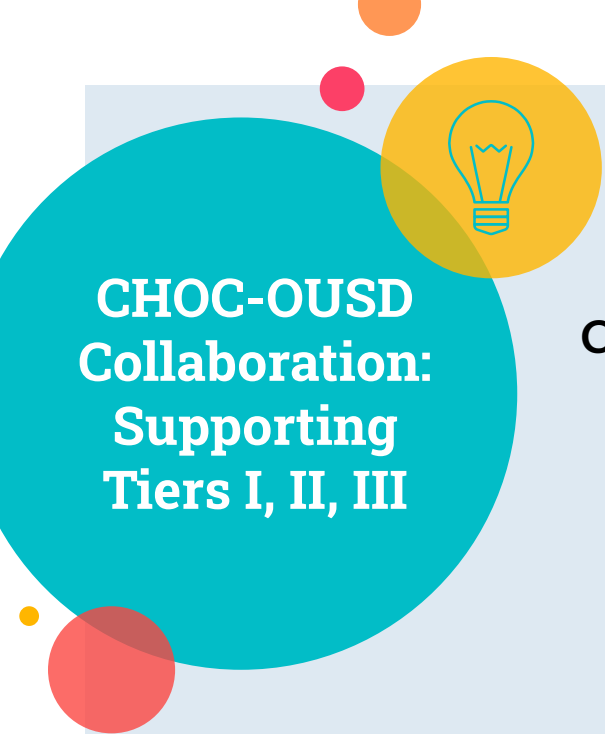


IA Website



**Dedicated
Websites for
Parents,
Teachers and
Instructional
Assistants**






CHOC-OUSD Collaboration: Supporting Tiers I, II, III

Additional Support Available:

Care Coordination:

- Consented, secure OUSD Nurse access to CHOC Health Record
- Available CHOC RN case manager
- Psychiatric Consultation Line to assist staff

Wellness and Prevention:

- Safe, non-stigmatized location to relax
 - Mindfulness
 - Stress reduction
 - Light Snacks
 - Nutrition counseling
- 

Heads Up Checkup

- Universal screener that families have the opportunity to opt students into
- Pilot program at Yorba Middle School
- Currently running successfully at Santiago Charter



What does SEL look like in a classroom?

- Project-based learning and inquiry
- Cooperation and teaming
- Critical thinking and problem solving
- Collaborative structures
- Consistent classroom procedures and routines
- Student-centered discipline
- Promotion and recognition for a growth mindset

Mental health support for our staff and parents



- ~ Webinars and Professional Development
- ~ Frequent communication with our administrators
- ~ Access to professional support from Employee Assistance Program (EAP)
- ~ Staff SEL monthly newsletter
- ~ Parent workshops





Support for our families and our OUSD community

NEW OUSD Websites:

Counseling and School Support Site

SPECIAL EDUCATION
Serving Our Community

Providing our Students with Disabilities Quality Services and Support

The Orange Unified Special Education Department is committed to providing a learning environment through a continuum of research-based, system-wide practices to meet the academic, behavior and social-emotional needs for our students with disabilities.

Our department provides services for students with disabilities from our Early Start (infant) through age 22 years in our Adult Transition and Workability programs.

- ✓ EVERY student with a disability receives an individualized Distance Learning Plan created by our staff to address the delivery of specialized services, supports, and accommodations.
- ✓ OUSD staff is highly trained to help support the learning process of students and to facilitate parental involvement in their education.
- ✓ We provide In-Person Assessments and Individual Related Services, utilizing a safe, phased-in approach.
- ✓ Social Emotional and Autism Support Appointments are available to all families of students with disabilities.

Counseling & School Support

OUSD School Counseling Mission:

The mission of the OUSD School Counseling Program is to provide a district-wide comprehensive, equitable, and accessible system of support to all students. Our students will acquire the knowledge, skills and attitudes needed to achieve academic success, college and career readiness, and healthy social/emotional development.

OUSD School Counseling Vision:

Our OUSD School Counseling Program fosters student success in a diverse and changing world by graduating students who are prepared to make a positive impact on humanity and meet the demands of their college, career, and life goals.



OUSD School Counseling Teams



Academic Counseling



College and Career Resources

Special Education Parent/Staff



Next Steps



1. Curricular suicide prevention program
2. Our teachers are exploring establishing a Social Equity and Justice Committee and would like further training on Tier I SEL support
3. Develop SEL committees on each campus
4. Develop more mentor programs K-12
5. Meeting with ASB advisors and students regarding the CASEL competencies and our SEL calendar
6. Student advisory committee regarding Mental Health supports that are needed
7. Train all of our mental health support providers in risk assessment
8. Heads Up Checkup (Pilot)
9. Additional support from CHOC Children's Hospital

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OUSD Wellness Taskforce

Thank You!

Kristine Nelson- Coordinator, Student and Community Services

McKinney-Vento/Homeless

Foster Youth

504 Coordination

Elementary Mental Health Counseling Program

Lupe Perales, PsyD- Coordinator, Special Education

Psych Services

Behavior Options Programs

Independent Studies/Virtual Academy

Adult Transition

Autism Team

Behavior Support Assistants

Katie Treat- Coordinator, Career Counseling

Career Technical Education (CTE)

College and Career Readiness

Middle and High School Counseling Programs

