

WARWICK VALLEY
CENTRAL SCHOOL DISTRICT

Mental Health Education & Student Well-Being

Programs and plans in our schools



WARWICK VALLEY
CENTRAL SCHOOL DISTRICT

A Safe Place for Learning

New York State has identified Mental Health Education as a priority and a new mandate for schools.

As we move forward to create a consistent K-12 approach to our students' mental health, our goal is to educate them about mental wellness and to know where they can turn for help.

Our mission is to create learning environments that decrease negative stigmas and encourage students to communicate and to develop healthy, resilient behaviors.





Mental Health Education & Student Well-Being

Teach students to...

- Handle stress
- Relate to others
- Make good choices



Through...

- District programs
- Community partnerships
- Crisis team



Following, is a comprehensive overview of how we are implementing social and emotional learning best practices across our district buildings, grade levels, and departments.



ROAR & PAWS Lessons

Striving to make every student feel part of the overall school community.

- Behavioral and social expectations
- PBIS framework
- Work with counselors or psychologists
- Acquisition of basic behaviors
 - Politely greeting others
 - Respect for others
 - Avoiding unsafe behaviors
 - Communicating unsafe behaviors to adults





Themed Participation Weeks

No Name-Calling Week

- January
- Treat one another w/ respect
- Avoid name-calling
- Planned activities



Red Ribbon Week

Random Acts of Kindness Week

- Leave positive notes on lockers/cubbies/desks
- Embed kindness into WVMS culture





Mindfulness

- Faculty, administration and staff trained
- Methods to unwind and de-escalate stress

Phys Ed.

- Engage students in calming breathing exercises, focus skills, and activities designed to improve mental wellness and relieve stress

Classroom

- Survey students to understand how they are feeling and their readiness to learn.



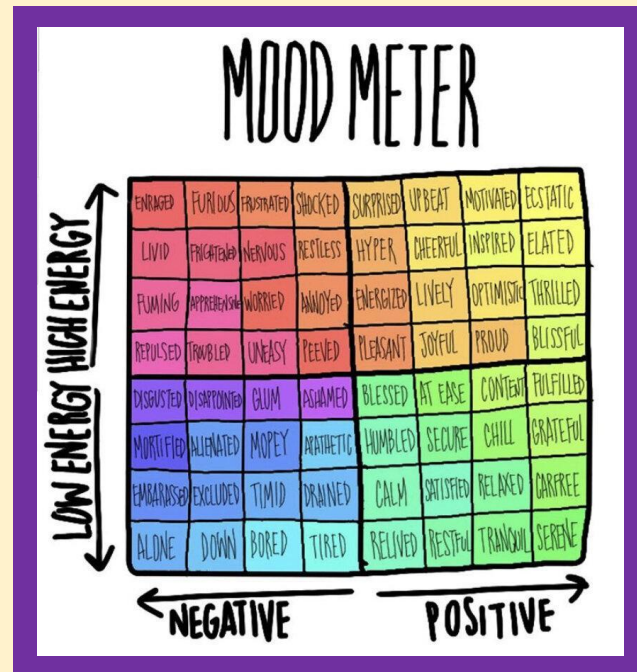


Yale RULER

Recognizing – Understanding – Labeling – Expressing - Regulating

- School-specific charters
- Helps students recognize, understand, label, express, and regulate emotions
- Establish norms that cultivate positive school culture, and...
- Support students' well-being

Elementary & Middle School students build skills centered around emotional themes and concepts, and learn to integrate emotional vocabulary into their daily lives.





ROAR Lessons

Monthly lessons in the middle school across all grade levels.

- Character education
- Develop thoughtful, healthy, kind humans
- Self-awareness
- Self-management
- Social awareness
- Relationship skills
- Responsible decision-making
- YALE RULER strategies



**Warwick Valley
Middle School
R.O.A.R**

RESPECT
OUTSTANDING CHOICES
ACCEPTANCE
RESPONSIBILITY





Multi-Tiered System of Support (MTSS)

Students who have demonstrated behaviors that raise concerns for their overall well-being.

- Building-level teams
 - Administrators
 - Counselors
 - Health professionals
- Signals
 - Attendance
 - Hygiene
 - Discipline referrals
 - Wellness referrals



Teams develop and implement support plans for each case, and provide updates on progress.



WARWICK VALLEY
CENTRAL SCHOOL DISTRICT

Office of Mental Health Satellite Clinic

Orange County DMH School-Based Mental Health Satellite Clinic

- Easy, accessible mental health services
- Provides individual and family therapy
- Targeted clinical services for students
- Located in each district building



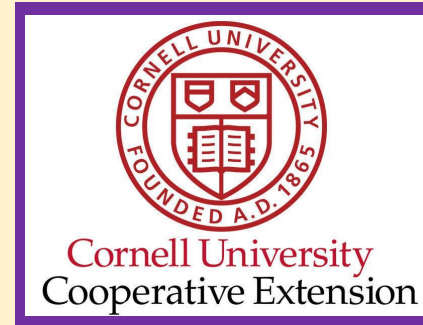
Students may be referred for clinical services by a school counselor or psychologist with parental consent.





The Cornell Cooperative

- Teacher workshops
- Creating challenging learning environments
- Healing-engaged, practical approaches and strategies
- Impact of adversities on ability to learn
- Parent workshops





Raising Resilient Kids

Explaining to parents the mechanisms that support developing resilience in children.

- Practical steps and strategies for raising resilient kids
- Understanding the impact of stress on well-being
- Buffers and how to put them in place
- Practical approaches to supporting a child's well-being





CharacterStrong

Providing research-based social and emotional learning curricula and professional learning services.

- Character education
- Monthly presentations
- Develop thoughtful, healthy, kind humans
- Self-awareness
- Self-management
- Social awareness
- Relationship skills
- Responsible decision-making





Pride Survey

- Every other year
- Grades 8, 10 & 12
- Personal mental & physical health
- School climate





Suicide Prevention Training & Crisis Response Team

Suicide Prevention Staff Training

- Regular suicide prevention and screener training
- Personalized instruction for staff
- Available resources to help in each school

Crisis Response Teams

- Trained in handling crises
- Psychologists
- Counselors





Mallory's Army Foundation

Empowering kids to be the kind of people they'd want to meet.

- WVMS & WVHS program
- Engaging and educating students about bullying
- Promoting kindness among students
- Blue Out Bullying

The old phrase, 'Sticks and stones...' must change. Hurtful words can be just as painful, and can occur in all environments.





Alerts

Anonymous Alerts

If you see something, say something.

- For sharing critical information on the well-being of students
- For community at large
- Completely anonymous
- Link on district website

Lightspeed Alerts

- Application to monitor language on school devices
- Words/phrases indicating self-harm/threats trigger alerts to administration
- Immediate wellness check on the student





School Services

- Counseling
- Family Support
- Crisis Intervention
- Community Referrals
- Assessment
- Consultation

Safe & Smart
RESTART

EXPANDING OPPORTUNITIES



Community Partnerships

Backpack Snack Attack

- Supports students and families
- Feeding hungry students
- Warwick Reformed Church

Community Service Opportunities

- Civic engagement
- Volunteering
- School clubs
- Warwick Valley Historical Society
- Warwick Valley Community Coalition
- Warwick Rotary
- Among many others...

