

Mt. Lebanon School District
 District Recovery Sub-Committee
Social, Emotional, Behavioral, and Physical Health - Students
 Action Plan

Goal Statements
<ul style="list-style-type: none"> ● Schools operating in continued school closure. ● School operating with extensive physical distancing requirements. ● Mitigating impacts of March 2020 closure. ● Schools operating in the event of a critical incident (localized infection).

Action Plan

Goal	Mt. Lebanon School District will have in place a system of social, emotional, behavioral, and physical health supports to allow for students to successfully re-engage in the learning process and actively participate in their education throughout the course of the school year after a crisis.
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Objective 1	Create a system of tiered supports for students to minimize social, emotional, and behavioral health barriers to learning after a crisis
Action Step 1	<p>Develop and implement Tier 1 universal supports for all students, including training for families</p> <ol style="list-style-type: none"> 1. Provide advanced communication, both written and visual (videos), of building, classroom and daily routine changes (e.g., teachers/students wearing masks, classroom set-ups with desks, physical distancing, etc.) <ol style="list-style-type: none"> a. Social stories as appropriate 2. Purposefully embed psychoeducation and SEL throughout the year which addresses self-care and self-management skills <ol style="list-style-type: none"> a. Activities or evidence-based curriculum 3. Develop scripted lessons addressing school-reentry using the <i>Psychological First Aid (PFA) for Schools: Listen, Protect, Connect - Model and Teach</i> framework <ol style="list-style-type: none"> a. Scripts to be delivered by self-contained and homeroom teachers for first DAY 1 - 5 rotation b. Scripts will be developmentally appropriate based on ages 5-12; 12-18+; English Learners (ELs), Life Skills Support (LSS), students with disabilities. <ol style="list-style-type: none"> i. Reduce initial distress of students by providing education about the event, expected psychological responses and basic coping skills ii. Facilitate student return and reengagement in learning routines iii. Educate and denounce potential stigma and microaggressions related to COVID-19 and students and families of Chinese and Asian descent

Mt. Lebanon School District
 District Recovery Sub-Committee
 Social, Emotional, Behavioral, and Physical Health - Student
 Action Plan

	<ol style="list-style-type: none"> 4. Train Encore and content area teachers for scripted delivery of <i>Psychological First Aid (PFA) for Schools: Listen, Protect, Connect - Model and Teach</i> framework 5. Provide access to school counselors in all buildings 6. Communicate resources to families via eblast, newsletter, email, website <ol style="list-style-type: none"> a. Psychoeducational social, emotional, and behavioral information b. Developmentally appropriate mental health supports and reengagement of learning c. American Academy of Pediatrics, National Association of School Psychologists, American School Counselor Association, National Child Traumatic Stress Network
Action Step 2	<p>Develop and implement Tier 2 Targeted Care Plans for students</p> <ol style="list-style-type: none"> 1. Engage in school-family contact for vulnerable students (e.g.. personal loss, school refusal, etc.) 2. Provide short-term school counseling groups which address barriers to learning due to school reentry 3. Utilize Student Assistance Program (SAP) referral process <ol style="list-style-type: none"> a. Provide monitoring and mentoring
Action Step 3	<p>Develop and implement Tier 3 Intensive Care Plans for students</p> <ol style="list-style-type: none"> 1. Increase the frequency of school-family contact for vulnerable students 2. Provide individual short-term school counseling 3. Utilize Student Assistance Program (SAP) referral process <ol style="list-style-type: none"> a. mental health screening b. individual or targeted skill groups c. attendance concerns 4. Conduct attendance improvement family meetings 5. Provide referrals to community-based counseling and collaboration 6. Collaborate with school social workers 7. Collaborate with school psychologists 8. Complete screenings and assessments, as appropriate 9. Develop individualized written behavior plans to address social, emotional, and behavioral concerns

Objective 2	Create a system of tiered supports for students to minimize physical health barriers to learning after a crisis
Action Step 1	Develop and implement Tier 1 universal supports for all students, including training for families, in accordance with recommendations from

Mt. Lebanon School District
 District Recovery Sub-Committee
 Social, Emotional, Behavioral, and Physical Health - Student
 Action Plan

	<p>the CDC and Allegheny County Health Department (ACHD)</p> <ol style="list-style-type: none"> 1. Implement procedures and protocols to be developed to address recommendations (e.g., handwashing, face masks, physical distancing, PPE) 2. Provide advanced communication, both written and visual (videos), of building, classroom and daily routine changes (e.g., teachers/students wearing masks, classroom set-ups with desks, physical distancing, etc.) 3. Provide training for families regarding physical health-related recommendations and protocols within the school building <ol style="list-style-type: none"> a. Consider the specific needs of families (e.g., technology, language, etc.)
Action Step 2	<p>Develop and implement Tier 2 Targeted Care Plans for students exhibiting communicable disease symptoms</p> <ol style="list-style-type: none"> 1. Use CDC and Allegheny County Health Department (ACHD) recommended procedures associated with symptomatic children/adolescents and cleaning areas where symptomatic individuals have been 2. Provide training for families of children who are symptomatic
Action Step 3	<p>Develop and implement Tier 3 Intensive Care Plans for students with direct exposure to or diagnosis of COVID-19</p> <ol style="list-style-type: none"> 1. Determine appropriateness of and use provisions of homebound or alternative methods of instructional delivery 2. Collaborate and consult with outside health providers 3. Develop reentry plans for students returning to school after absence related to COVID-19, including meetings with families

Objective 3	<p>Provide professional development to employees to assist students with the mitigation of social, emotional, and behavioral health barriers to learning after a crisis</p>
Action Step 1	<p>Develop and implement Tier 1 universal professional development for all employees to support students</p> <ol style="list-style-type: none"> 1. Provide district-created training for <i>Psychological First Aid (PFA) for Schools: Listen, Protect, Connect - Model and Teach</i>

Mt. Lebanon School District
 District Recovery Sub-Committee
 Social, Emotional, Behavioral, and Physical Health - Student
 Action Plan

	<ol style="list-style-type: none"> 2. Administer training to faculty on recognizing and responding to typical signs of distress in children during and following a critical incident 3. Review mandated reporting of child abuse and neglect procedures
Action Step 2	<p>Develop and implement Tier 2 targeted professional development for employees to support targeted students</p> <ol style="list-style-type: none"> 1. Provide Mental Health Literacy (MHL) training for school counselors, school psychologists, and school nurses 2. Provide <i>Psychological First Aid</i> (PFA) training for school counselors, school psychologists, and school nurses
Action Step 3	<p>Develop and implement Tier 3 professional development for employees to support individual students with intensive needs</p> <ol style="list-style-type: none"> 1. Conduct Columbia-Suicide Severity Rating Scale (C-SSRS) training and refresher training for school counselors, school psychologists, school nurses, and administrators 2. Provide Student Assistance Program/Allegheny Children's Initiative (ACI) refresher training to building teams

Objective 4	Provide professional development to employees to assist students with the mitigation of physical health barriers to learning after a crisis
Action Step 1	<p>Develop and implement Tier 1 Universal professional development for all Students in accordance with recommendations from the CDC and Allegheny County Health Department (ACHD)</p> <ol style="list-style-type: none"> 1. Administer professional development to address procedures and protocols related to recommendations (e.g. handwashing, facemasks, PPE)
Action Step 2	Develop and implement Tier 2 Targeted professional development to

Mt. Lebanon School District
 District Recovery Sub-Committee
 Social, Emotional, Behavioral, and Physical Health - Student
 Action Plan

	<p>address needs associated with groups of students with specialized needs in accordance with recommendations from the CDC and Allegheny County Health Department (ACHD)</p> <ol style="list-style-type: none"> 1. Administer professional development to address procedures and protocols related to recommendations (e.g. handwashing, facemasks, PPE)
Action Step 3	<p>Develop and implement Tier 3 Intensive professional development for students with individualized and/or significant health care needs in accordance with recommendations from the CDC and Allegheny County Health Department (ACHD)</p> <ol style="list-style-type: none"> 1. Provide individualized faculty and staff training regarding specific students with specialized health needs 2. Provide faculty and staff training in collaboration/consultation with health provider regarding students with COVID-19-related health needs

[Timeline for Professional Development and Actionable Items](#)

[*Tiered Social, Emotional, Behavioral Health Support Document](#)

[** Tiered Physical Health Support Document](#)