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## **Introduction**

The Colorado Department of Education (CDE), Boulder Valley School District (BVSD) and state counseling professionals are aligned throughout the state in their approach to support parents, students, and faculty well-being. The guidance being given is that many of the core sources of trauma and stress cannot be eliminated or addressed because the source lies beyond the school fence or as in the case of the pandemic, beyond any individual systems capability to resolve quickly. Hence, coping mechanisms become critically important.

This report provides a summary of the guidance being given, links to resources and an overall explanation of the processes that are in place currently.

There is a functional alignment to the guidance and delivery of health care for those in need. The educational resources are directed at developing student resilience to better cope with life challenges. This would include a range of Social and Emotional Learning (SEL) skills while The County and State Health Department resources are directed at providing crisis management and counseling services to both families and students. Many of their sites operate 24/7.

The data shows that the District is following CDE guidance to help students learn better skills for handling life's challenges and are working with the University of Colorado's Institute of Behavioral Science. The research-based program utilizes a methodology to establish trauma-responsive school climates and promote resilience in both staff and students. The program requires the district to be an engaged and collaborative partner with parents and regional health professionals.

Additionally, the aim of the Mental Health in Schools Act of 2013 was not for the schools themselves to provide mental health services, but to help school districts form innovative community partnerships and train members of the district community to recognize the signs of child/adolescent behavioral health problems and refer them for appropriate services. The research provided in their work reaffirms that healthy home, school, and community environments contribute to improved learning outcomes for students. Of note, the Mental Health Services for Students Act of 2020 (HR 1109), which is aimed at providing grants for schools to incorporate mental health services (provided by community agencies) on-site. This act was approved by the House of Representatives, but has not been approved by the Senate at the time of this report.

In summary, there is no single agency that can handle or accommodate all of the mental and physical health needs within our community.



## 1) Colorado Department of Education (CDE) Policy on Mental Health

The Colorado Department of Education has established policy for the COVID-19 Pandemic. That policy can be found on the CDE [Mental Health](#) site. It reads;

*Mental health is a necessary component for the promotion of students' developmental, social, and academic well-being. Mental health does not necessarily mean the absence of some form of mental illness, but rather having the means and necessary skills to promote the ability to cope with challenges in life. (National Association of School Psychologist, 2017). For this reason, the following resources are available to provide guidance on positive promotion of students' overall school success.*

In addition, the CDE Web page provides links to the Colorado Crisis Services for parents and students. Here is the charter and mission of this organization.

*We are Colorado's first statewide resource for mental health, substance use or emotional crisis help, information and referrals. We formed, in partnership with the Colorado Department of Human Services, to strengthen Colorado's mental health system. Our purpose is to provide greater access to mental health services, ensuring Coloradans get the right services in the right locations at the right time.*

*Colorado Crisis Services' Walk-In Center locations are open and continue to serve Coloradans in need by providing counseling support and resources throughout the COVID-19 public health emergency. Note that individual locations may be subject to temporary status changes related to COVID. We encourage you to reach out to the crisis line by phone or text at any time.*

Crisis Services include;

**CRISIS LINE: 1-844-493-TALK (8255) is a 24/7/365 support line** for anyone affected by a mental health, substance use or emotional crisis. All calls are connected to a mental health professional, who will provide immediate support and connections to further resources.

**WALK-IN CRISIS SERVICES/ STABILIZATION UNITS:** Our walk-in crisis services are open 24/7, and offer confidential, in-person crisis support, information and referrals to anyone in need. If you need in-person assistance, or are helping others with a crisis, you can always visit a walk-in crisis services location near you. Some locations provide crisis beds for 1-5 days, for either voluntary or involuntary treatment. View the map to find the locations nearest you.

### a) COVID-19 Resources for Schools

The CDE Resources page can be found at the [COVID-19 Resources for Schools](#).

COVID-19 Resources for Schools

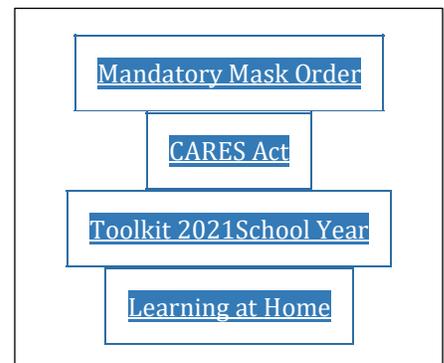


#### **School and District Support from CDE**

*CDE's top priority is the health and safety of all students, educators and communities in Colorado. The department has compiled resources (right) about Coronavirus 2019 (COVID-19) to help provide guidance to schools and districts.*

*Commissioner of Education Katy Anthes is also sending communications to superintendents and BOCES directors.*

*Schools and districts should work directly with their local public health agency and the Colorado Department of Health and Environment (CDPHE) for guidance on COVID-19.*





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Educator Training For [Youth Mental Health and First Aid](#)

“Youth Mental Health First Aid USA is an eight-hour public education program that introduces participants to the observable risk factors and warning signs of mental health problems in adolescents, builds understanding of the importance of early intervention and teaches individuals how to help an adolescent in crisis or who is experiencing a mental health challenge. Mental Health First Aid uses role-playing and simulations to demonstrate how to assess a crisis; select interventions and provide initial help; and connect young people to professional, peer, social and self-help care.”

**b) Learning at Home**

The CDE Learning at Home Web page provides district guidelines to follow that includes;

*As local education providers prepare for the start of the 2020-21 school year in August, a variety of scenarios may need to be considered during these exceptional times. As has been the case since the pandemic began in March, the situation continues to evolve. This website will be updated as we gather feedback and receive new information.*

*We recognize that this is an unprecedented situation. Never before have we, as a large-scale education community, not known exactly what to plan for in terms of the coming school year. As leaders, you are in the challenging position of trying to make sense of the unknown, making the best decisions about prioritizing limited resources and providing reassurance and direction for your staff, students and communities.*

*In an effort to help schools plan for educational continuity while distance learning is in effect, we have curated a list of best practices [below] for distance learning and teaching including free web-based resources to help keep students academically engaged. We recognize that the multitude of resources for distance learning can be overwhelming so we have collected and organized material by content area and grade level that may be useful as educators develop plans for their students. While digital resources offer a great deal of flexibility in learning opportunities, educators should also consider utilizing hard copy resources (e.g., packet work, textbooks).*

*There is no requirement for districts to offer remote learning via the Internet, but if educators decide to go this path, they should strive to include equitable access to instruction for all students. Equitable access does not require that all students receive instruction in the same format (e.g., online instruction). Districts should consider the individual learning needs of students in determining how to best meet individual needs.*

Here are the key links for the Learning at Home Resources and Best Practices.

- [Learning at Home](#)
- [Browse Resources](#)
- [Best Practices for Educators](#)
- [Best Practices for Families](#)
- [Getting Connected Online](#)
- [Getting Started at Home](#)
- [Guidance on E-Learning Technology](#)
- [Literacy Support Through Libraries](#)
- [Security of Online Collaborative Tools](#)



## 2. Boulder Valley School District Resources

The Student Psychological Services [Policy JHD](#) outlines who may assess for, and provide mental health services, and provides guidance for parental consent.

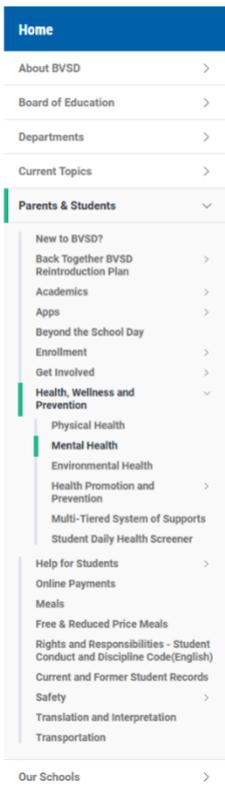
Services provided by school counselors vary by school level. At the highest level, Counselors in BVSD: provide curriculum in the areas of academic success, career development and life skills; teach, promote and model New Century Graduate skills; advocate for ALL students, and; promote district and school goals. Additional details can be found on the [counseling webpage](#).

Information on the Comprehensive School Counseling Curricula (2007) are included below:

- [Elementary School Benchmarks](#)
- [Middle & High School Benchmarks](#)

### BVSD – Resource Page – For Parents and Students

The BVSD Mental Health resource page provides easy access to mental health resources. Click on the image (left) to access the web page. Here is the overview from the web page.



## Mental Health

Most adolescents experience positive mental health, but one in five has had a serious mental health disorder at some point in their life. Problems with mental health often start early in life. In fact, half of all mental health problems begin by age 14. The good news is that promoting positive mental health can prevent some problems from starting. For young people who already have mental health disorders, early intervention and treatment can help lessen the impact on their lives.

Mental health disorders can interfere with regular activities and daily functioning, such as relationships, schoolwork, sleeping, and eating. If you feel your child is experiencing a mental health concern talk to your school counselor or nurse, or find additional resources at [Mental Health Partners](#).

If you or your child is experiencing a mental health crisis call: 1-844-493-TALK

#### Learn More:

[Bully Prevention](#)

[Grief and Loss](#)

[Substance Use Prevention](#)

[Vaping](#)

[Suicide Prevention](#)

[Violence Prevention](#)

[Sexual Violence and Assault](#)

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The link above connects users to the Mental Health Partner web page for access to services and help. This is the designated service provider for our region. It is an easy to use, self-help web page that will connect a student or parent to a qualified resource quickly and easily.



### 3. CU-Boulder RISE Program for Student Resilience

The Institute of Behavioral Science at the University of Colorado has developed a program for increasing resilience in schools and educators. The link to their web page can be found at [RISE](#).

*RISE: Resilience in Schools and Educators is a whole-school social-emotional learning program that builds trauma-responsive school climates and promotes resilience in staff and students. RISE empowers districts to chart a course for staff and student social-emotional development and well-being.*

*The RISE approach includes a set of practices and strategies that build social emotional and academic competencies. RISE integrates what we know about trauma, resilience, social emotional development and academic achievement to help educators design environments and interactions where students can thrive and learn.*

#### RISE Practices

- Establishing Intentional Environments
  - A detailed process for understanding environmental impacts and designing systemic structures that support all students by establishing safety, consistency, predictability and connection through attention to order, routine, ritual, rhythm, roles and responsibilities.
  - Deepening Well-being
- Cultivating awareness and daily practices to support individual and community well-being.
  - Expanding Skillful Interactions
- Use of connection and re-connection skills, emotion support skills, emotion coaching and resilience promoting practices to promote positive relationships and emotional intelligence.

**RISE OVERVIEW**

**TRANSFORMATIONAL SCHOOLS**

#### **RISE in the Spotlight: Boulder Valley School District's Weekly Wake-Up**

Watch the program to hear a few BVSD educators, the BVSD RISE facilitator/coach and CU RISE faculty talk more about RISE. Here is the link to [RISE in BVSD](#) video and explanation of the approach.



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## 4. Boulder County Public Health

The [Boulder County Public Health Department](#) has as their Strategic Priorities the following critical categories of service. Climate, Health Equity, Mental Health, Oil & Gas, Substance Use & Addiction and Sugary Drinks

### Our Vision

Boulder County is a socially just, inclusive community where physical and mental health, social well-being, and the environment are valued, supported, and accessible to all.

### Our Mission

Address social, economic, and environmental conditions in Boulder County to ensure that all people have the opportunity for a healthy life.

### Essential Services

- Monitor the health status of the population and the environment and identify community health problems.
- Prevent and control the spread of communicable disease.
- Promote positive health behaviors and environmental practices.
- Mobilize community partnerships to solve identified health problems.
- Enforce laws and regulations that protect the health of the public and the environment.
- Counsel and support high-risk children, youth, and families.
- Assure access and provide linkages to personal health services.
- Provide alcohol and drug treatment services.
- Develop policies that support and protect the health of the community and the environment.

## 5. Boulder County Housing and Human Services

[Housing & Human Services](#) is another department that provides critical resource support to the community.

*We are building a healthy, connected community that empowers people and strengthens families by confronting the root causes of crisis and instability. Primary focus areas for us today are investing in early childhood well-being and education, greatly expanding access to affordable and decent housing in our community and integrating data systems so we have a full picture of the needs of every neighbor who seeks our help. We believe in strengthening multiple generations through prevention-based integrated services: getting the right mix of supports – as early as possible – to each person in the family who needs them.*



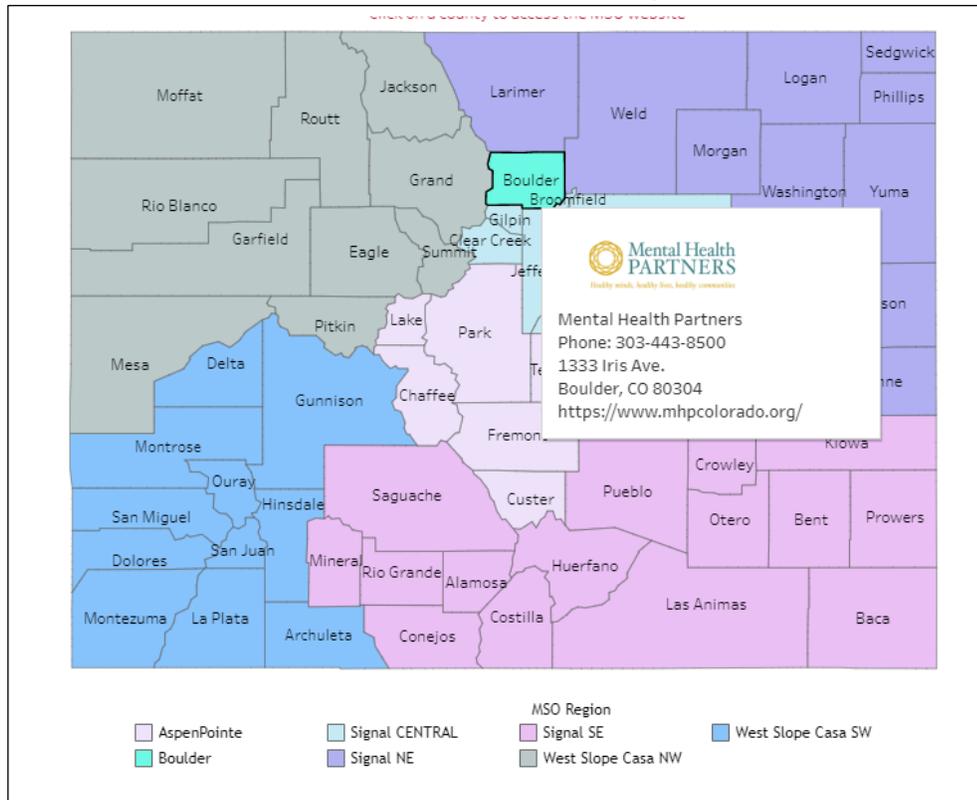
## 6. Colorado Department of Human Services

The [Colorado Department of Human Services](#) provides a range of services to those in need via the following links.

**Find behavioral health help**

- [Colorado Crisis Services](#)
- [Find behavioral health help](#)
- [Community programs for adults](#)
- [Community programs for children, youth & families](#)
- [Forensic services](#)
- [Mental Health Institutes](#)
- [Behavioral health news](#)
- [Involuntary mental health treatment](#)
- [Substance use commitment](#)
- [Laws and rules](#)
- [Provider resources](#)

The Service Provider contact for Boulder County is shown below;





**a. The Office of Behavioral Health**

*The [Office of Behavioral Health](#) (OBH) administers the two state mental health hospitals, purchases services to prevent and treat mental health and substance use disorders through contracts with behavioral health providers, regulates the public behavioral health system, and provides training, technical assistance, evaluation, data analysis, prevention services and administrative support to behavioral health providers and relevant stakeholders. OBH serves as the federally designated "Single State Authority" for mental health and substance use.*

Finding the Help You Need – Click the Appropriate Link below

**Colorado Crisis Services**

Colorado Crisis Services offers free, confidential, 24/7 support to people who are experiencing a behavioral health crisis.

**Health First Colorado**

Health First Colorado is the state's Medicaid program. It provides public health insurance for Coloradans who qualify.

**CO Wellness Recovery**

CO Wellness Recovery is a mental wellness and addiction recovery guide. It is a free resource for Coloradans considering recovery.

**SAMHSA**

The federal Substance Abuse and Mental Health Services Administration offers a free behavioral health treatment services locator.

**LADDERS**

LADDERS is the Office of Behavioral Health's searchable online directory to find a mental health or substance use provider in Colorado.

**Make the Connection**

Make the Connection shares stories of recovery from military veterans and provides resources to find local support.