

2021-22

MENTAL HEALTH AWARENESS

MINI-GRANT

Within this report you will see a summary of the awarded money and supports provided.



"BUILDING LEADERS OF TEACHING AND LEARNING"

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2022 Mental Health Awareness Mini Grant Summary

During the 2021/2022 school year, with funding from the Georgia Department of Education, Metro RESA awarded \$43,393 to 11 schools in 5 metro districts to provide mental health awareness training and resources for school staff. Funding was utilized to provide various activities including training staff in trauma informed care, mindfulness, mental health awareness, and suicide intervention as well as creating mindfulness/wellness rooms in schools. Outcomes reported by the schools included insight gained into behavior patterns, trigger points and characteristics associated with student mental health needs; increased knowledge of how trauma impacts students; increased knowledge of school-based interventions; enhanced ability to serve students who display suicidal ideation; and improved self-care practices. All have also reported plans to continue to incorporate what they learned in activities in the coming year to support staff and students.

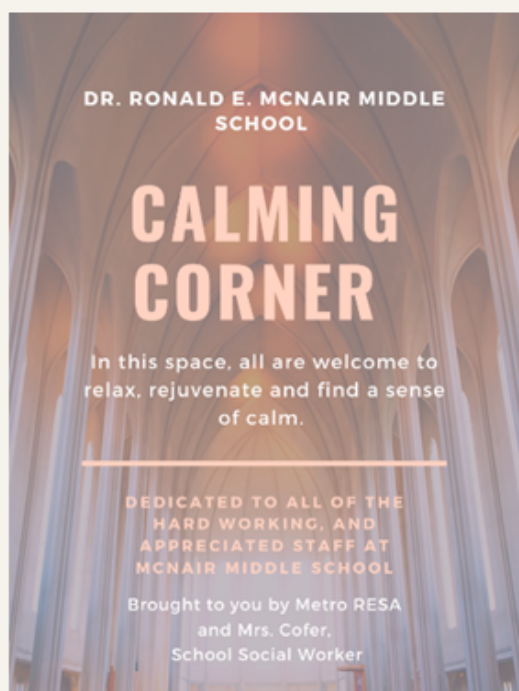
School Overview

ATLANTA PUBLIC SCHOOLS

Maynard Jackson High School used funds to provide training to teachers to better understand how trauma impacts students and to learn skills to address student mental health needs more confidently. Seventy-five staff members participated in the training and provided feedback that they felt more knowledgeable about identifying the impact of trauma and utilizing tools to assist them.

DEKALB COUNTY SCHOOLS

Barack H. Obama Elementary Magnet School of Technology and **Dr. Ronald E. McNair Middle School** utilized their funds to provide training to teachers to recognize signs of anxiety and trauma in children. A focus on enhancing teacher self-care was also included in their plan with each school establishing a “calming corner” for staff along with monthly “Taking Care of the Teacher” activities.



School Overview

DeKalb Alternative School used the grant to help fund their “Wellness Initiative” which aimed to enhance mental health awareness and support staff wellness. They created a Wellness Team and used their funds to create The Well which includes a “calming corner” and “decompression chamber”. Follow-up surveys showed that the staff appreciated and benefited from the space to de-stress and the many wellness resources provided in that space.



Oak View Elementary School was able to see their plans for a staff mindfulness room finally materialize using the grant funds. Having this dedicated space allowed them to provide multiple wellness resources including daily 15-minute self-care classes and monthly 30-minute trainings to support mental health awareness.

School Overview

Oak View Elementary School *cont.*

Three major process that helped the mindfulness room support adult social and emotional learning and development.

New Daily Affirmation Self-Care in My SUPERPOWER
April 2022

Physically

Psychologically

Emotionally

Spiritually

Relationally

Work/Life/Professionalism

Additionally

Yes!

Self-Care Assessment and Planning Feedback Form

Thank you for your participation in last Friday's Oak View ES Self-Care Assessment and Planning Session with Dr. Tom Hornby-Griffin, LPC. Please take a moment to share your thoughts about the activity and your progress in improving your personal and professional self-care routine. Your feedback helps shape the program and is very appreciated.

1. Did you attend Friday's Self-Care Assessment, Planning and Progress Session?

☐ Yes

Extended Planning Time Survey (10/4-6/2021)

Please complete the survey to assist us with planning for future sessions.

Hi, Shamob. When you submit this form, the owner will see your name and email address.

* Required

1. Please provide your name, grade level, and the subject(s) you teach.

Oak View Elementary E.S. Mindfulness Room



School Overview

GWINNETT COUNTY SCHOOL DISTRICT

Greyson High School was able to provide a 2-day mental health awareness training with a focus on understanding mental health and neurodiversity in the school setting. Eleven staff members were able to attend and gained insight into behavior patterns, trigger points and other behavior characteristics related to mental health awareness. The staff members receiving the training then used the information they learned to create a workshop that will be offered to their larger school community.

BEHAVIORAL
YOUR ATTENTION IS OUR GOAL

Understanding Mental Health and Neurodiversity in the School Setting developed by:
Behavioral Management Group, LLC

Educator's Response **Possible Mental Health Causes**

	Resistance to engaging in learning activities <ul style="list-style-type: none">Display a pleasant demeanor; do not engage in a power struggle; offer two desired choicesBipolar Disorder, Depression, Anxiety, Oppositional Defiant Disorder, Learning Disorder
	Disorderly behavior (e.g. distracting other students, not following directions) <ul style="list-style-type: none">Do not overcorrect; determine which behavior warrants reaction; acknowledge positive choices; praise publicly, critique privatelyAnxiety, Depression, Learning Disorders
	Concentration difficulties <ul style="list-style-type: none">Use a multi-sensory instruction approach (visual, auditory, kinesthetic learning activities); provide access to lecture notesDepression, anxiety, ADHD, bipolar disorder, PTSD, OCD, Learning Disorder
	Recurrent missed days of school <ul style="list-style-type: none">Express warmth & kindness; ask questions about student's well-beingDepression, anxiety
	Irritability; mood disturbance <ul style="list-style-type: none">Do not personalize student's behavior; regulate/control own responses; demonstrate de-escalation strategies (i.e. keep tone and body language neutral); alternate instructional modalitiesBipolar, Depression, Anxiety, PTSD

	Anxiety, Depression, Learning Disorders
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	Recurrent missed days of school <ul style="list-style-type: none">Express warmth & kindness; ask questions about student's well-beingDepression, anxiety
	Irritability; mood disturbance <ul style="list-style-type: none">Do not personalize student's behavior; regulate/control own responses; demonstrate de-escalation strategies (i.e. keep tone and body language neutral); alternate instructional modalitiesBipolar, Depression, Anxiety, PTSD
	Gets stuck on a task; repetitive questioning; needs constant reassurance; difficulty adjusting to transitions <ul style="list-style-type: none">Give advance notice of transitions; set clear limits; provide students with their own suppliesOCD, Anxiety, Autism
	Withdrawn; sad demeanor; academically unmotivated <ul style="list-style-type: none">Demonstrate kindness; seek out opportunities for student to become involved in a school-based activityDepression, Learning Disorder

School Overview

FORSYTH COUNTY SCHOOL

At **Chestatee Elementary School** the grant funds allowed the school to send 10 teachers to a 3-day mindfulness training. The participants learned various mindfulness practices aimed at supporting student wellness, increasing focus and attention, and decreasing student behaviors that distract from learning. The participants came away with lesson plans, activities, videos, and physical classroom materials to use in their classrooms and share with their colleagues.



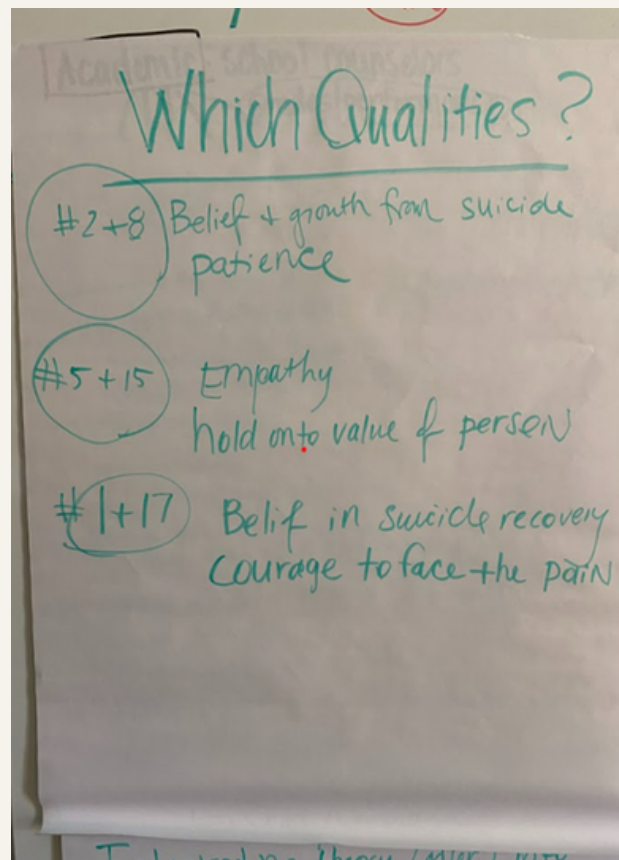
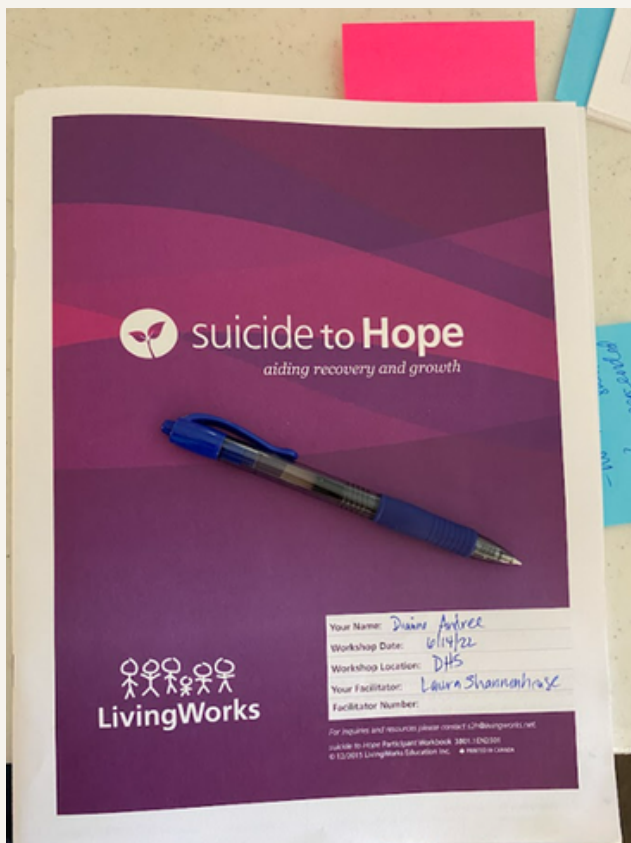
Forsyth Central High School envisions having all their staff trained in Youth Mental Health First Aid. Their funds were utilized to have one of their staff members trained as a trainer so that they will be able to sustain the process of having all current and new staff members trained.

East Forsyth High School also focused on Mental Health First Aid. Using their funding to have 2 staff members trained as trainers in Teen Mental Health First Aid, the school plans to enhance their mental health support plan by having students trained on the teen curriculum so that they can be a source of support for their peers. They also plan for teachers to be trained in Youth Mental Health First Aid as an additional level of support.

School Overview

CITY SCHOOLS OF DECATUR

Decatur High School was able to use their grant funding to extend the scope of their suicide intervention through training in Suicide to Hope. The training focuses on a hope-oriented recovery and growth approach in working with individuals who have experienced suicidal ideation. Through this training the participants now feel more confident and prepared to provide effective suicide care.



School Overview

NORTH METRO GNETS

The **North Metro GNETS Program** serves students from several metro school districts. Their grant funds were used to provide Trauma Informed Care training to their teachers, paraprofessionals and other school staff to better understand the traumas their students have experienced that have negatively impacted their overall mental health. As a result of the training the staff is more proficient at understanding the vulnerabilities and triggers of trauma and implementing Trauma Informed Care therapeutic interventions.

TOTAL AMOUNT DISTRIBUTED

MetroRESA has been able to distribute **\$43,393** to 11 schools in 5 metro districts.