



# **WSSDA Conference 2023**

## **Focus: Mental Health and Inclusivity**

**January 9, 2024**

# Student Representative Dinner

All the student representatives gathered for a dinner

- We met other districts
- Small group breakouts
- Heard elections outcomes
- Made connections
  - Differences
  - Similarities



Erin Jones made a touching speech and told her story!



# **INCLUSIVITY**



# Engaging Family and Community to Improve Student Outcome

- **Whole Child Ideology**
  - The acknowledgment that there are many factors and aspects to student success
- **The importance of relationships**
  - Building trust
  - Parents can be partners
- **Believing in mental health**
  - Mental health is NOT just a phone issue
  - Mental health is NOT attention-seeking
  - Mental health IS delicate
  - Mental health IS important
- **Being able to provide support**
  - Helping students and families in navigating the many stresses and challenges that arise



# **Developmental Disabilities Administration and Schools: Partners in Inclusive Communities**

- **Staying Informed**
  - What is the disability?
  - Why does it happen?
  - What behaviors does it consist of?
  - Who should all know about the disability?
- **Disability Advocate**
  - Having a disability specialist in the district to teach the board about different disabilities
- **Teaching students that inclusivity is more than just gender, race, and ethnicity (among others)**
  - Teaching students about disabilities at an early age
- **Caring teachers**

# Culture

- Acknowledging and celebrating Indigenous Peoples Day
- Creating welcoming, safe, and inclusive spaces where Native and non-Native students can learn together
- Indigenous core classes
  - Science
  - History
  - English
- Engage/encourage cultural activities

# Suggestions and Takeaways

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- Implementing the Whole Child ideology
- Having hotspots to give out to families
- Learning about disabilities at the district level
- Teaching students about disabilities and that people with disabilities are equals
- Helping students learn about themselves and see themselves in our schools
- What can you and your team do to eliminate barriers?



# **Mental Health**





# Mental Health

## **Destigmatize Mental Health:**

- Emphasize that mental health is an essential aspect of overall well-being.
- Encourage open conversations to reduce stigma and increase awareness.

## **Encourage Seeking Help:**

- Stress the importance of seeking professional help when needed.
- Provide information about available resources, hotlines, and mental health services.

## **Educate on Common Mental Health**

### **Challenges:**

- Discuss common mental health issues like anxiety, depression, and stress.
- Explain that mental health is a spectrum, and everyone experiences ups and downs.

## **Tier 3 3- 5%**

- clinical mental health professionals (intensive)

## **Tier 2 10-15%**

- small groups, wellness centers (introversion)

## **Tier 1- 80-85%**

- classroom learning (personalized and targeted support)

**\*Anywhere from 30-70% of students are facing a mental health problem at school\***

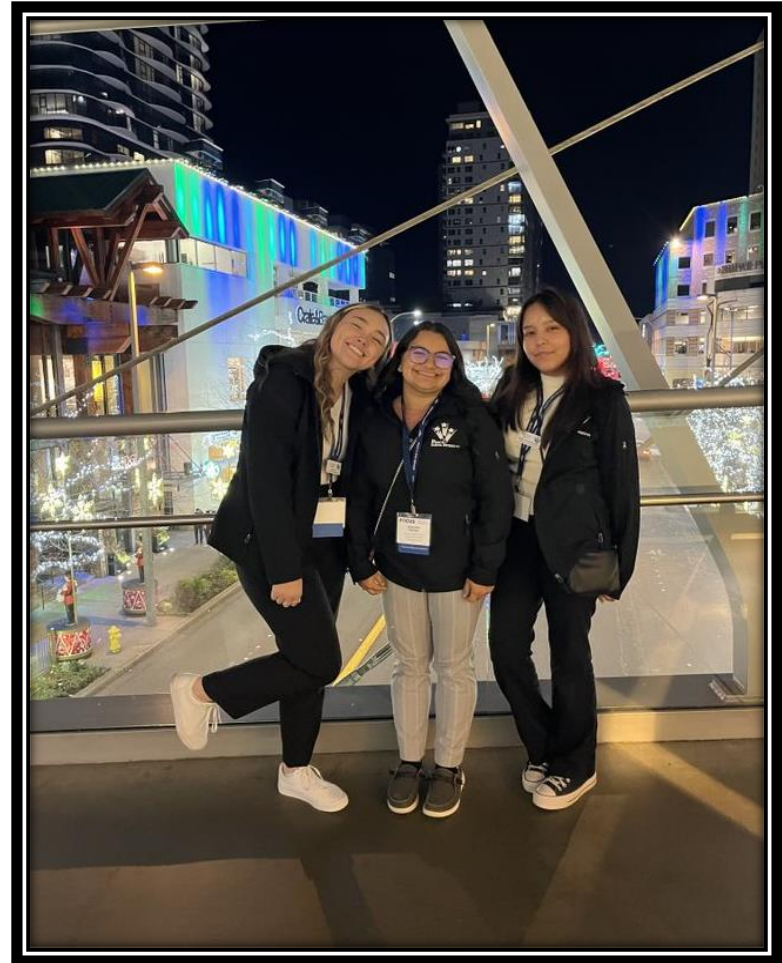


# **Our Experience**



# Our Experience

- Collaboration
- Involvement
- Leadership
- Amazing



# Our Experience







# **You Belong - Tú Perteneces**

