



WSSDA Conference 2023

Focus: Mental Health and Inclusivity

January 9, 2024



You Belong • Tú Pertenece



Student Representative Dinner

All the student representatives gathered for a dinner

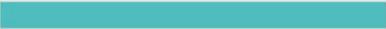
- We met other districts
- Small group breakouts
- Heard elections outcomes
- Made connections
 - Differences
 - Similarities



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

- 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

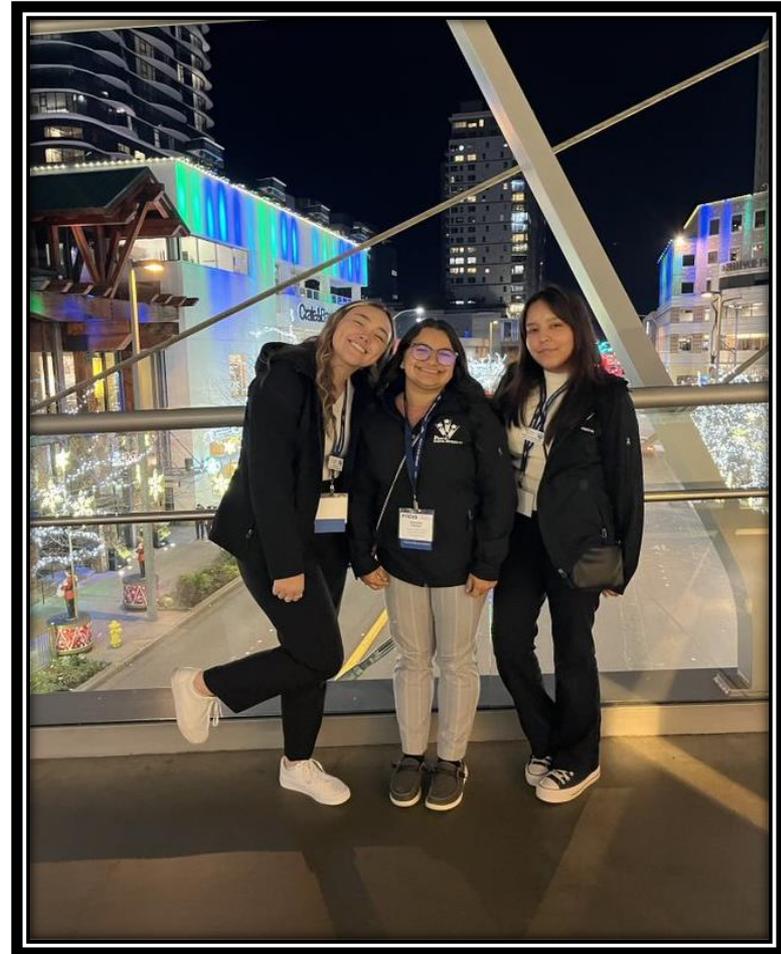


Our Experience



Our Experience

- Collaboration
- Involvement
- Leadership
- Amazing



Our Experience





You Belong - Tú Perteneces

