

Great Neck Public Schools

# Mental Health Resources & Curriculum

Board of Education Meeting 1-10-19

# Mental Health Overview

# Mental Health Staff in GNPS

## Psychologists and Social Workers

Parkville	EM Baker	JFK	Lakeville	Saddle Rock	SEAL
Alyson Miller Craig Gootman Maria Tsonis	Cindy Lipper Gabriella Duke Julie Goldin Wendy Murad	Agnieszka Dynda Genevieve Gin Malka Rahमान	Cindy Gross Emily DiFranco Malka Rahमान Yeddi Park	Anthony Iacovelli Gabriella Duke Julie Goldin Wendy Murad	Christine Goldberg
North Middle	North High	South Middle	South High	Village	Private/Parochial
Jacqueline Scott Jim Bowman Wendy Murad	Anton Berzins David Cheng Oana Scholl	Jeanne Rolih Sivan Erstein Yeddi Park	Lauren Ferguson Jen Zash Joan Greenberg	Lisa DiRosa-Coen	Linda Shum Maria Hanakis Eileen Fusco Gabriella Duke Alyson Miller

# Mental Health Staff in GNPS

## Guidance Counselors

North High	South High
Mike Neary (Dept. Head) Jordana Cohen Kristen Corrigan Peter Hidasi Amanda Reilly Kim Semder Corrine Tortorice	Jo-AnnEyre Cruz (Dept. Head) Carly Bank Gillian O'Connell Christopher Erickson Allison Gottfried Stacey Rapp Joseph Stopanio
North Middle	South Middle
Tracey Segal (Dept. Head) Heather Blasi Michele Israel	Jennifer Hill (Dept. Head) Jessica Chase Jecelyn Scauzillo

# Mental Health

As part of overall health and wellness, mental health includes:

- A sense of self-esteem and self-confidence
- The ability to identify, express and regulate emotions
- The ability to set and achieve goals
- Recognition of one's creative skills
- The ability to expand knowledge and skills
- The ability to feel and show empathy for others
- The ability to create and maintain satisfying relationships

Source: NYSED Mental Health Education Literacy in Schools

# Every Student Has Mental Health

We support our students through a variety of methods, such as:

- Regular consultation with administration, teachers, support staff
- Social-emotional learning programming (Second Step, Calm Classroom)
- Mindfulness areas/rooms
- Presentations to faculty, PTO, students
- Assemblies/special programs (Mental Health & Wellness Week)
- Student clubs and activities

# Identification of At-Risk Students

A variety of methods are used to identify students who may require additional support from our Mental Health staff.

- Teacher referral / Instructional Support Team
- Parent referral
- Peer referral
- Observation
- DIAL-4 screening upon entry to Pre-Kindergarten and/or Kindergarten

# Mental Health Resources for Students

- Non-mandated counseling
- Mandated counseling
- Coordinated Care Consultation with private therapists
- Connecting families with community resources
- Regular articulation between guidance counselors, school psychologists, and social workers
- Availability of District Crisis Team to support buildings across district in situations that require additional mental health staff/support

# Staff Crisis Training

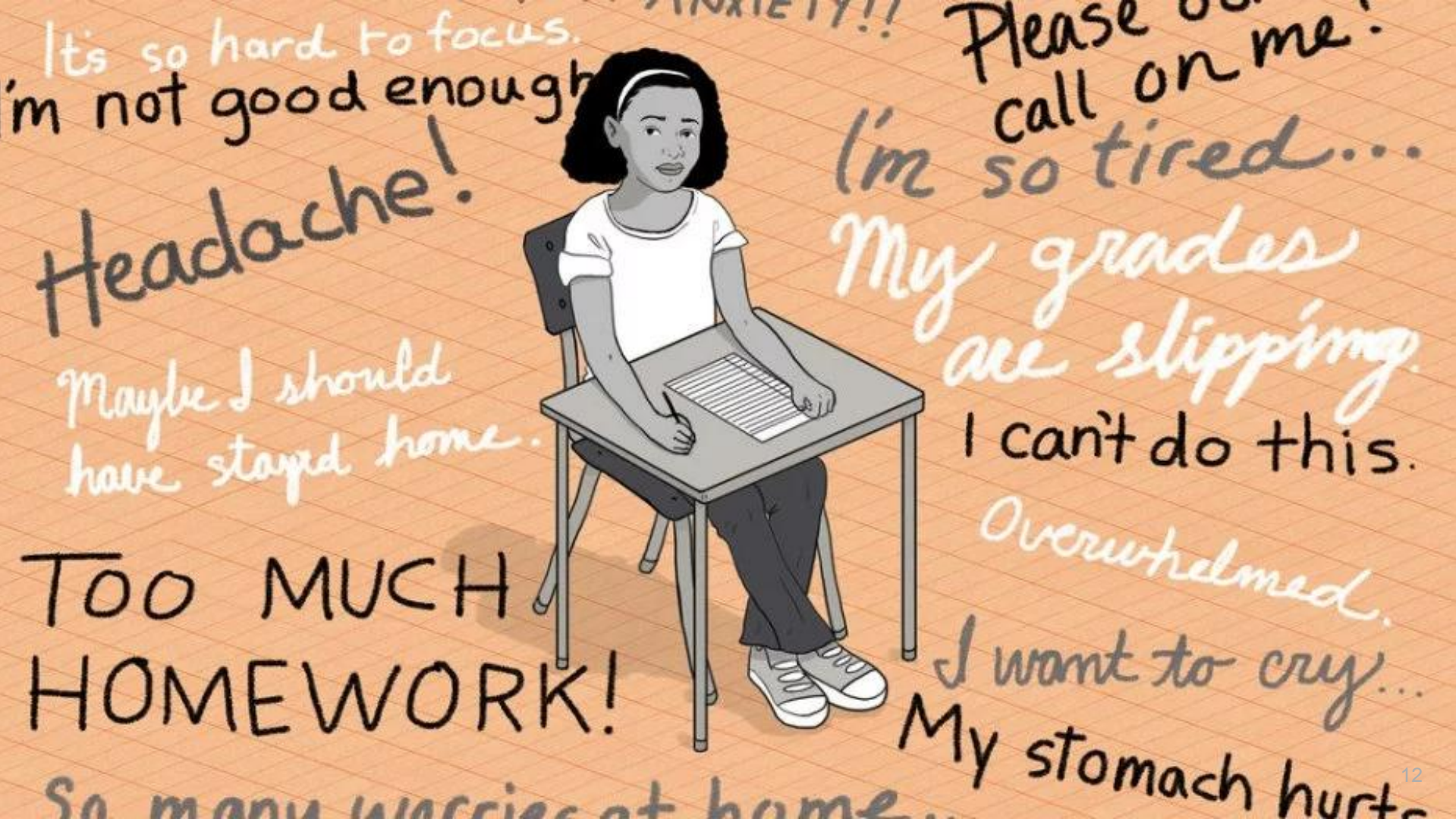
- Cohen Children's Medical Center Behavioral Health Urgent Care
- Long Island University Post - Center for Psychological Services
- Long Island School Practitioner Action Network (LISPAN)
- ASIST training
- NASP PREPaRE training
- Nassau County Police Department
- Department of Homeland Security
- Northwell Health

# Threat Assessment Protocol

- Created by District Crisis Team
- Adapted from guidelines of National Association of School Psychologists and Virginia Department of Criminal Justice Services
- Consistent with problem-solving approach
- Two goals:
  - The safety of the entire school community
  - Support of students involved



# Mental Health Curriculum in the Secondary Schools



## NY State Mental Health Curriculum Core Elements

- The concept of wellness including self-care and personal responsibility for one's own mental health and wellness.
- The concept of mental health as an integral part of health.
- The recognition of the signs and symptoms of developing mental health problems.
- Instruction in the awareness and management of mental health crises such as the risk of suicide, self-harm and other mental health crises.
- The relationship between mental health, substance use and other negative coping behaviors.
- The negative impact of stigma and cultural attitudes toward mental illness on treatment seeking behavior and as a contributing factor in discrimination against people with mental illnesses.
- The concept of recovery from mental illness.
- The implications of risk factors, protective factors and resiliency on wellness, mental health and recovery.
- Instruction in identifying appropriate professionals, services and family/social supports for treating and maintaining recovery from mental illness.

# Development of Personal and Social Skills

1. Decision making
2. Self-management/care
3. Advocacy, communication
4. Relationship management
5. Stress management
6. Planning and goal setting

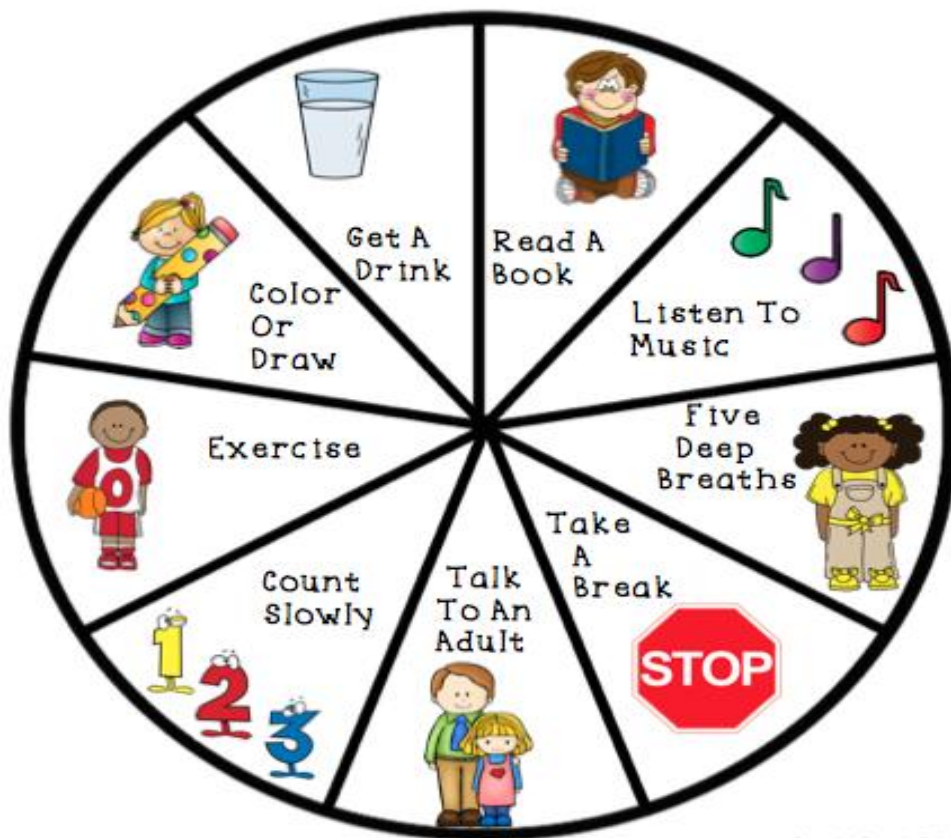
# **Four Key Health Literacy Components**

## **For Well-Being and Success**

1. Understanding how to obtain and maintain good mental health
2. Decreasing stigma related to mental health
3. Enhancing help-seeking efficacy (know when, where, and how to obtain good health with skills to promote self-care)
4. Understanding mental disorders (i.e., anxiety, depression) and treatments

# Coping Skills Wheel

9 Ways to Handle Big Emotions



# Mental Health Literacy At The Middle School

6th Grade: Wellness Wheel

7th Grade: Self-Esteem Magazine Covers

8th Grade: SMEEPS For My PEEPS



# Mental Health Events at the Middle School

Mindfulness Monday

Red Ribbon Week

National Coming Out Day

Day Of Silence

Friendship Day

HTV PSAs

Guest Speakers



# SMEEPS

SMEEPS is an acronym for the six dimensions of health and well-being...

Social Health

***Mental Health***

Emotional Health

Environmental Health

Physical Health

Spiritual Health

***Wellness is an active process through which people become aware of, and make choices towards, a more successful existence.***

# 6th grade Wellness Wheel Project

Name: \_\_\_\_\_

Date: 10/15/18

Period: 2

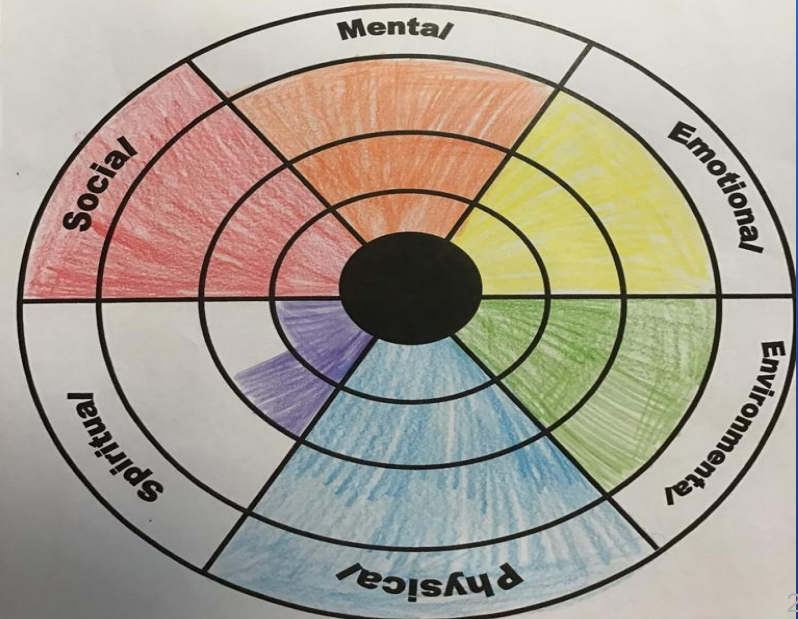
## Reflection: My Wellness Wheel

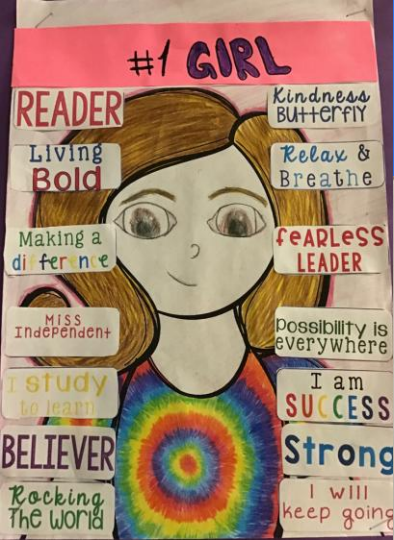
**Directions:** Answer the following questions based off of the wellness wheel you have created. This reflection will be collected.

1. Name the 5 dimensions of wellness (SMEEPS) Social, Mental, Environmental,  
physical, and spiritual.
2. Which section(s) of your wheel has the most color? The social dimension  
and the physical dimension.
3. Which section(s) of your wheel has the least color? The spiritual dimension.  
\_\_\_\_\_
4. Look at your wellness wheel & identify a weakness. How can you make improvements in your life so that your wellness wheel will be more balanced? Create a wellness goal to improve on this weakness. State your goal, how you plan to achieve it, & what steps you will take towards achieving it.  
A weakness is that I do not meditate  
or engage in some type of growth practice.  
Most likely because I usually never need  
to. To improve if it ever happens I can set some  
time for myself to calm down or meditate if  
ever needed. A goal I can set for myself is to always stay  
in a growth mindset and stay calm. I can achieve it by setting time  
aside before I do my things. The steps would be to technically just breathe in and out  
and say everything is going to be good.

## My Wellness Wheel

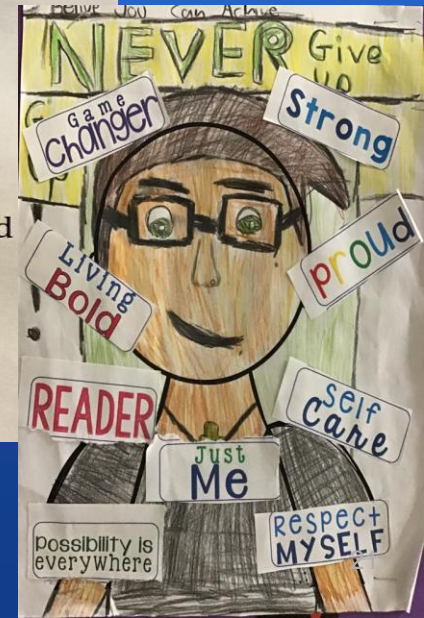
Name: \_\_\_\_\_



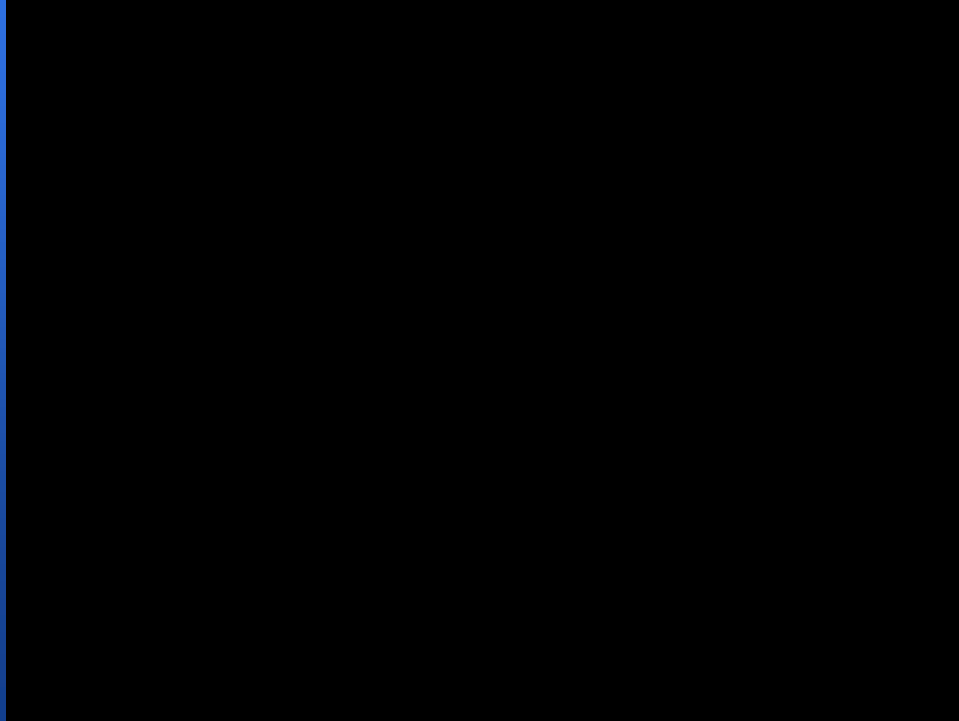


## Self-Esteem Magazine Covers

During our self-esteem and body image unit, students participated in lessons and activities that helped them to evaluate and improve their self-esteem, as well as their body image. We also participated in discussions and learning that centered around who or what influences both of these. For their end of unit project, students designed magazine covers that promoted high self-esteem and positive image. The students were required to give an appropriate title to their project and also use words or phrases that exhibited how they feel about themselves. The students worked diligently and produced some amazing work, all while having fun, falling in love with themselves and most importantly, learning!



# 8th Grade SMEEPS For My PEEPS Project





# Mindfulness

## Fish Bowl Meditation

Close your eyes

Move into a relaxed position

Relax your muscles

Clear your mind



# Health 9 Curriculum

- Stress Management
- Emotional Wellness
- Exploring Personality Traits
- Body Dysmorphia and Body Image
- Suicide Prevention
- Guest Speakers

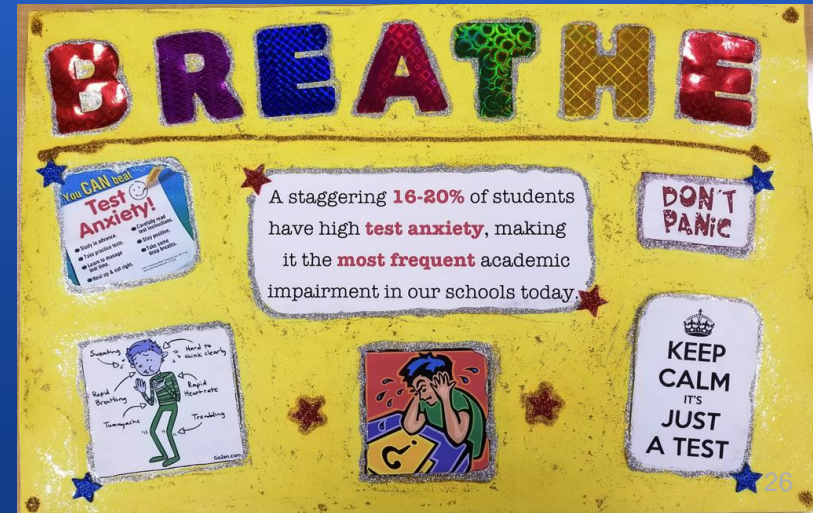
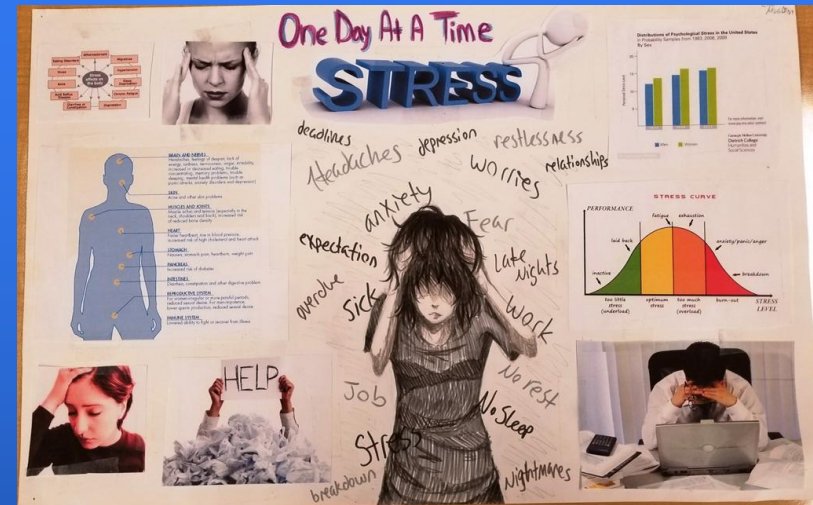


# Health 11 Curriculum

- Mental Health
- Long Island Crisis Center - Suicide Prevention Workshop
- Body Dysmorphia and Body Image



## A photograph showing the lower arms and hands of three individuals standing side-by-side on a wooden floor. They are holding hands in a supportive gesture. Each person is wearing a teal-colored wristband with the text "I SAID NO TO SUICIDE" printed in white capital letters. The person on the left is wearing dark clothing and a dark shoe. The person in the middle is wearing a plaid shirt and a white sock. The person on the right is wearing a black top and a white shoe, and has a gold ring on their finger.



# 10th Grade Advisory Program

Guest Speaker: Hakeem Rahim

*"I enjoyed Hakeem Rahim's presentation not only for its poetic nature but the helpful mental wellness aspects as well. Being able to see people with mental disorders helps students know that it's completely possible to function with a mental disorder and gain more information about caring for the most important tool in their lives: their minds."*

~ GNN Student



## **MENTAL HEALTH** **SPEAKER & TRAINER**

Mental Health Awareness, Depression, & Suicide Prevention

For Keynotes, Colleges & Schools, Conferences and Corporations



# Importance of Mental Health and Physical Activity

John Cirlo, Director of Nex Gen Fitness in Port Washington visited the Physical Education classes to share a number of fun, interactive and engaging activities with our students. They used these activities to show how physical activity can have an impact on relieving stress, improving memory, improve sleep patterns and have a positive impact on anxiety and depression.



# Extracurricular Activities - Active Minds Club

Active Minds is an organization with the goal of promoting mental health awareness and reducing stigma of mental illness. It's actually increasing popular on college campuses, with over 450+ chapters.

We'll be meeting to create campaigns to increase students' awareness of mental health disorders, as well as promote how students can seek out services in school or outside of school. We plan to run our first campaign about stressing less in the build up to mid-terms. Check out <https://www.activeminds.org/> for more info!



# Beyond the Health Classroom

- Holistic Approach that Crosses Content Areas
- Peer Education and Peer Leaders
- Advisory Programs
- Professional Development
- Guidance Department/Support Staff Lessons that Foster Stress Reduction and Management
- Community Involvement
- Support for Parents

**Thank you!**