



Understanding the Health and Well Being of Students Experiencing Homelessness

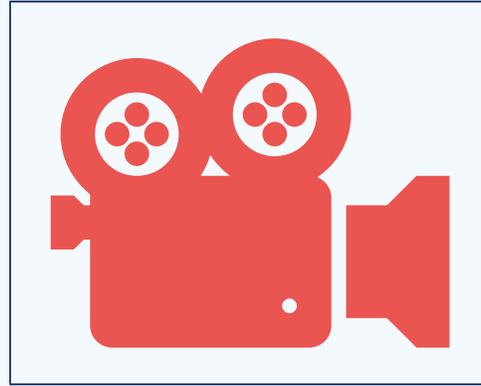
Welcome! We will begin momentarily.
Please say hello in the chat!



Webinar Logistics

- This webinar is being recorded and will be posted within one week to the HETAC website at www.hetac.org/resources/hetac-resources
- The webinar recording and materials also will be sent to webinar attendees following the webinar
- All attendees are muted
- Please use “Q&A” to submit questions
- Attendees may turn on or disable closed captioning





Recording...



Understanding the Health and Well Being of Students Experiencing Homelessness

California Homeless Education Technical Assistance Center (HETAC)

May 2024



Meet Your Presenters



Mara Madrigal-Weiss (she)
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San Diego County Office of Education
mmadrigal@sdcoe.net



Samira Soleimanpour (she)
Associate Professor
Philip R. Lee Institute for Health Policy Studies
University of California, San Francisco (UCSF)
samira.soleimanpour@ucsf.edu

Where We're Headed:



- Describe current data on the health and well-being of California's youth experiencing homelessness
- Describe where to access statewide and local data on youth experiencing homelessness
- Share resources and best practices to support youth's mental health needs



Health and Wellness of Youth Experiencing Homelessness:

California Healthy Kids Survey Findings



California Healthy Kids Survey (CHKS)

- Administered by WestEd on behalf of the California Department of Education (CDE)
 - Traditionally bi-annually to students in 5th, 7th, 9th, 11th and non-traditional grades
 - Elementary and secondary versions
- Core module assesses self-reported:
 - Student engagement and school connectedness
 - School safety (social-emotional & physical), violence, and victimization (bullying)
 - Mental, behavioral, and physical health, including substance use, depression/suicide risk, and other health risks and learning barriers

CHKS Mental Health Supports (MHS) Module

- Originally developed by UCSF with CDE, WestEd, and education partners as a custom module for CDE's Project Cal-Well mental health initiative evaluation in 2015–16
- Assesses students' self-reported:
 - Perceived stigma related to mental health
 - Mental health help-seeking attitudes, behaviors, and perceived barriers
 - Access to and utilization of mental health services and supports
- In 2018, WestEd and CDE began offering the module as an optional add-on module to the Core
 - In 2023-24, the MHS module was incorporated into the new Behavioral Health module

CHKS Study Sample

Data presented today are from the 2022-23 school year:

470,034

Secondary student respondents
to the Core module statewide

88,007*

Secondary student respondents
to the MHS module

**Sample is not necessarily
representative of students
statewide*

CHKS: Living Situation Question

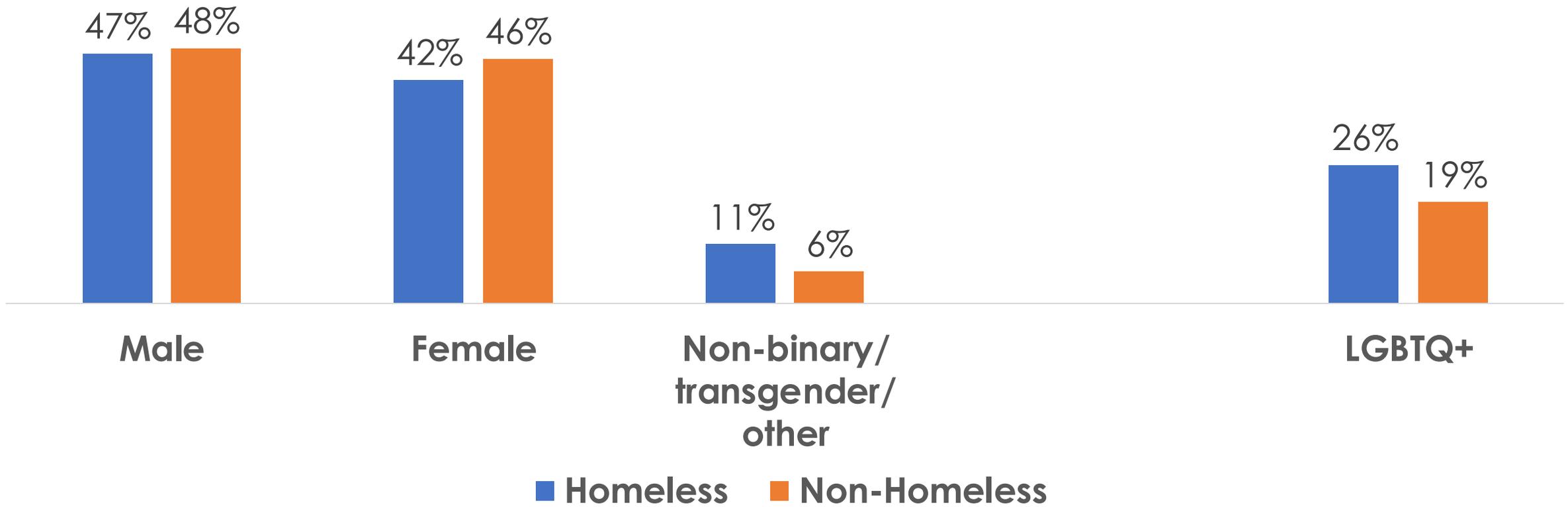
What best describes where you live? A home includes a house, apartment, trailer, or mobile home (N=470,034*)	Percentage	Experiencing Homelessness
A home with one or more parent or guardian	94%	No
Other relative's home	2%	Yes**
A home with more than one family	4%	Yes**
Friend's home	<1%	Yes
Hotel or motel	<1%	Yes
Shelter, car, campground, or other transitional or temporary housing	<1%	Yes

Source: WestEd and CDE. California Healthy Kids Survey, 2022-23, : <https://calschls.org/>

*N=470,034; includes respondents in grades 7-12 and non-traditional; excludes respondents who selected "foster home, group care, or waiting placement," "other living arrangements," and missing to the living situation question.

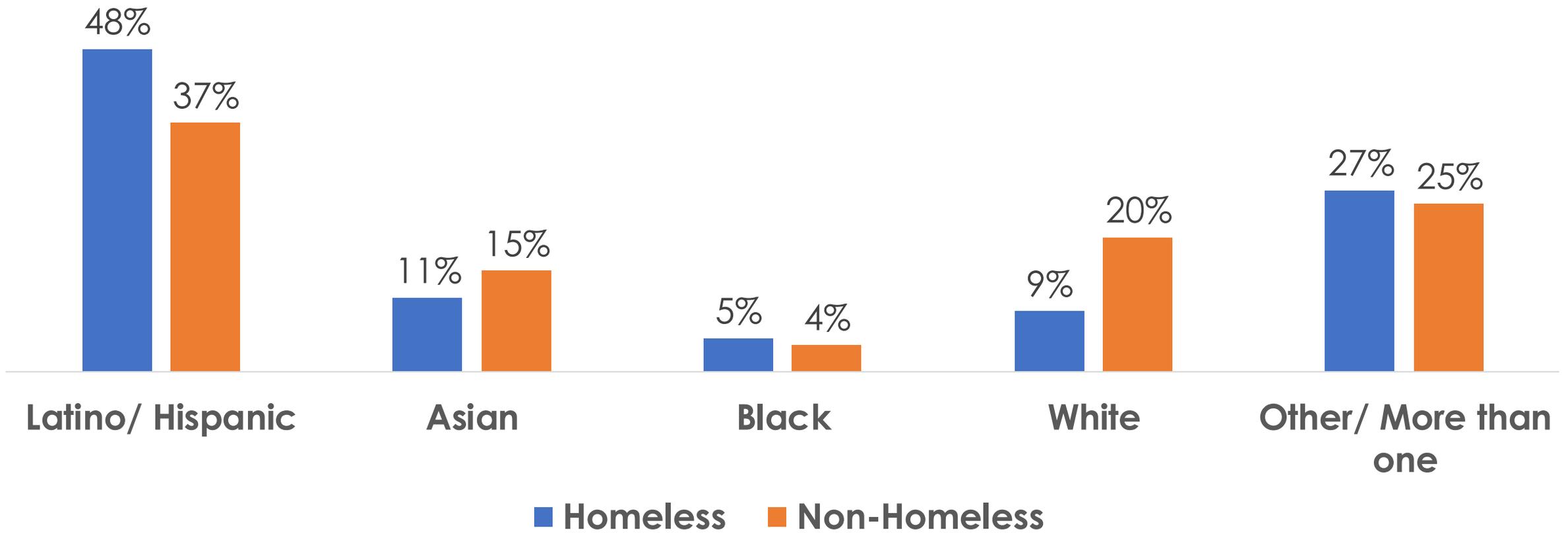
**Coded as "other living arrangement" in CHKS data dashboards

CHKS Statewide Sample: Gender Identity and Sexual Orientation



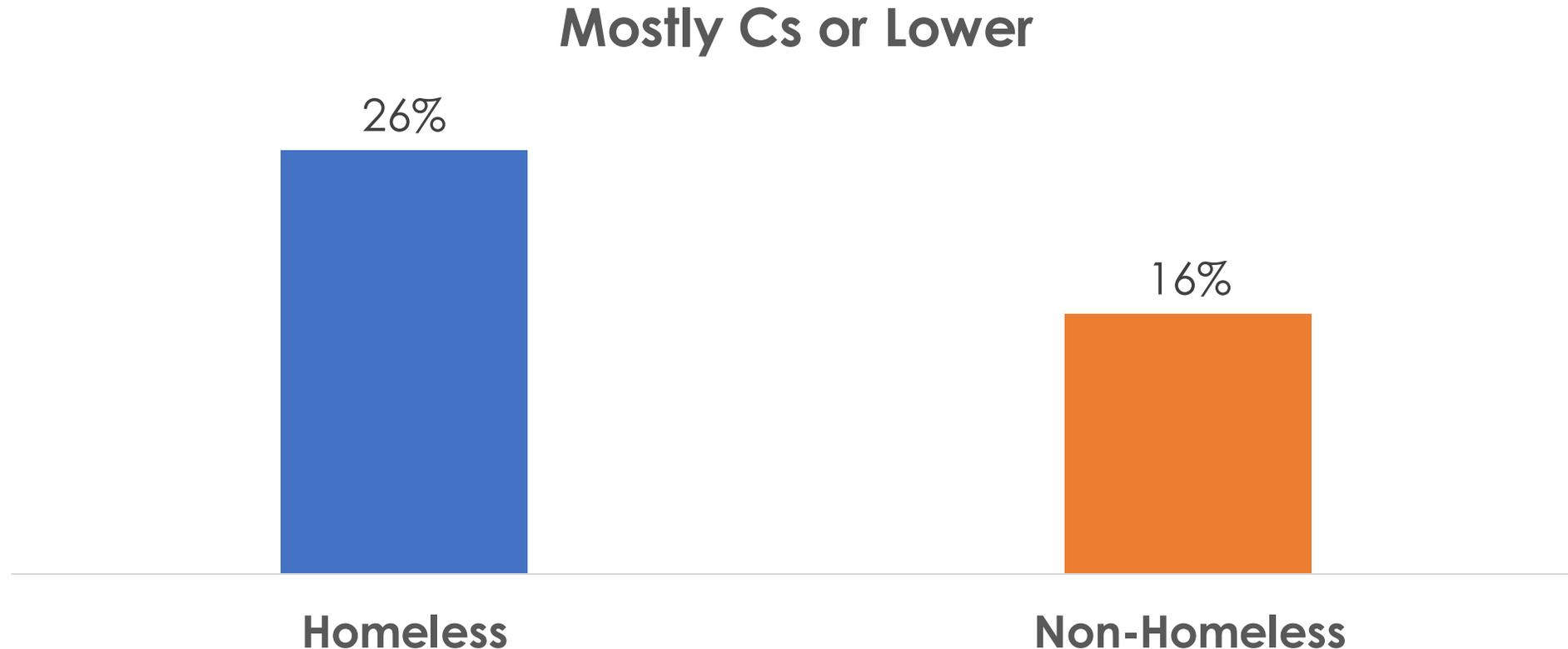
Source: WestEd and CDE. California Healthy Kids Survey, 2022-23: <https://calschls.org/>

CHKS Statewide Sample: Race/Ethnicity



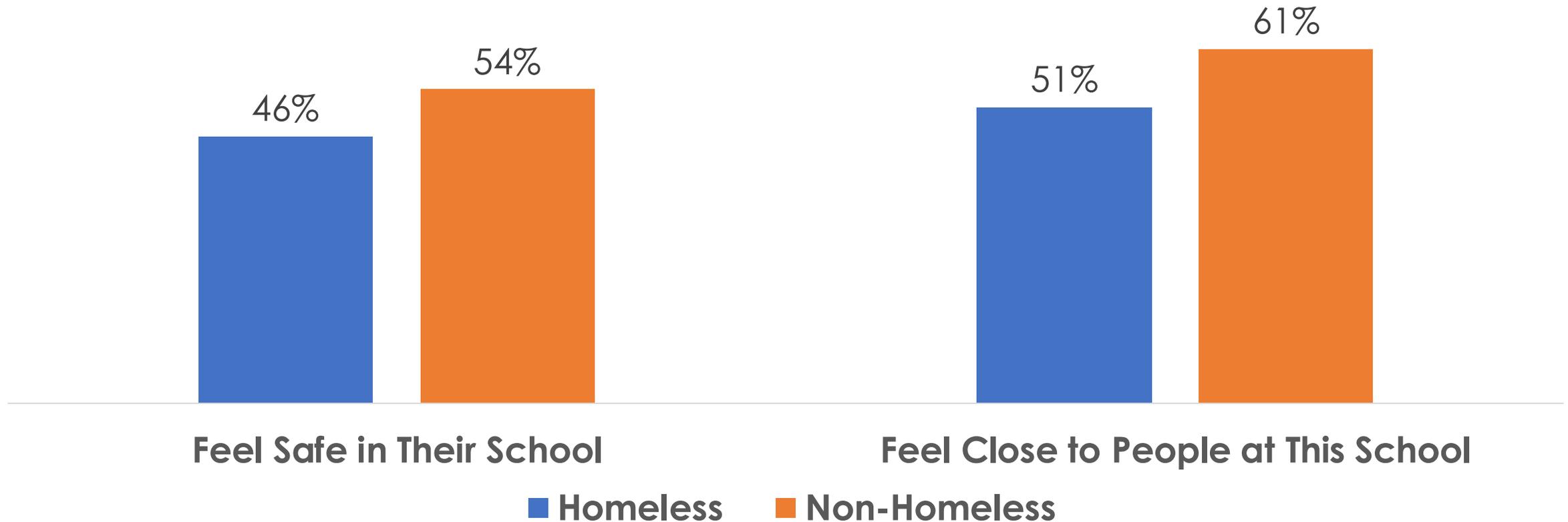
Source: WestEd and CDE. California Healthy Kids Survey, 2022-23: <https://calschls.org/>

CHKS Statewide Sample: Academic Performance



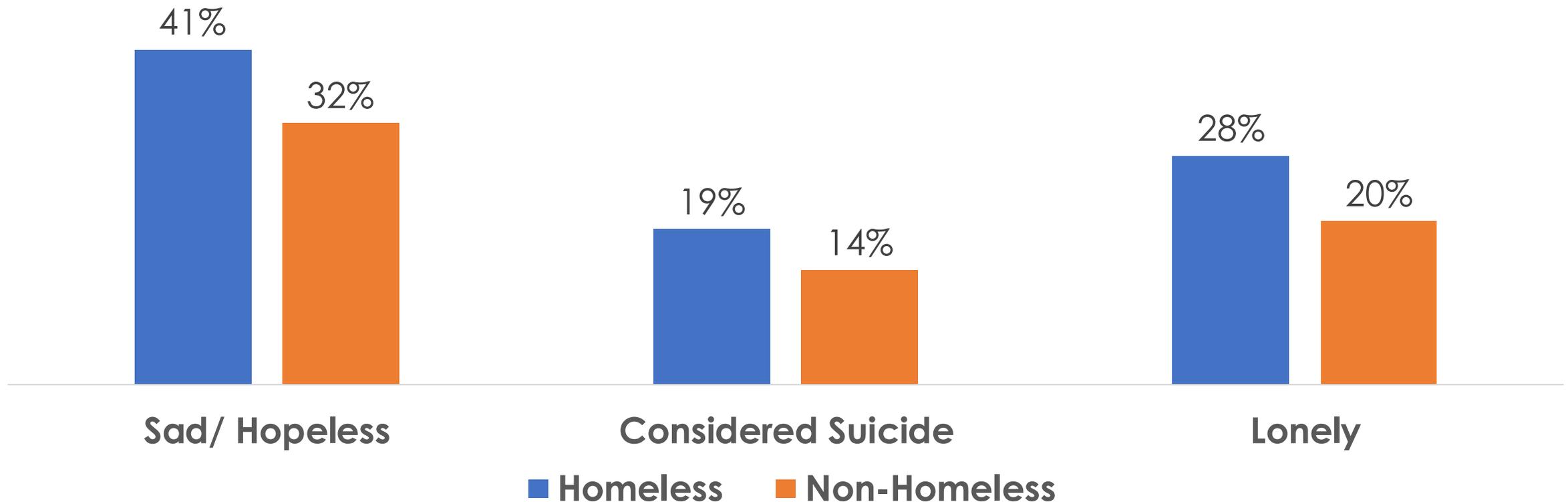
Source: WestEd and CDE. California Healthy Kids Survey, 2022-23: <https://calschls.org/>

CHKS Statewide Sample: School Safety and Connections



Source: WestEd and CDE. California Healthy Kids Survey, 2022-23: <https://calschls.org/>

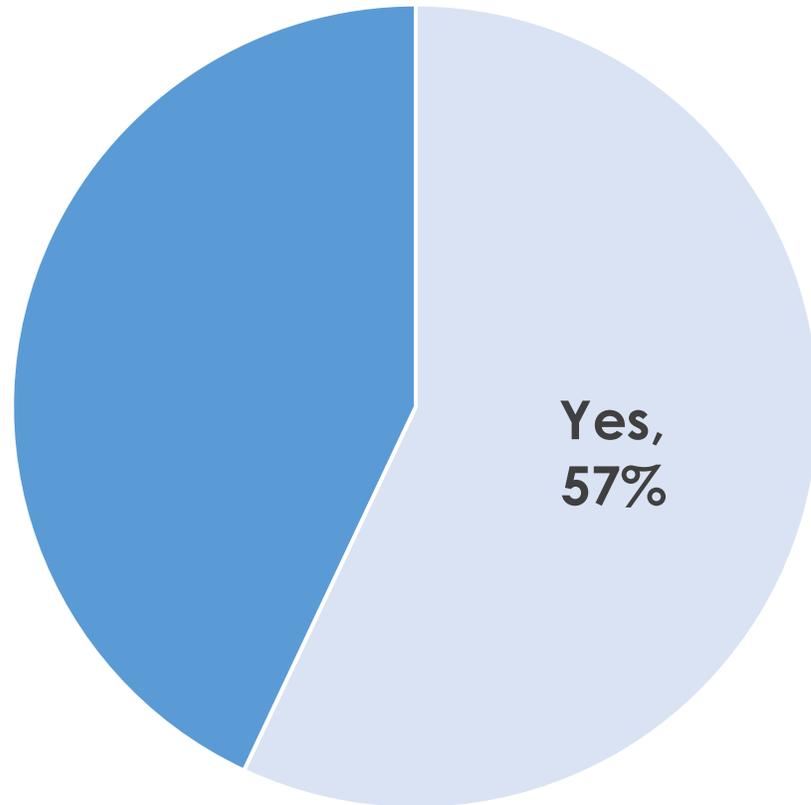
CHKS Statewide and MHS Module Samples: Mental Health Indicators



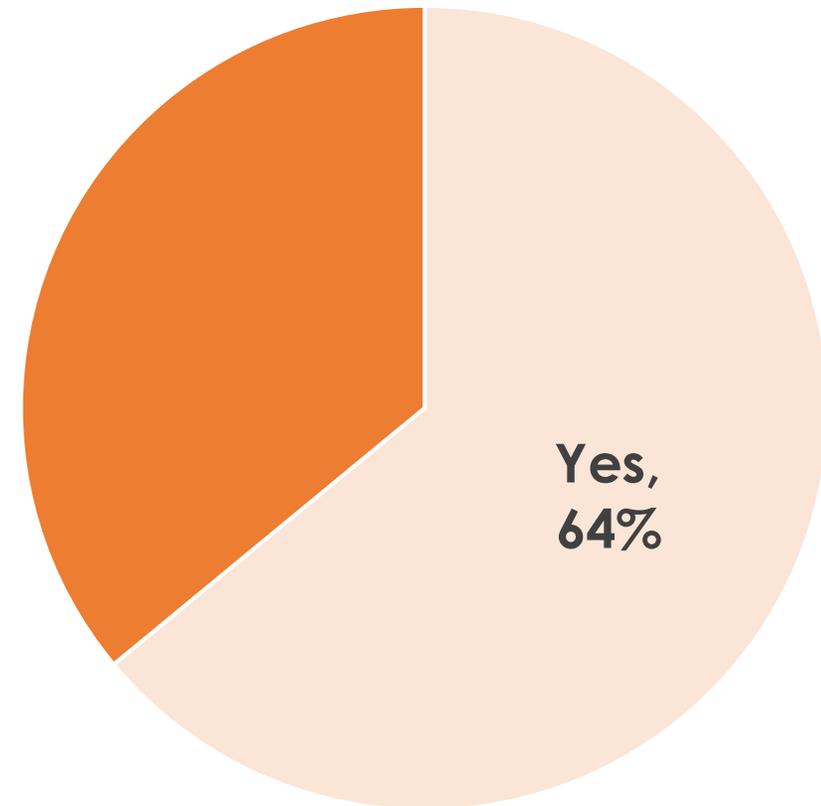
Source: WestEd and CDE. California Healthy Kids Survey, 2022-23: <https://calschls.org/>
Suicide and Sad/Hopeless asked about past year (Core module); Loneliness was “most” or “all of the time” in past month (MHS module)

CHKS Statewide MHS Module Sample: Have an Adult to Talk to at School about Problems

Homeless

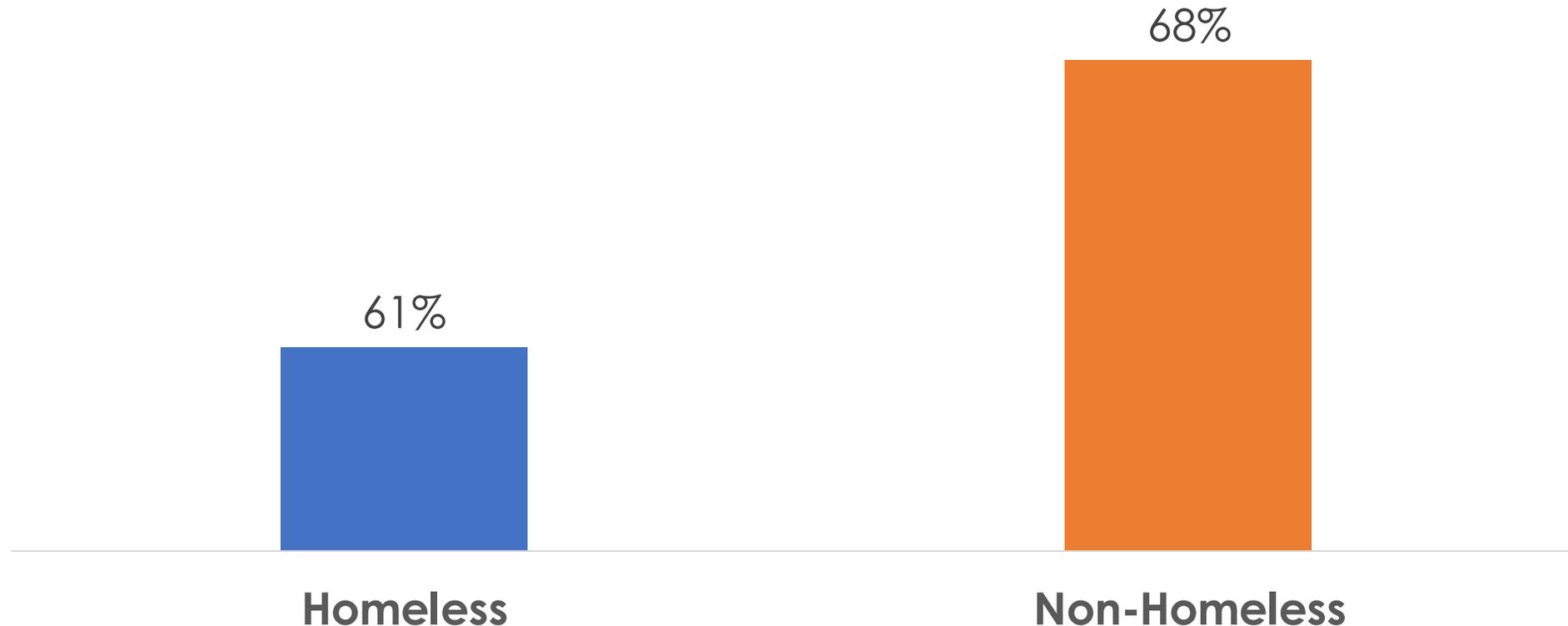


Non-Homeless



Source: WestEd and CDE. California Healthy Kids Survey, 2022-23: <https://calschls.org/>

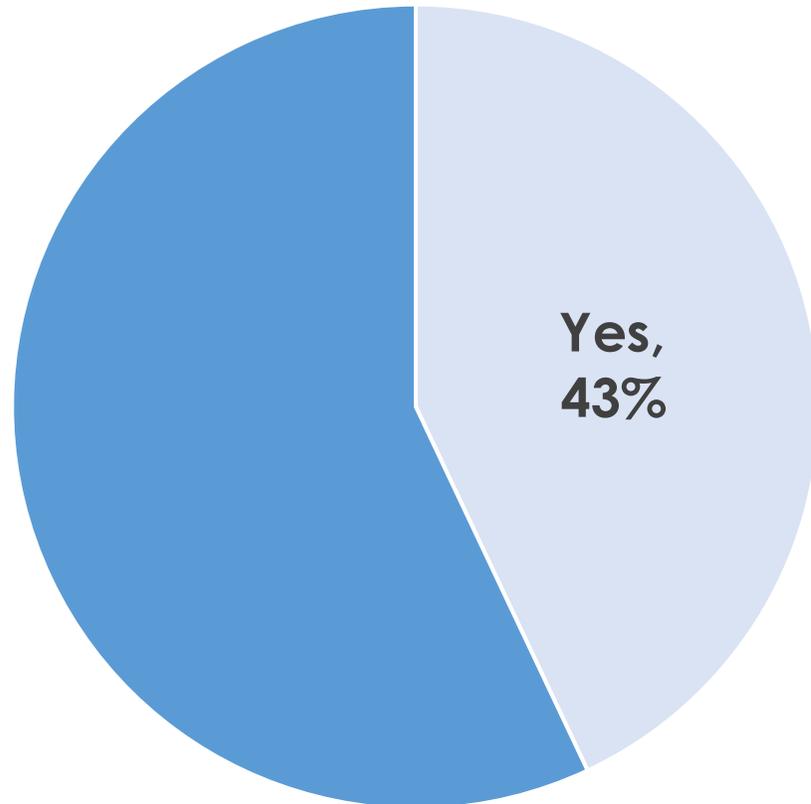
CHKS Statewide MHS Module Sample: Know Where to Go for Help at School if Experiencing Mental Health Concerns



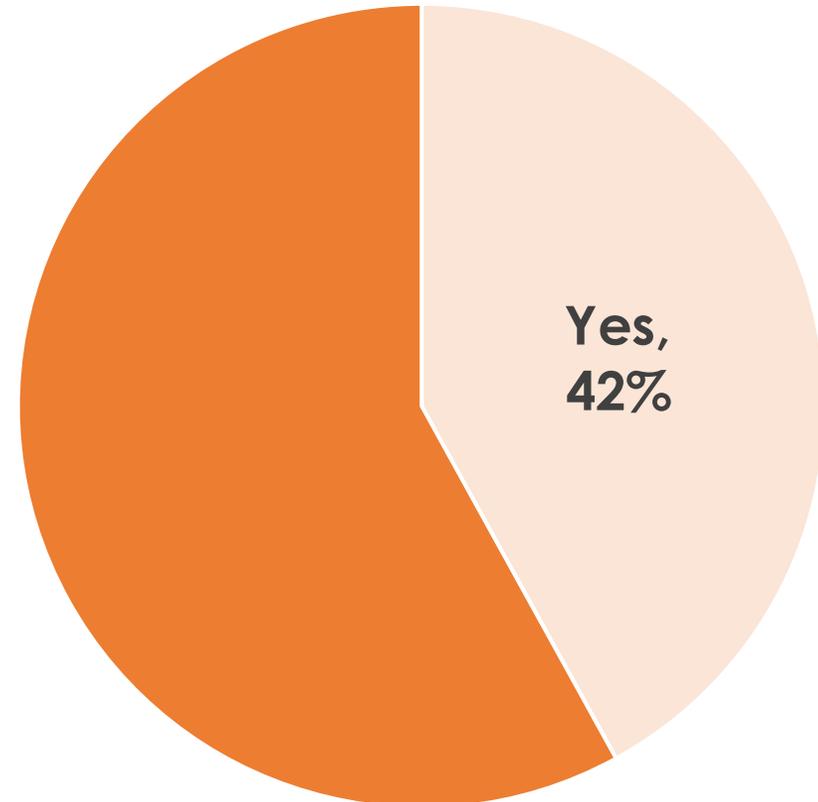
Source: WestEd and CDE. California Healthy Kids Survey, 2022-23: <https://calschls.org/>

CHKS Statewide MHS Module Sample: Received Help from a Counselor or Therapist When Needed

Homeless



Non-Homeless



Source: WestEd and CDE. California Healthy Kids Survey, 2022-23: <https://calschls.org/>

CHKS Public Dashboards

WestEd Public Dashboards:

<https://calschls.org/reports-data/public-dashboards/>

Follow **Steps 1-5** below to select the categories to be displayed on the charts.

Step 1:

Select State, County, or District

Step 2:

Select Domain

Step 3:

Select Measure

Step 4:

Select Student Characteristic

- All Students
- Instructional model
- Afterschool Participation
- Breakfast
- Caring Adult Relationships Scale
- Chronic Sadness
- English Language Proficiency
- Gender
- Gender Identity
- Living Situation
- Parent/Guardian Military Status
- Parental Education
- Race/Ethnicity
- Sexual Orientation

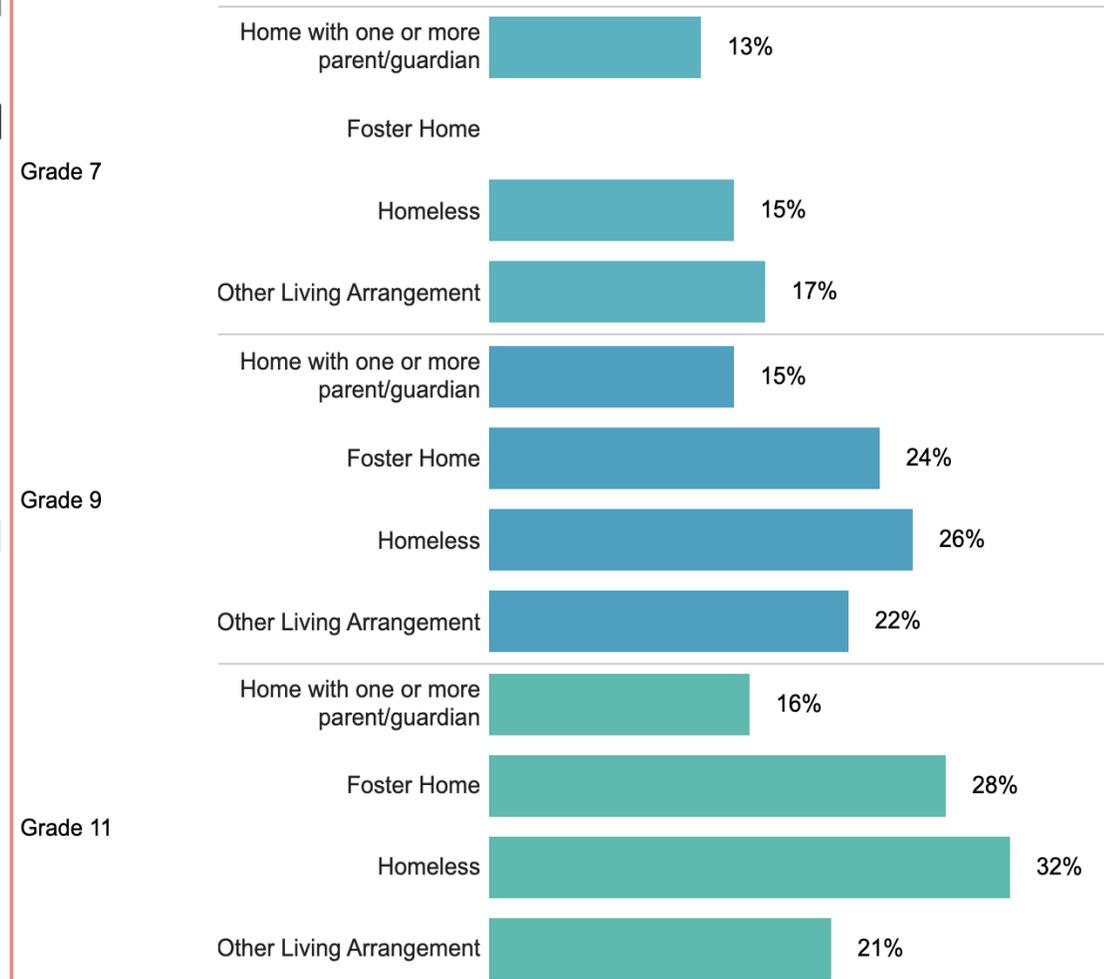
Step 5:

Select the **Most Recent** view or the **Trends Over Time** view by clicking on the corresponding tab in the upper left corner of the dashboard.

State | Most Recent Data (2019-21)

Considered suicide | Past 12 months

Results disaggregated by: **Living Situation**



CHKS Public Dashboards

WestEd Public Dashboards:

<https://calschls.org/reports-data/public-dashboards/>

Follow **Steps 1-5** below to select the categories to be displayed on the charts.

Step 1:

Select State, County, or District

San Diego Unified (County: San Diego) ▼

Step 2:

Select Domain

Social and Emotional Health ▼

Step 3:

Select Measure

Considered suicide ▼

Step 4:

Select Student Characteristic

- All Students
- Instructional model
- Afterschool Participation
- Breakfast
- Caring Adult Relationships Scale
- Chronic Sadness
- English Language Proficiency
- Gender
- Gender Identity
- Living Situation
- Parent/Guardian Military Status
- Parental Education
- Race/Ethnicity
- School Boredom Mindset Profiles
- Sexual Orientation

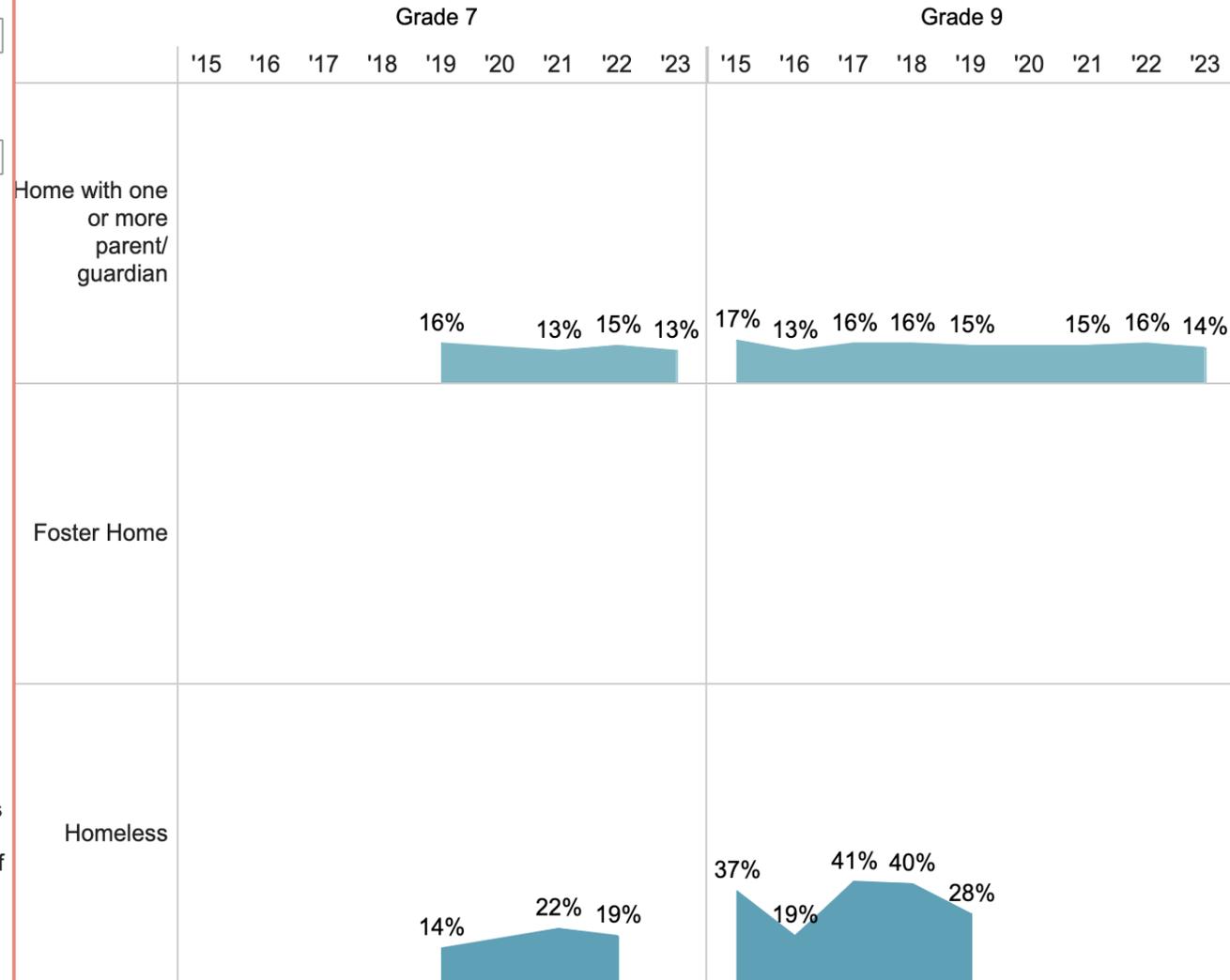
Step 5:

Select the **Most Recent** view or the **Trends Over Time** view by clicking on the corresponding tab in the upper left corner of the dashboard.

San Diego Unified (County: San Diego) | Trends Over Time

Considered suicide | Past 12 months

Results disaggregated by: **Living Situation**





Health and Wellness of Youth Experiencing Homelessness: CDE Dashboards

CDE Dashboards: Chronic Absenteeism

Homeless



Yellow

38.7% chronically absent

Declined 6.4% ⬇️

Number of Students: 168,554

All Students



Yellow

24.3% chronically absent

Declined 5.7% ⬇️

Number of Students: 3,989,291

CDE Dashboards: Suspensions

Homeless



Orange

6.5% suspended at least one day

Increased 1% ⬆️

Number of Students: 246,480

All Students



Orange

3.5% suspended at least one day

Increased 0.4% ⬆️

Number of Students: 6,019,472

CDE Dashboards: Graduation Rates

Homeless



Orange

73.7% graduated

Maintained -0.7%

Number of Students: 35,069

All Students



Orange

86.4% graduated

Declined 1% ⬇️

Number of Students: 503,548



Questions? Comments?



What Schools Can Do: Statewide Mental Health Resources for Students



WELTM

WellnessEdLab.org

Wellness Education Lab

Practical & Empowering Mental Health Training



WellnessTogether.org[®]

School Mental Health



California Department of
EDUCATION

What is WEL?

Practical & Empowering Mental Health Training for

STUDENTS • PARENTS/GUARDIANS • EDUCATORS/SCHOOL STAFF



Created by
leading mental
health experts



Practical skills to
manage stress and
support others



Evidence-based
content to increase
mental health literacy



Approximately
45-60 minutes
per module

WellnessEdLab.org

WELTM
WellnessEdLab.org

What is WEL?



- Online - Accessible on desktop or mobile devices
- Asynchronous (Take it at your own pace)
- Modules for students (13+), parents/guardians, and educators/school staff
- Created to align with California legislation - SB 224 and California Mental, Emotional, and Social Health Standards

Who is WEL for?

→ Students (13+)

Students (13+) can access WEL trainings via WellnessEdLab.org and take them at their own pace from a computer or mobile device. Students (13+) will complete activities and explore how to strengthen their own mental health by building resilience and knowing who to reach out to when they need support.

→ Educators/School Staff

Districts and School Sites can use WEL in health class, mental health clubs, counseling groups, and as a resource for students (13+) and family to increase mental health literacy. Educator/School Staff can also take WEL and gain more ways to support students.

→ Parents/Guardians

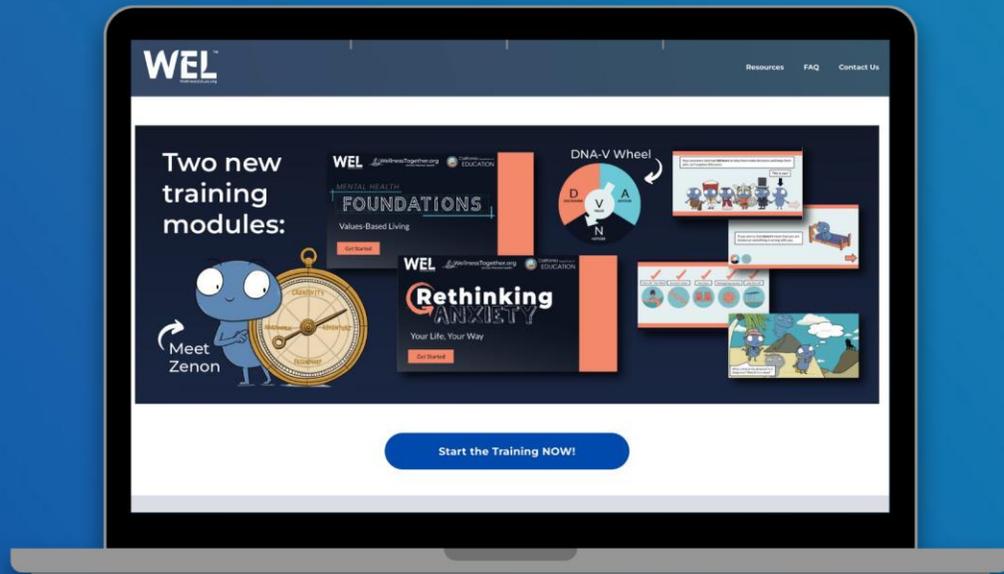
Parents and Guardians can access WEL trainings via WellnessEdLab.org and take them at their own pace from a computer or mobile device. Parents can also take WEL to see the skills their students (13+) are learning and discover ways to support the process of building strong mental health.



Get Started!

STEP 1

Visit wellnessedlab.org or scan the QR code and click the “Start Training NOW” button



FREE



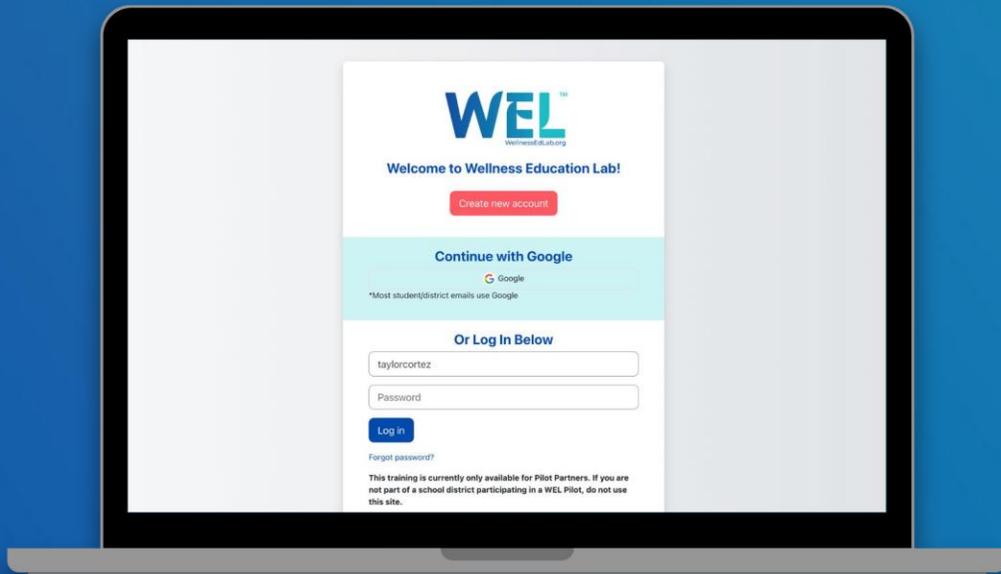
SCAN HERE

WELTM
WellnessEdLab.org

Get Started!

STEP 2

Create an account by creating a username & password
OR sign in with Google



SCAN HERE

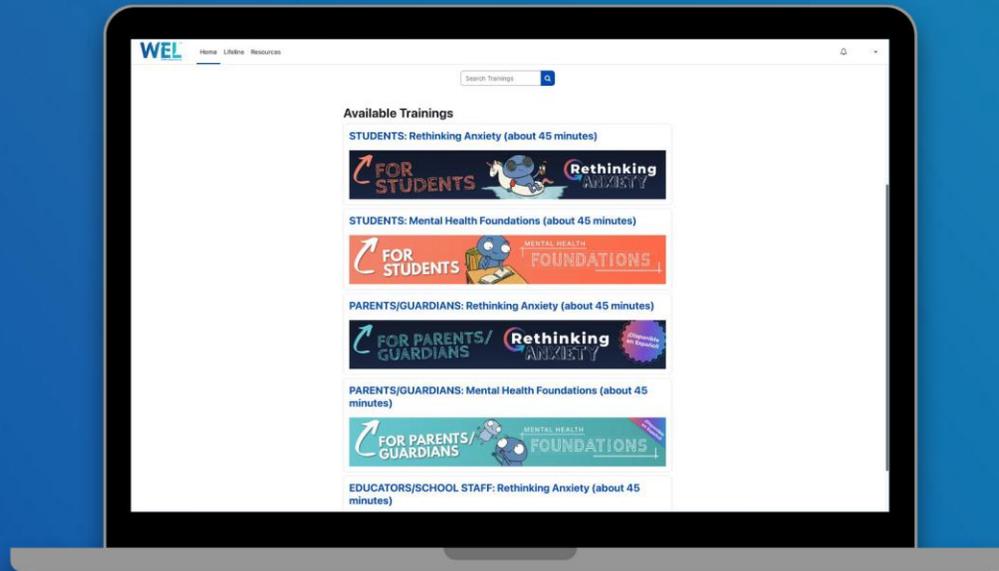
WELTM
WellnessEdLab.org

Get Started!

STEP 3

Browse the available training and click on it to get started!

(Complete the post-training questions to receive your certificate!)



SCAN HERE

WELTM
WellnessEdLab.org

WellnessEdLab.org

Quick Start Guide

Download this guide for ideas on how to implement WEL into your classrooms, school sites, and throughout your district.

wellnesstogether.info/QuickStartGuide

Scan here to download the Quick Start Guide!



The image shows the cover of a brochure titled "WEL Wellness Education Lab Quick Start Guide". At the top left is the WEL logo with the tagline "WellnessEdLab.org". To the right are logos for "WellnessTogether.org School Mental Health" and "California Department of EDUCATION". Below the logos, a white box contains the text: "This guide contains WEL implementation options for your classrooms, school sites, and throughout your district." Underneath, a section titled "What is WEL?" explains that it is a practical and empowering FREE online mental health training for students (13+), parents/guardians, and educators/school staff, with Spanish modules also available. It notes that the training is evidence-based and lists topics. Two featured training modules are highlighted in blue boxes: "Rethinking ANXIETY" and "MENTAL HEALTH FOUNDATIONS". Each module includes a brief description of its benefits and a clock icon indicating it takes less than 60 minutes to complete. At the bottom, contact information "info@wellnessedlab.org" is provided along with the same logos as at the top.



For more information
please go to :

WellnessEdLab.org



BrightLife[☀] Kids

A CalHOPE program
by Brightline

0 - 12 years

BrightLife Kids, a CalHOPE program by Brightline, provides **free behavioral health coaching** to all California kids ages 0–12. **No costs attached. No insurance required. No referrals needed.**

- Private 1:1 coaching via video and secure chat
- On-demand digital resources
- Care Guides for referrals
- Diverse, bilingual coaches

Bright Kids

Behavioral health support for California kids 0-12 and their families

No cost attached. No insurance required. No referrals needed.



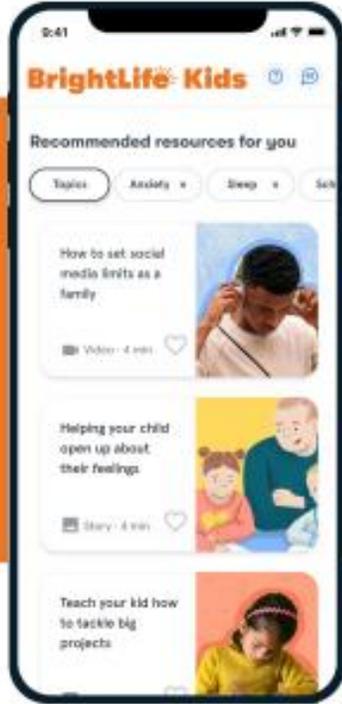
- + Developmental milestones
- + Social and emotional well-being
- + Emotional regulation
- + Sleep issues and patterns

- + Sadness
- + Worry
- + Disruptive behaviors
- + School, work, or relationship stress

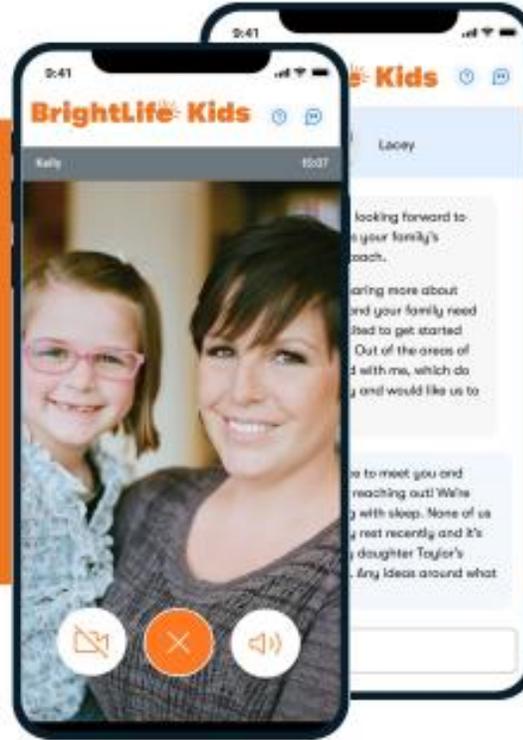
- + Managing big emotions in healthy ways (e.g., loneliness, social isolation, grief, anger, etc.)
- + **and much more!**

Support offered in English, Spanish, and all 17 other Medi-Cal threshold languages through interpreter services

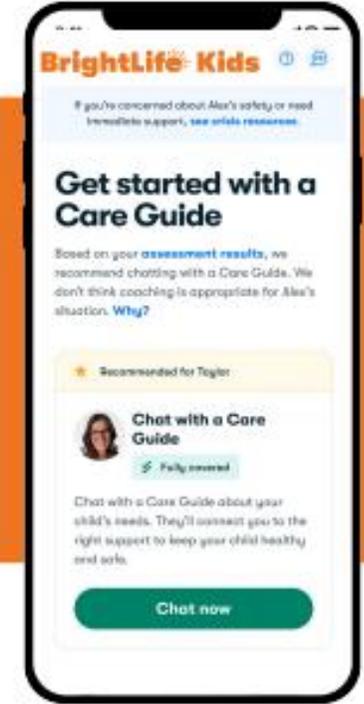
What does BrightLife Kids offer?



Digital Tools



Behavioral Health Coaching



Care Coordination



- Intention
 - To empower users with the tools they need to navigate
- Sub Clinical Model
 - Prevention and early intervention

Universal Support for 13-25-year-olds

**soluna**
a CalHOPE Program by Kooth

13 - 25 years

Soluna, a CalHOPE program by Kooth, is the **all-in-one mental health app** for youth and young adults to destress, reset, and seek support. **Always free. Always anonymous.**

- Scheduled or drop-in 1:1 coaching sessions
- Interactive tools and resources
- Moderated community forum
- Diverse, bilingual coaches

App Features

Self-Guided Resources



Community Support



Behavioral Health Coaching



Connect with us:

ce@hellobrightline.com
california@kooth.com

BrightLife Kids
A CalHOPE program by Brightline



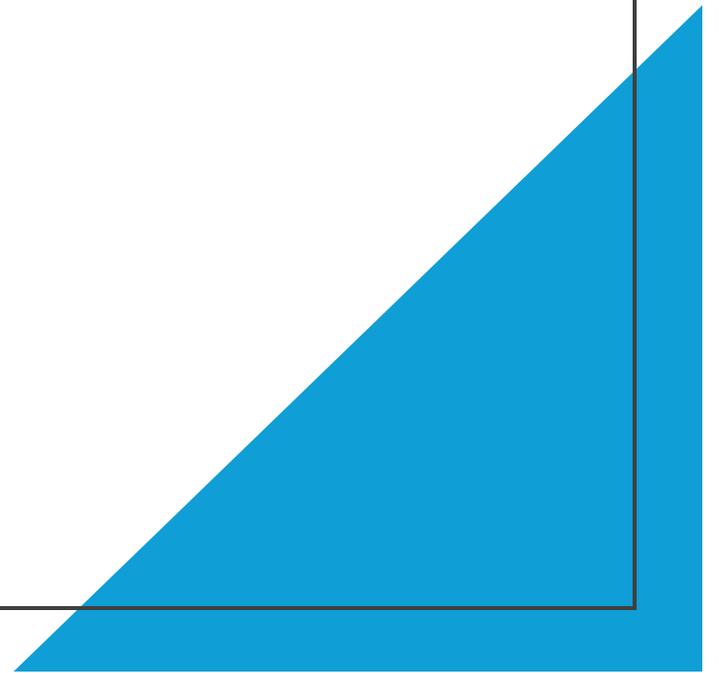
BrightLife.Kids/ca

soluna
a CalHOPE Program by Kooth



SolunaApp.com

Calming Corners



Calming Corner Kit



What is a calming corner?

A calming corner is a quiet, welcoming space at school where students can go to reset and decompress.

Why do schools need calming corners?

Schools are busy places. It is easy to become overstimulated by noise pollution, activity and being around others for many hours at a time.

How can calming corners help?

Being in a calm space helps to reset the nervous system and give students a chance to relax. Students learn to self-regulate and advocate for their needs.

How should a calming corner be used?

A calming corner can help any student who needs a break at any time. They should never be used as a consequence or a reward. When a student is struggling, they should be allowed to use the calming corner to help themselves settle.

Where should we set up a calming corner?

Set up your school's calming corner in a quiet space that is easily accessible. Consider an unused classroom, the corner of the library or an office with a quiet corner available.

What is in this calming corner kit?

This kit includes a fidget set, hug ball, breathing ball, weighted lap puppy, liquid timer, noise cancelling headphones, mental health posters, a Comfort Cub and a bean bag chair.

Where can I learn more?

Read "Calming Spaces in Schools and Classrooms" for more information:
<https://tinyurl.com/calmcorners>. Reach out to the SDCOE School Culture & Student Wellness department for support: heather.nemour@sdcoe.net or rachel.wegner@sdcoe.net.

[Link to Document](#)

California Center for School Climate

WestEd

Calming Spaces in Schools and Classrooms

Laura Buckner

Students face a range of stressors on a daily basis, from acute trauma and mental health crises to general distress stemming from interpersonal relationships, academic challenges, home contexts, or concern over world events. According to a 2022 report from the U.S. Department of Education, 80 percent of parents and 77 percent of teachers expressed concern for students' social, emotional, and mental health (National Center for Education Statistics, 2022).

Calming Spaces in Schools and Classrooms

- What Are School or Classroom Calming Spaces?
- How Calming Spaces Align With Initiatives to Support Student Health, Wellness and Development
- Practical Considerations

[Calming Spaces Document Link](#)

ITEM	VENDOR	PRICE
Calming corner info sheet	N/A	N/A
Mental health posters	Teachers Pay Teachers	\$22
Basic fiddle set	Trainers Warehouse	\$38
Noise canceling headphones	Office Depot	\$16
Comfort cub	Comfort Cub	\$50
Bean bag seat	Lakeshore	\$129
Calming cuddle ball	Lakeshore	\$40
Hoberman sphere	Lakeshore	\$18
Weighted cuddle puppy	Lakeshore	\$60
Liquid sensory viewers	Lakeshore	\$33

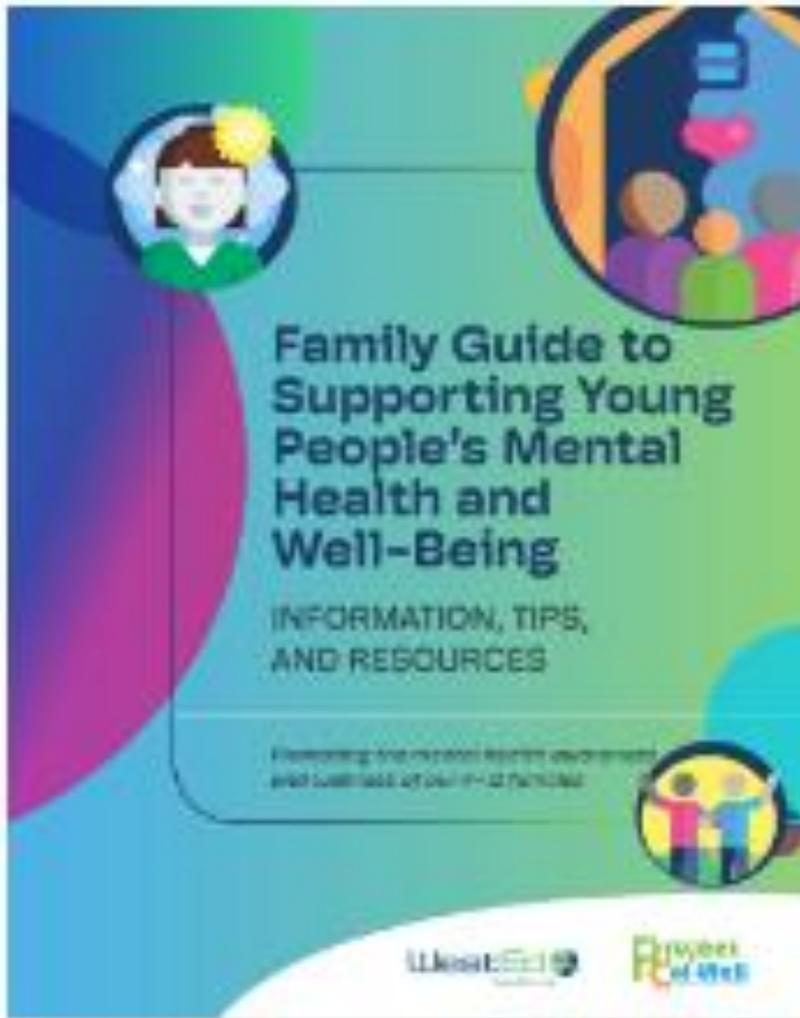


[Link to Calming Corner Kit Item List](#)

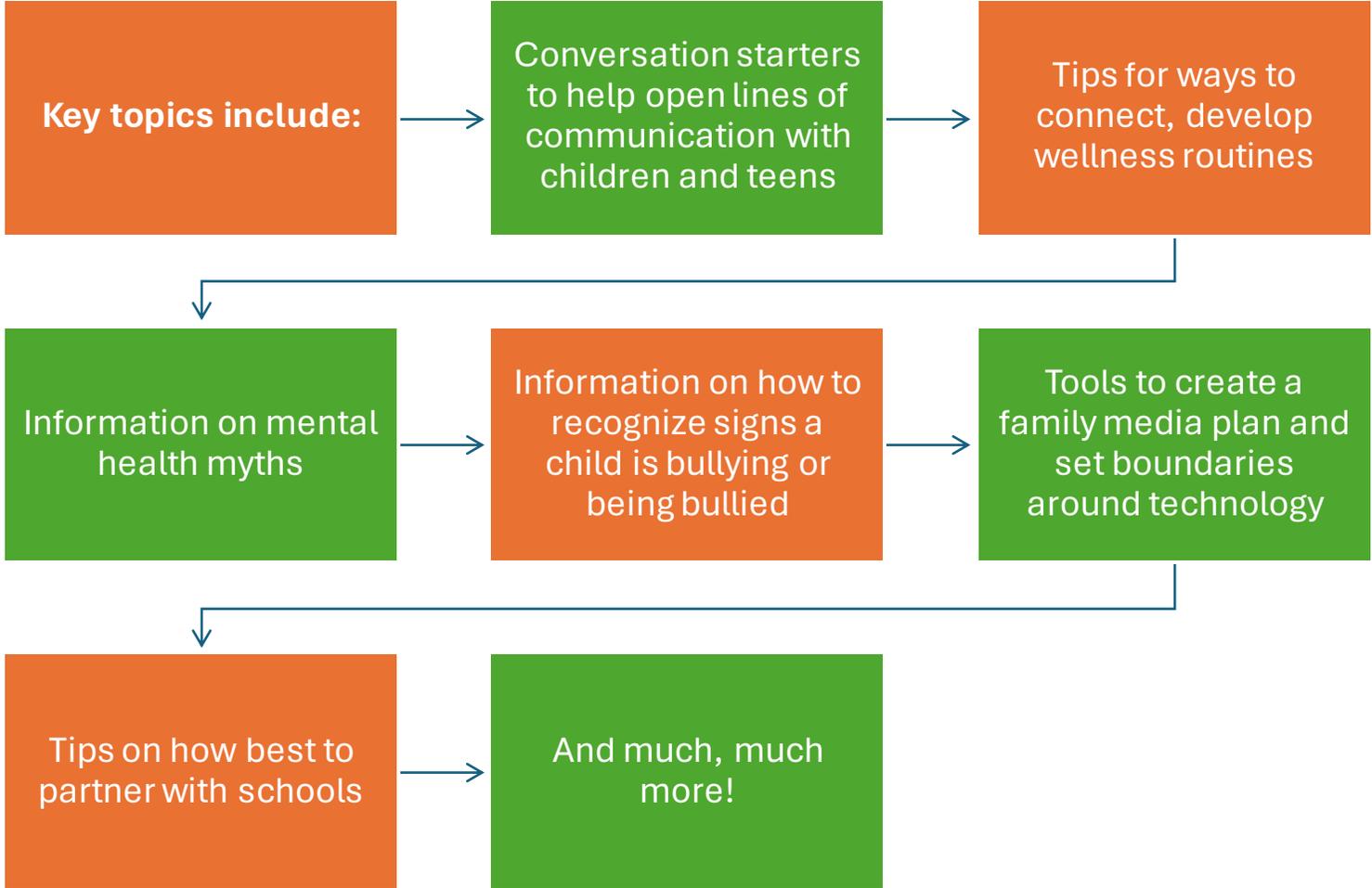


Family Guide to Supporting Young People's Mental Health and Well-Being: Information, Tips, and Resources

BY KENWYN DERBY, NATALIE ROMER, SHANNON MCCULLOUGH



[Download](#)



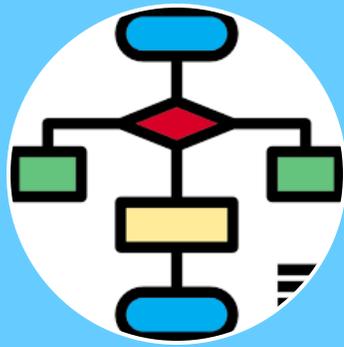
Policy to Practice: Suicide Intervention Toolkit

Making comprehensive suicide intervention within reach

Comprehensive Suicide Intervention



Suicide Risk Screening



Protocol Flowchart



Action Plan



Safety & Wellness Tools



Re-Entry Plan



Information & Resources



Suicide Risk Screening VS. Suicide Risk Assessment

Suicide Risk Screening

A standardized instrument used to identify students who may be at risk for suicide, administered by any school staff.

Suicide Risk Assessment

A more comprehensive evaluation tool to confirm suspected suicide risk, estimate immediate danger, and decide on course of treatment, administered by trained school professional.

Policy to Practice Toolkit

**Policy to Practice:
Suicide Intervention Toolkit**

The aim of this toolkit is to share protocols, templates and resources that align with best practices in suicide intervention.

CREATED BY THE SDCOE STUDENT WELLNESS AND SCHOOL CULTURE DEPARTMENT

san diego county office of
EDUCATION
FUTURE WITHOUT BOUNDARIES™

6401 Linda Vista Road, San Diego, CA 92111-7399
www.sdcoe.net • 858-292-3500

REVISED 8/2023

- Embedded in the tool-kit is an evidence-based suicide risk screening tool
- There are suicide intervention protocols
- The protocols and other tools are modifiable to meet the unique needs of each LEAs
- Within the tool-kit there are systematic best practice actions, templates, strategies, and resources that use a holistic approach to promote student wellness and safety
- The tool-kit recently won the CSBA Golden Bell Award

[Access the Toolkit Here](#)

Feedback from the Field

The toolkit...

is a valuable resource that has helped get all staff on the same page and ensure consistent practices are in place across the schools and district

increased comfort level, confidence, and capability among staff when talking with students about suicide risk

increased collaboration and communication among all stakeholders supporting students

helped to ensure students were better served by having a comprehensive plan in place

resulted in parents receiving appropriate communication and information for the care of their students who are experiencing suicide ideation



Teen GUIDE

to Mental Health and Wellness

- ✓ **Blackline**
1-800-604-5841 (24/7)
Open to anyone, but designed for Black, Black LGBTQIA+, Brown, American Indian, and Muslim communities
- ✓ **California Warmline**
1-855-845-7415 (24/7)
A non-emergency resource for anyone seeking emotional support
- ✓ **Child Abuse Hotline**
1-800-344-6000 (24/7)
If you or a friend is being hurt or neglected
- ✓ **Crisis Text Line**
Text TALK to 741741 to text with a trained counselor for free.
- ✓ **National Domestic Violence Hotline**
1-800-799-7233 • Text LOVEIS to 22522
Resources for teen dating abuse
- ✓ **Suicide and Crisis Line**
988 (24/7)
If you or someone you know needs support now, call or text 988 or chat at 988lifeline.org to connect with a trained crisis counselor who can help.
- ✓ **Teen Line**
Call 800-852-8336 (6 p.m. to 10 p.m. PST)
Text TEEN to 839863 (6 p.m. to 9 p.m. PST)
A confidential hotline for teenagers, staffed by trained teens
- ✓ **The Trevor Project**
Call 1-866-488-7386
Text TREVOR to 1-202-304-1200
Chat thetrevorproject.org
Information and support for LGBTQ youth (24/7)
- ✓ **Trans Lifeline**
1-877-565-8860 (8 a.m. to 2 a.m. everyday)
Staffed by transgender people for transgender people in a crisis

Take care of your
and your friends'
mental health



[Link to Guide](#)

Access Mental Health Resources to Increase Mental Health Literacy



Virtual Wellness Center

A safe space to take a break, rest, and refocus



For Teens By Teens

Access mental health resources and information created for teens by teens.



Livingworks Start

This is a free 90-minute online suicide prevention training for middle and high school students (13+). Learn the skills to support friends, classmates, and family.



Wellness Education Lab

Two free, online modules to learn practical skills to manage stress, support others, and increase mental health literacy (13+)



PERSONALIZED Mental Health Supports

Mental Health
Questionnaire

Wondering how to talk with someone you trust about mental health and wellness? A mental health questionnaire can be a first step. Visit Mental Health America to check your symptoms. It's free, confidential, and anonymous.

A Culturally-Affirming,
Innovative Community

Brother Be Well is a unique platform for boys (13+) and men of color blending awareness, innovation, education, and healing pathways to reduce disparities, disrupt prolonged suffering, and improve health and mental wellness.

Personalized
Resources

Design your own self-care toolkit. This is about you. Your experiences. Your challenges. Your tools to meet them.

APPS for Teen Wellness

A FRIEND ASKS



Help a friend or yourself who may be struggling with suicide

SELFSEA



Take a short questionnaire to connect with personalized support

VIRTUAL HOPE BOX



Store and view things that give you hope and support

NOTOK



Digital panic button to get immediate support from your trusted contacts

MINDSHIFT



Strategies to help cope with stress and anxiety

Supports for Middle and High School Students

Student Pocket Guide

Resources

National Suicide Prevention Lifeline
1-800-273-TALK (8255)
suicidepreventionlifeline.org

Crisis Text Line
Text HOME or ACT to 741741

San Diego Access and Crisis Line
1-888-724-7240

CA Youth CrisisLine
1-800-843-5200

SuperBetter



Mindsift



Coping with Anxiety

Occasional anxiety can be a normal part of life. However, persistent anxiety can get in the way of performing daily activities.



To better equip yourself for stressors such as exams, here is one technique to help fill your coping skills 'toolbox'!

Grounding with your Five Senses

Grounding helps redirect your mind from the stressor to the present. Here are five steps to consider when faced with anxiety.

5 What are five things you can see? 

"I see my teacher, my friend, my backpack, a bookshelf, and a whiteboard."

4 What are four things you can feel? 

"I feel the shoes on my feet, my pencil, the air-conditioner's breeze, and the ground below me."

3 What are three things you can hear? 

Birds chirping  My teacher talking  The door opening 

2 What are two things you can smell? 

"I can smell my coffee and the hand sanitizer."

1 What is one thing you can taste? 

My gum 

[Link to Anxiety Pocket Guide](#)

Young Persons Guide to Wellness



TAKING CARE OF *You*

A Young Person's Guide to Wellness

 **Videos for Wellness**

-  **Bubble Breathing**
-  **Silly to Calm**
-  **Square Breathing**
-  **Five-Finger Breathing**
-  **Belly Breaths**

 **Apps for Wellness**

-  **Mindful Powers**
-  **Smiling Mind**
-  **Moshi Kids**
-  **Meditations for Kids**

Strategies for Wellness

-  **Create a routine or daily schedule:** Include time to wake up and go to bed, meals, screen time, chores or tasks, playtime, hanging out with family, and downtime
-  **Express how you feel:** Tell or show someone how you feel through writing, drawing, singing, painting, arts and crafts, or music
-  **Get active:** Get some exercise in every day with a family-friendly exercise video, a scavenger hunt, playing hide-and-seek, building a fort, or making an obstacle course
-  **Stay connected:** Notice what you are thinking and feeling, observe what's around you, and notice what is happening right now.



[Link to Guide](#)

Support for Students, Staff, & Family Wellness



VIRTUAL WELLNESS CENTER

This virtual Wellness Center is brought to you to support the well-being of staff, students, and parents as well as connect them to calming activities and tools to promote health and wellness. This is a safe space to access support, take a break, rest, and refocus.

Mental Health Supports **Suicide Prevention** **Social Emotional Learning** **Training**

 Calming Apps	 Coloring and Creativity	 Games and Puzzles
 Gratitude	 Journaling	 Mindfulness
 Physical Health and Nutrition	 Positive Thinking	 Resiliency
 Sounds and Music	 Stress and Anxiety	 Virtual Tours and Webcams



SAFE SPACES

Trauma-Informed Training



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GENERAL**

UNDERSTANDING ACES

WHAT ARE ACES?

WATCH NOW



Stress and trauma can have
a significant impact on a
child's health, development
and ability to learn.



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IMPACT TO CHILDREN IN SCHOOL

- Lack of school engagement
- Not completing homework
- Absenteeism, repeating a grade
- Behavioral/learning disabilities
- Increased diagnosis of ADHD
- Impaired executive and relational functioning
- Need for special education

The Children and Youth Behavioral Health Initiative (CYBHI) has allocated the Office of California Surgeon General \$1 million to develop a trauma-informed training for early care and education personnel.



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GENERAL



SAFE SPACES:

Foundations of Trauma-Informed Practice for
Educational and Care Settings



LAUNCHED JULY 2023!



TAKE THE TRAINING

SAFE SPACES

Foundations of Trauma-Informed
Practice for Educational & Care Settings

WATCH NOW



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SURGEON GENERAL





Goal 1: Provide greater awareness of the impact of stress and trauma on health, development and learning.

Goal 2: Deepen knowledge of practices that create safe and supportive learning environments for everyone.



SAFE SPACES

Training helps adults recognize and respond to signs of trauma and stress.

1

Online

2

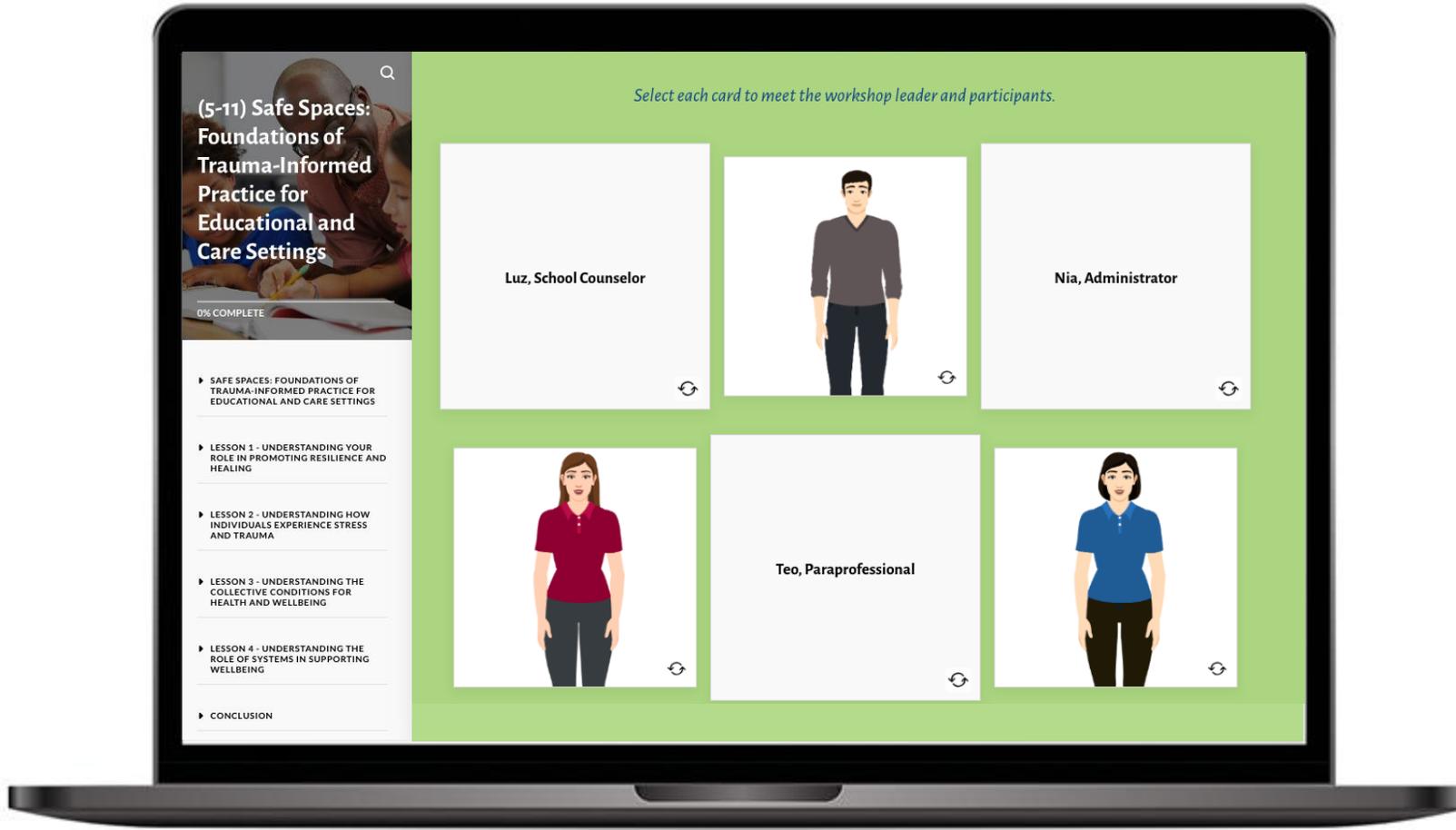
2 Hours

3

3 Age Groups

4

Self-Paced



 **Educators**

 **Early Care Providers**

 **Classified Staff**

WHOLE STAFF APPROACH



REALISTIC CHARACTERS & SCENARIOS

MAYA	JAY	KAYLA
<p>Age: 6 years old (kindergarten)</p> <p>Background: Maya uses the pronouns "she" and "her." She lives with her grandma and dad who are always loving and supportive. Maya is very helpful. She always works in the garden with her grandma. Maya prefers spending time outdoors.</p> <p>Interests: Maya plays soccer and T-ball and enjoys being active. Maya loves physical education and art.</p> <p>Activators: Maya has difficulty ending a preferred activity without prior warning.</p> <p>Stress Response: Maya becomes upset, cries, stomps her feet and yells.</p>		

<p>Kay: Wait, so if a student throws something on the bus, they shouldn't be punished?</p>	<p>Nia: Or if they run away from their teacher?</p>	<p>Teo: What if they physically hurt another student?</p>

SAFE SPACES CURRICULUM

Sample Lesson Topics

- Identifying Activated Stress Responses
- Understanding Your Role in Promoting Resilience and Healing
- Responding to Students Who Are Stressed
- Regulate, Relate and Reason
- Self-Regulation for Adults: Pause, Notice, Name
- Conditions that Support Well-Being

The training is designed to engage the learner with examples, strategies and practices that vary according to developmental stage served.



EXPERT REVIEW PANEL

Experts in education, child development, youth mental health and
Adverse Childhood Experiences



OSG.CA.GOV/SAFESPACES

The screenshot shows a web browser window with a yellow title bar containing standard window controls (minimize, maximize, close). The browser's address bar shows the URL 'OSG.CA.GOV'. The website header features the OSG logo and the text 'OFFICE OF THE CALIFORNIA SURGEON GENERAL'. To the right of the logo are navigation links: 'ABOUT', 'PRIORITIES -', 'NEWS', 'RESOURCES', and 'CONTACT'. A 'Settings' button is located in the top right corner of the page. The main content area has a dark blue background. On the left, there is a yellow circular logo with a caduceus and a map of California, followed by the text 'Safe Spaces' and 'Foundations of Trauma-Informed Practice for'. In the center is a photograph of two children, a girl and a boy, smiling and looking at a book together. On the right, the headline reads 'New Training Creates Safe Spaces for Kids'. Below the headline is a paragraph: 'Safe spaces is a free online training designed to help early care providers, TK-12 educators and other school personnel recognize and respond to trauma and stress in children.' At the bottom right, it says 'TRAINING GOES LIVE ON FRIDAY JUNE 30!'. A large blue mouse cursor arrow is positioned in the bottom left corner of the browser window.





Questions?

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Take the Training →

Thank you for your time
and attention
today and for what you
do
EVERYDAY
in service of students





Questions? Comments?

Thanks for Joining Us!



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