

# Understanding the Health and Well Being of Students Experiencing Homelessness

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

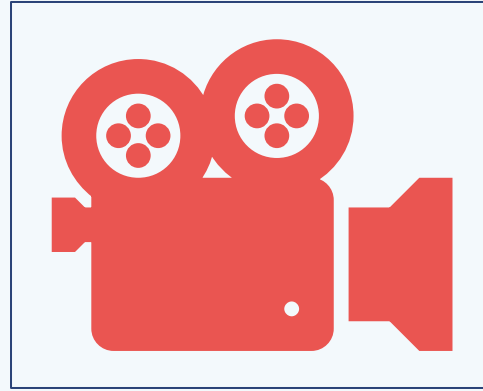


# Webinar Logistics

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- This webinar is being recorded and will be posted within one week to the HETAC website at [www.hetac.org/resources/hetac-resources](http://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

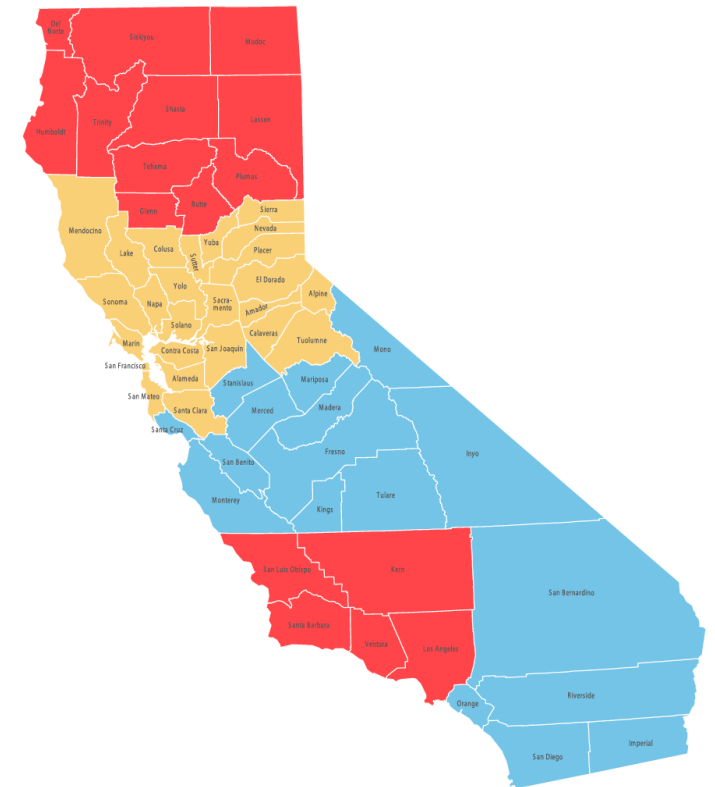
California Homeless Education Technical Assistance Center (HETAC)

May 2024



# About the HETAC

- The California Homeless Education Technical Assistance Center (HETAC)
- Is funded by the California Department of Education to serve as the state's homeless education technical assistance center
- Is operated jointly by the Contra Costa, Los Angeles, and San Diego County Offices of Education
- [Learn more](#) about the HETAC that serves your county



 Served by the Contra Costa County Office of Education  
 Served by the Los Angeles County Office of Education  
 Served by the San Diego County Office of Education



# Meet Your Presenters



**Mara Madrigal-Weiss** (she)

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San Diego County Office of Education  
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Associate Professor

Philip R. Lee Institute for Health Policy Studies  
University of California, San Francisco (UCSF)  
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# 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)

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- Administered by WestEd on behalf of the California Department of Education (CDE)
  - Traditionally bi-annually to students in 5<sup>th</sup>, 7<sup>th</sup>, 9<sup>th</sup>, 11<sup>th</sup> 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

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- 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*

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

# CHKS: Living Situation Question

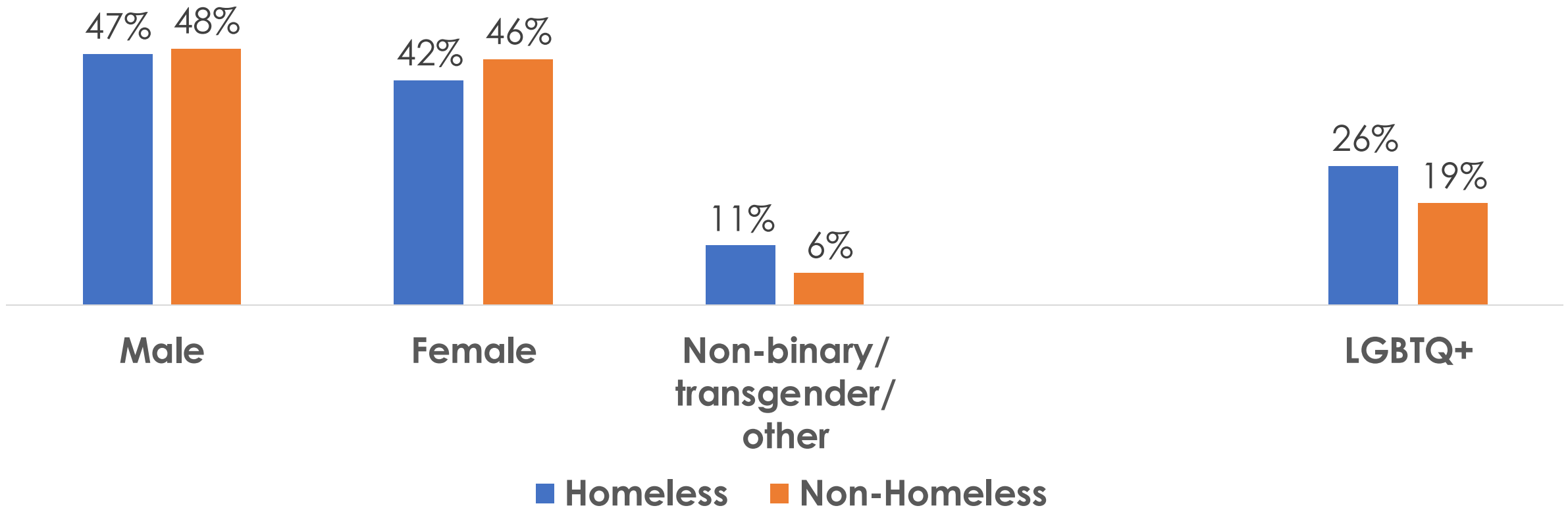
<b>What best describes where you live? A home includes a house, apartment, trailer, or mobile home (N=470,034*)</b>	<b>Percentage</b>	<b>Experiencing Homelessness</b>
A home with one or more parent or guardian	94%	No
Other relative's home	2%	Yes**
A home with more than one family	4%	Yes**
Friend's home	<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.

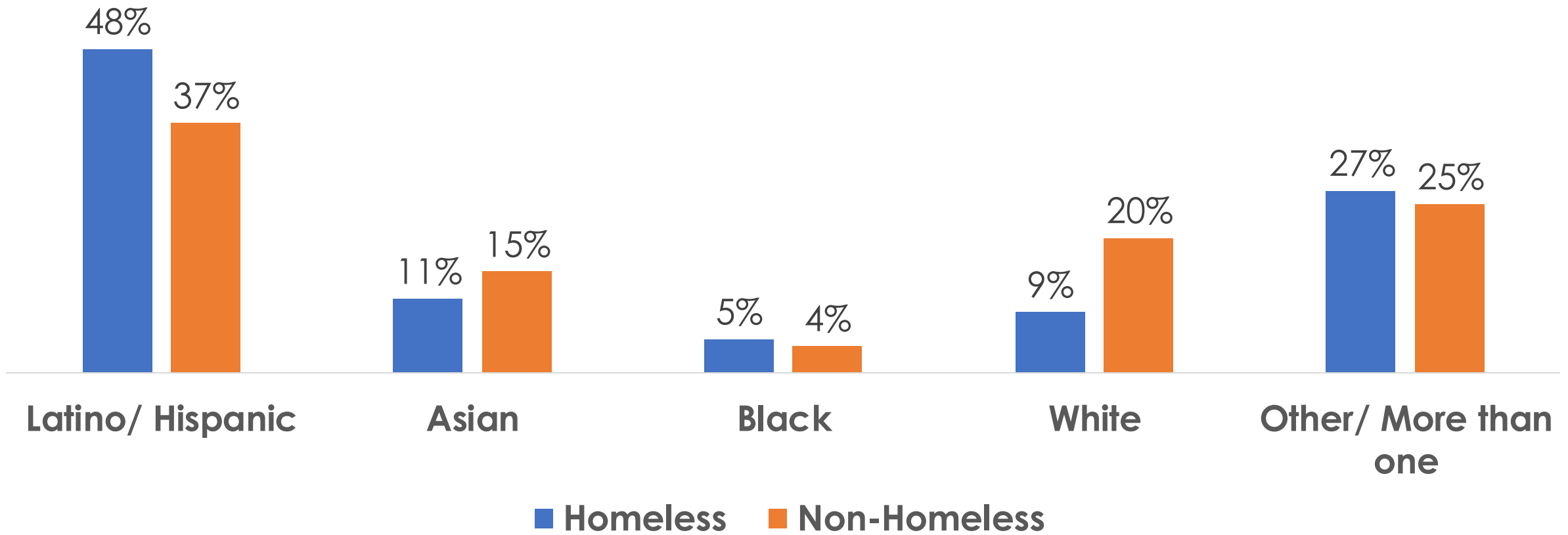
\*\*Coded as "other living arrangement" in CHKS data dashboards

# CHKS Statewide Sample: Gender Identity and Sexual Orientation



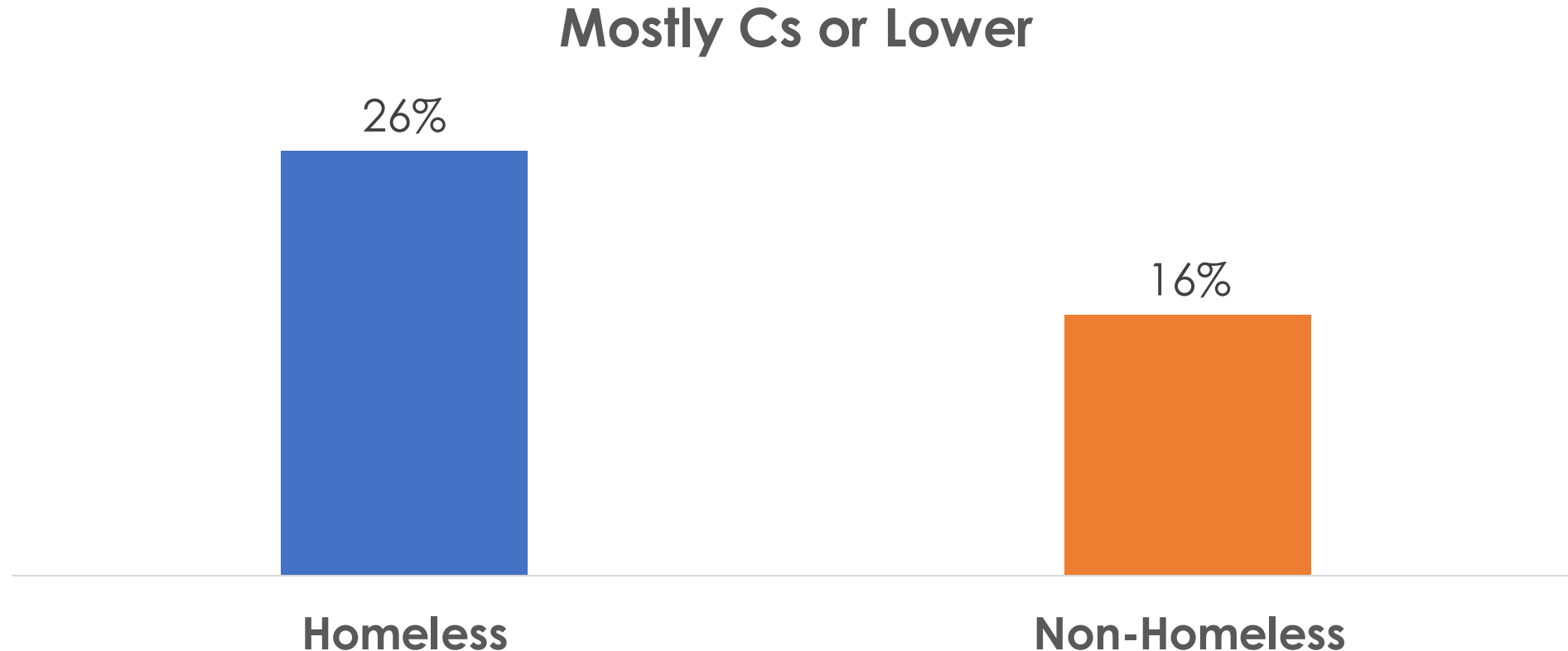
Source: WestEd and CDE. California Healthy Kids Survey, 2022-23: <https://calschls.org/>

# CHKS Statewide Sample: Race/Ethnicity



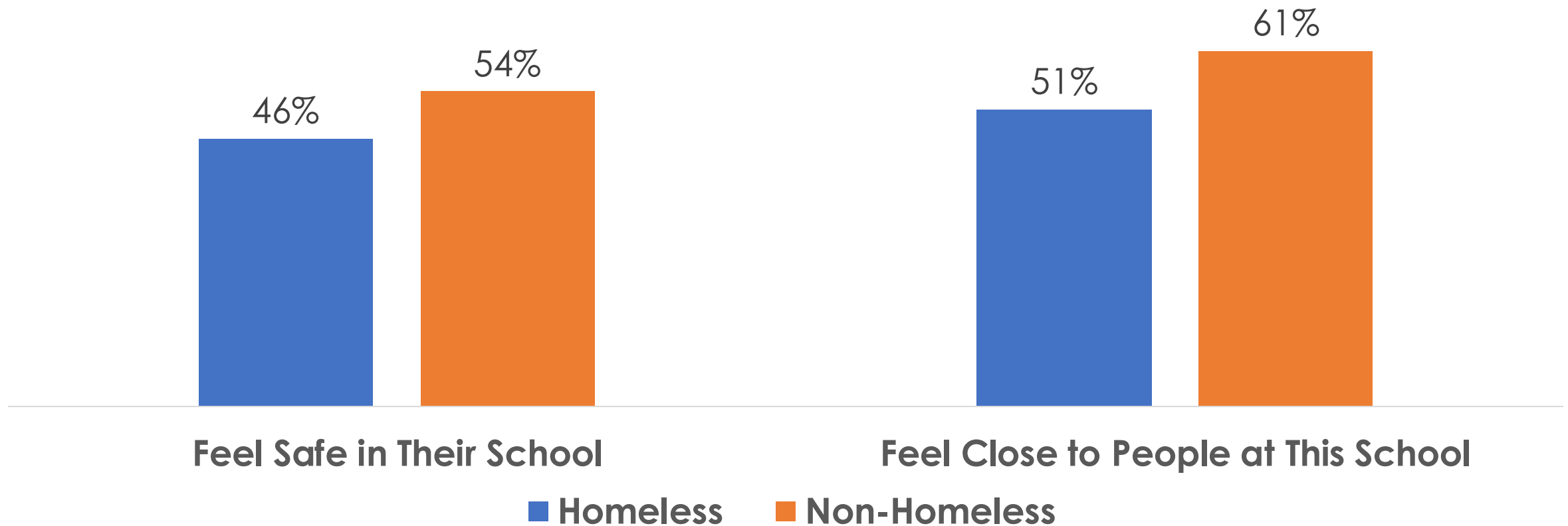
Source: WestEd and CDE. California Healthy Kids Survey, 2022-23: <https://calschls.org/>

# CHKS Statewide Sample: Academic Performance



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

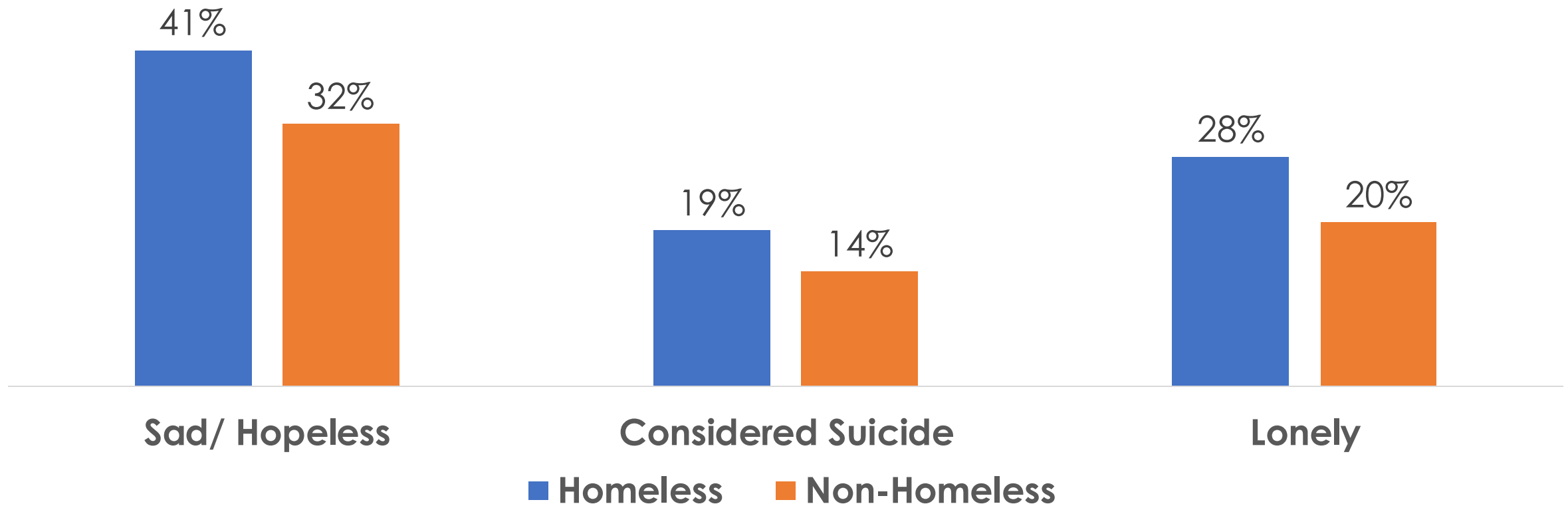
# CHKS Statewide Sample: School Safety and Connections



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

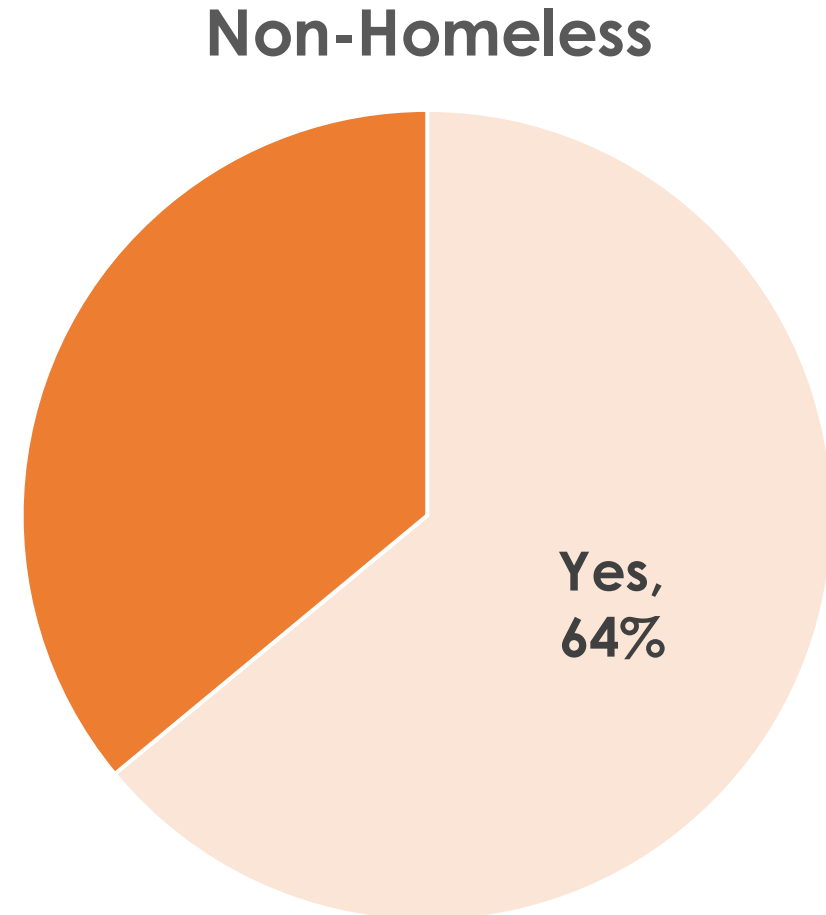
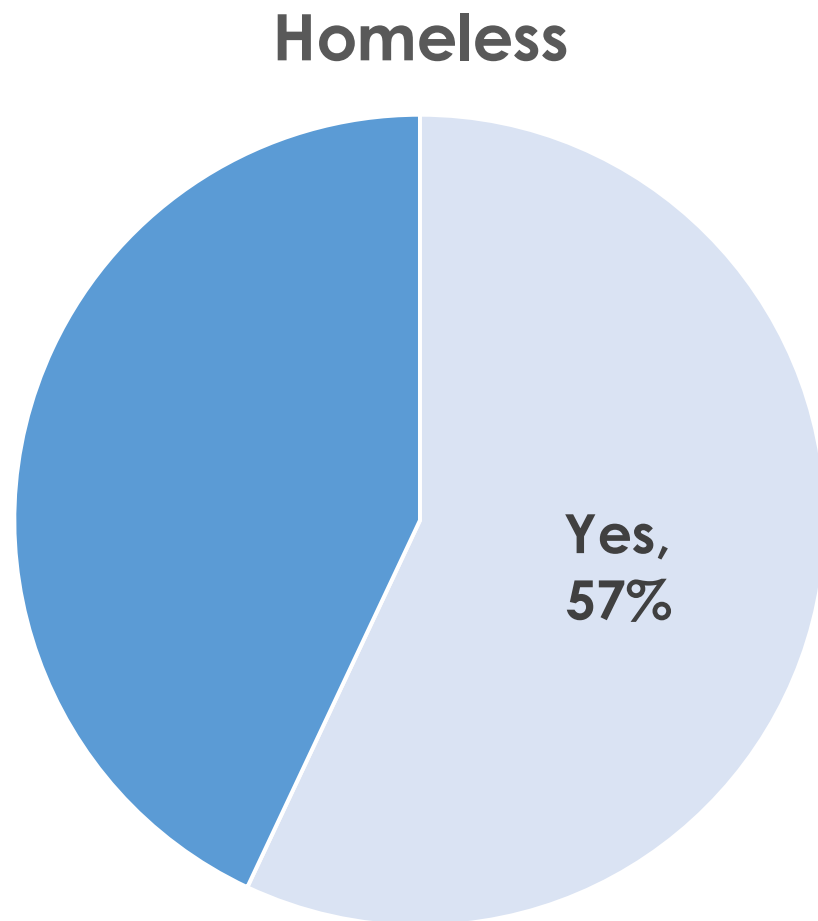


# CHKS Statewide and MHS Module Samples: Mental Health Indicators



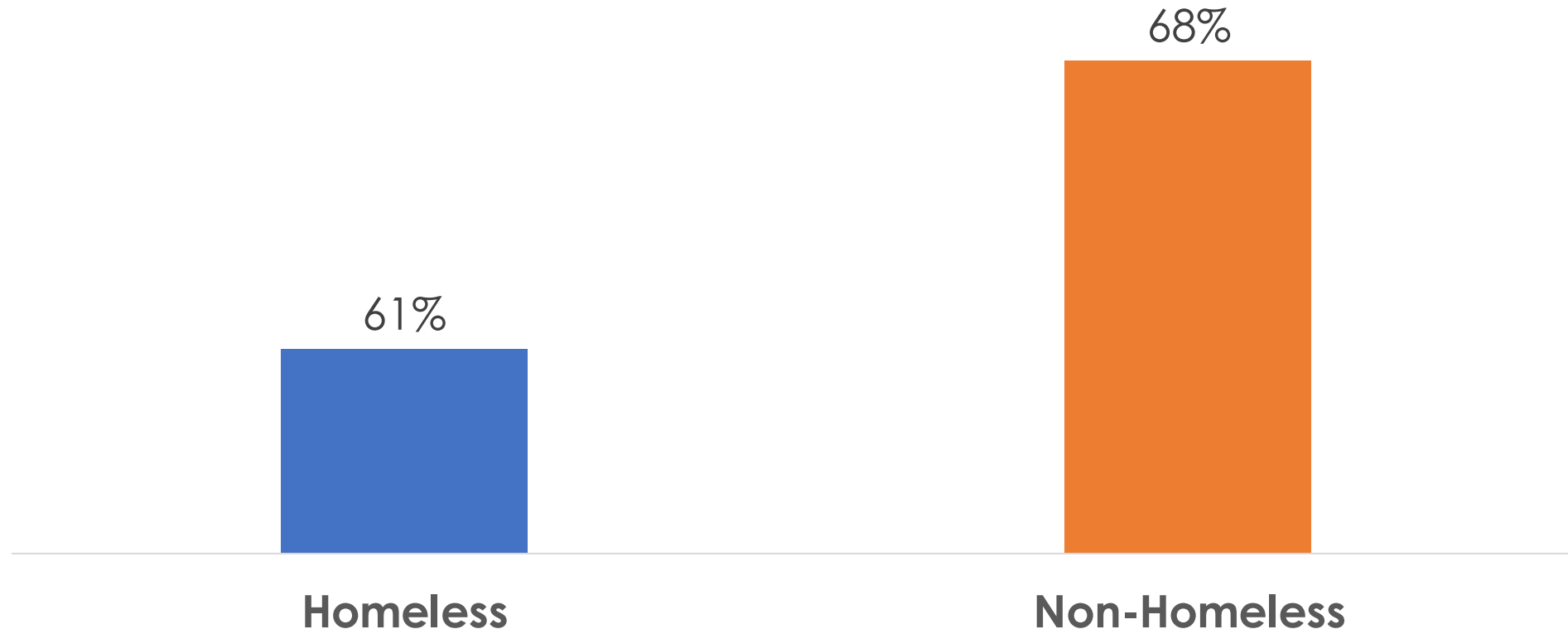
Source: WestEd and CDE. California Healthy Kids Survey, 2022-23: <https://calschls.org/>  
Suicide and Sad/Hopeless asked about past year (Core module); Loneliness was “most” or “all of the time” in past month (MHS module)

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



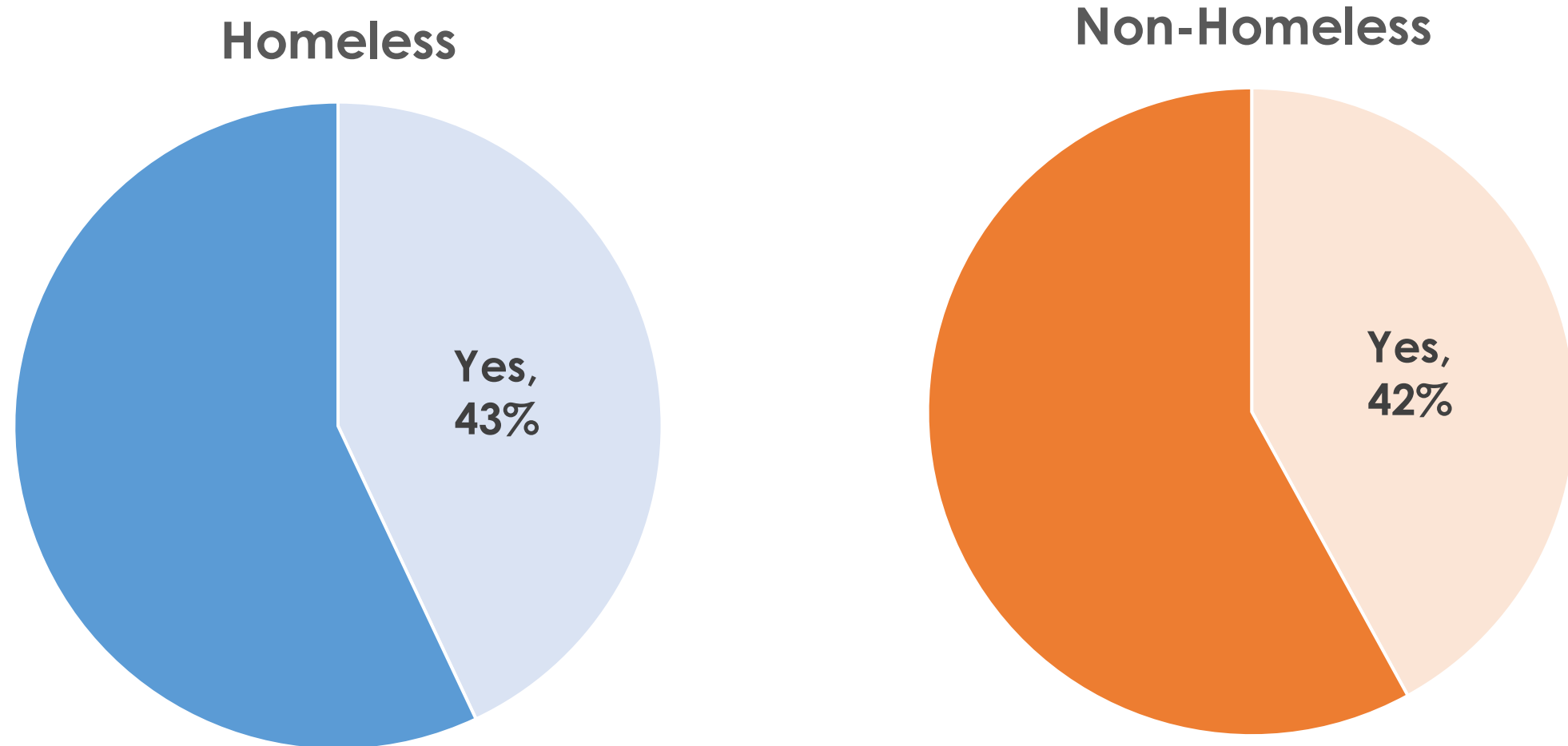
Source: WestEd and CDE. California Healthy Kids Survey, 2022-23: <https://calschls.org/>

# *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



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

State

**Step 2:**

Select Domain

(All)

**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
- ☐ 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**

Grade 7

Home with one or more parent/guardian 13%

Foster Home

Homeless 15%

Other Living Arrangement 17%

Grade 9

Home with one or more parent/guardian 15%

Foster Home 24%

Homeless 26%

Other Living Arrangement 22%

Grade 11

Home with one or more parent/guardian 16%

Foster Home 28%

Homeless 32%

Other Living Arrangement 21%

# 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

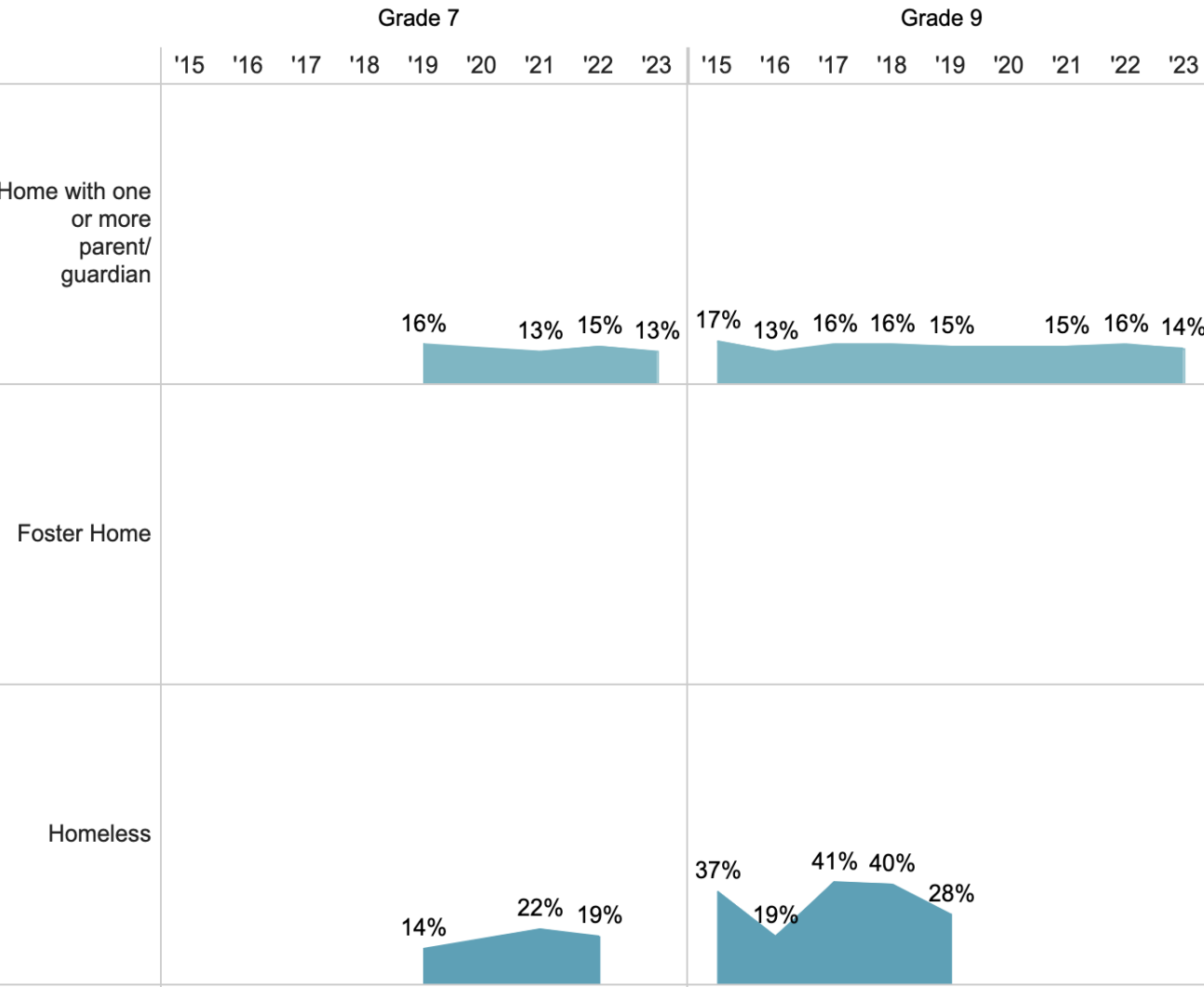
- ☐ All Students
- ☐ Instructional model
- ☐ Afterschool Participation
- ☐ Breakfast
- ☐ Caring Adult Relationships Scale
- ☐ Chronic Sadness
- ☐ English Language Proficiency
- ☐ Gender
- ☐ Gender Identity
- ☒ Living Situation
- ☐ Parent/Guardian Military Status
- ☐ Parental Education
- ☐ Race/Ethnicity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

Source: <https://www.caschooldashboard.org/reports/ca/2023/academic-engagement#graduation-rate>





# What Schools Can Do: Statewide Mental Health Resources for Students

# WEL™

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](https://WellnessEdLab.org)

**WEL**<sup>TM</sup>  
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.

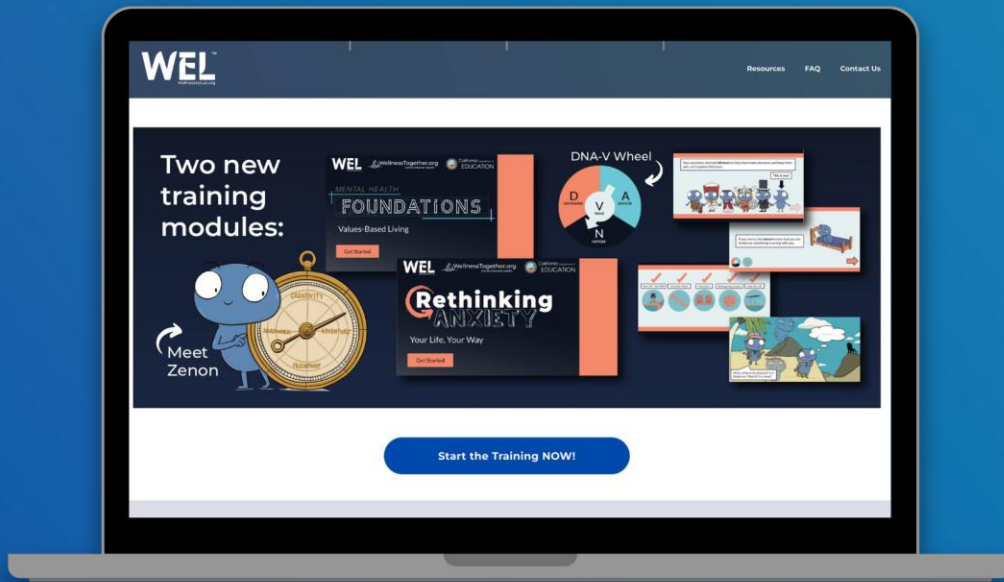




# Get Started!

## STEP 1

Visit [wellnessedlab.org](https://wellnessedlab.org) or scan the QR code and click the “Start Training NOW” button



SCAN HERE

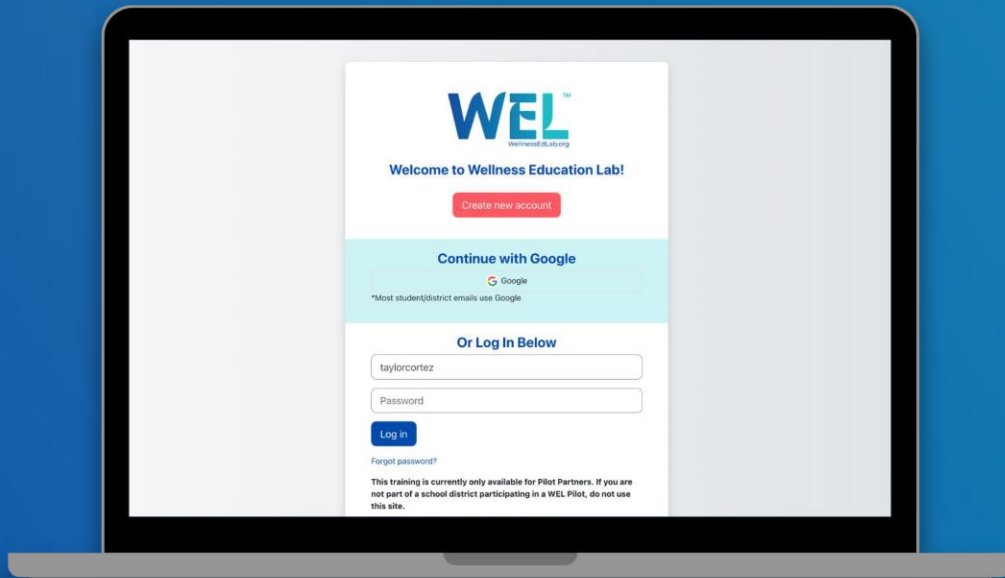
FREE

**WEL**<sup>TM</sup>  
WellnessEdLab.org

# Get Started!

## STEP 2

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



**FREE**



SCAN HERE

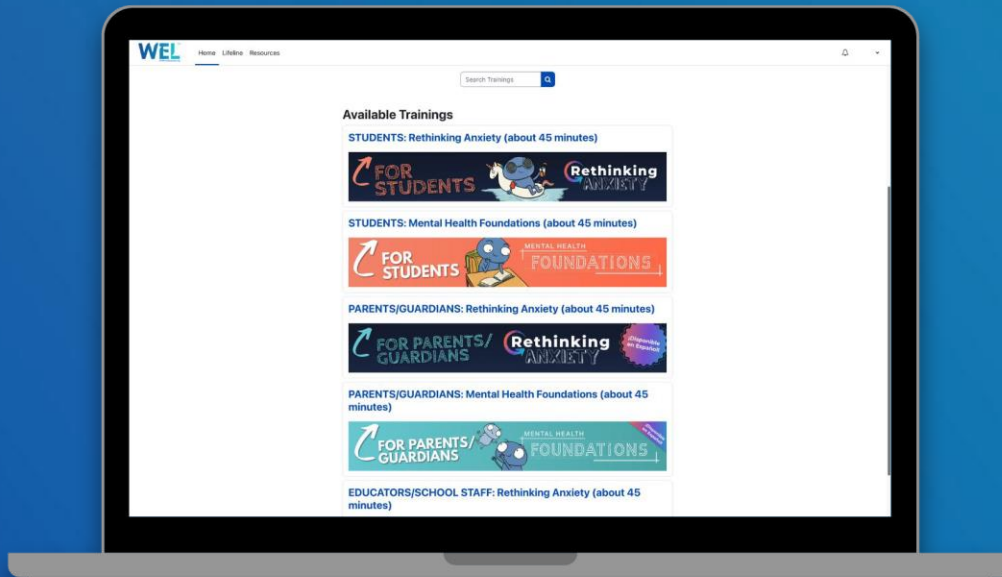
**WEL**<sup>TM</sup>  
WellnessEdLab.org

# 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

**WEL**<sup>TM</sup>  
WellnessEdLab.org

WellnessEdLab.org

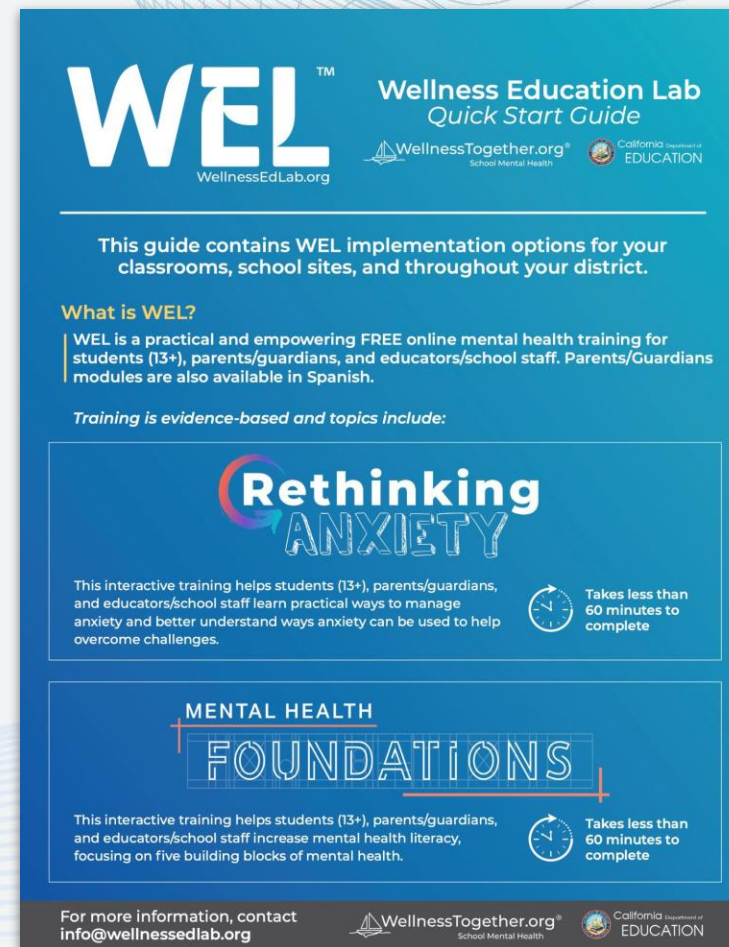


# Quick Start Guide

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

[wellnesstogether.info/QuickStartGuide](https://wellnesstogether.info/QuickStartGuide)

Scan here to download  
the Quick Start Guide!



For more information  
please go to :

[WellnessEdLab.org](https://WellnessEdLab.org)

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# 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.



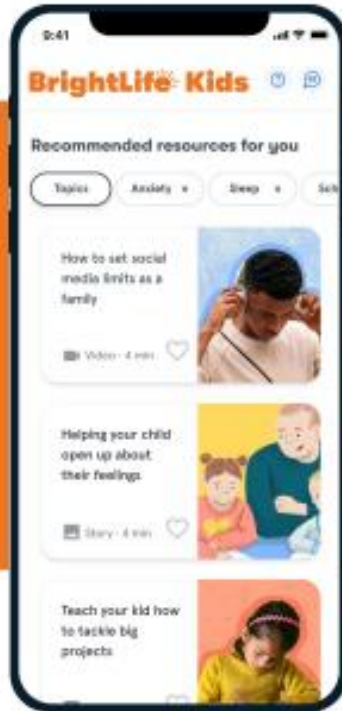
- + Developmental milestones
- + Social and emotional well-being
- + Emotional regulation
- + Sleep issues and patterns

- + 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*

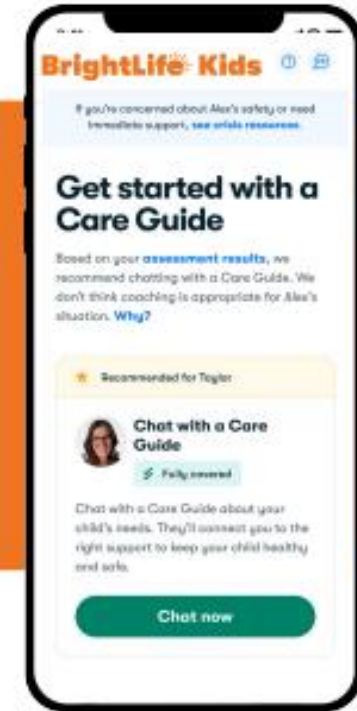
# What does BrightLife Kids offer?



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



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](mailto:ce@hellobrightline.com)  
[california@kooth.com](mailto:california@kooth.com)

**BrightLife Kids**  
A CalHOPE program by Brightline



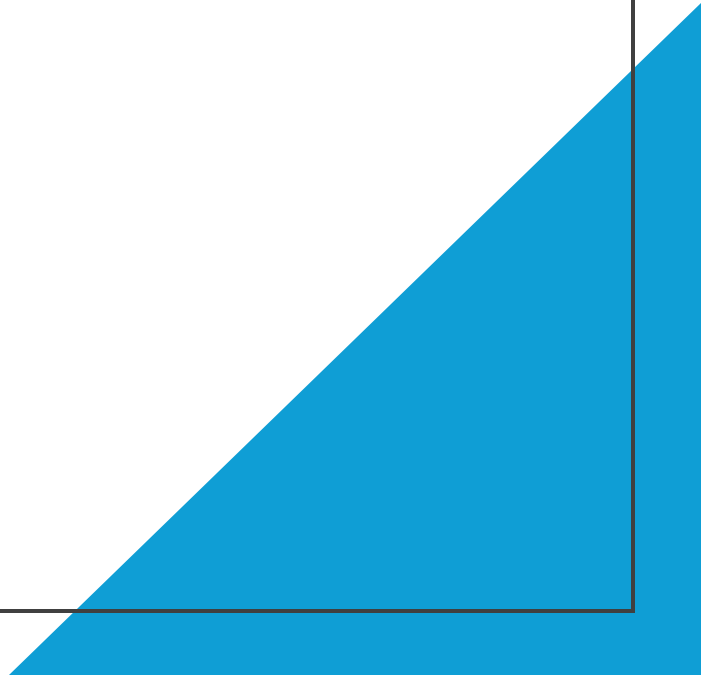
[BrightLife.Kids/ca](https://BrightLife.Kids/ca)

**soluna**  
a CalHOPE Program by Kooth



[SolunaApp.com](https://SolunaApp.com)

# Calming Corners





### 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.

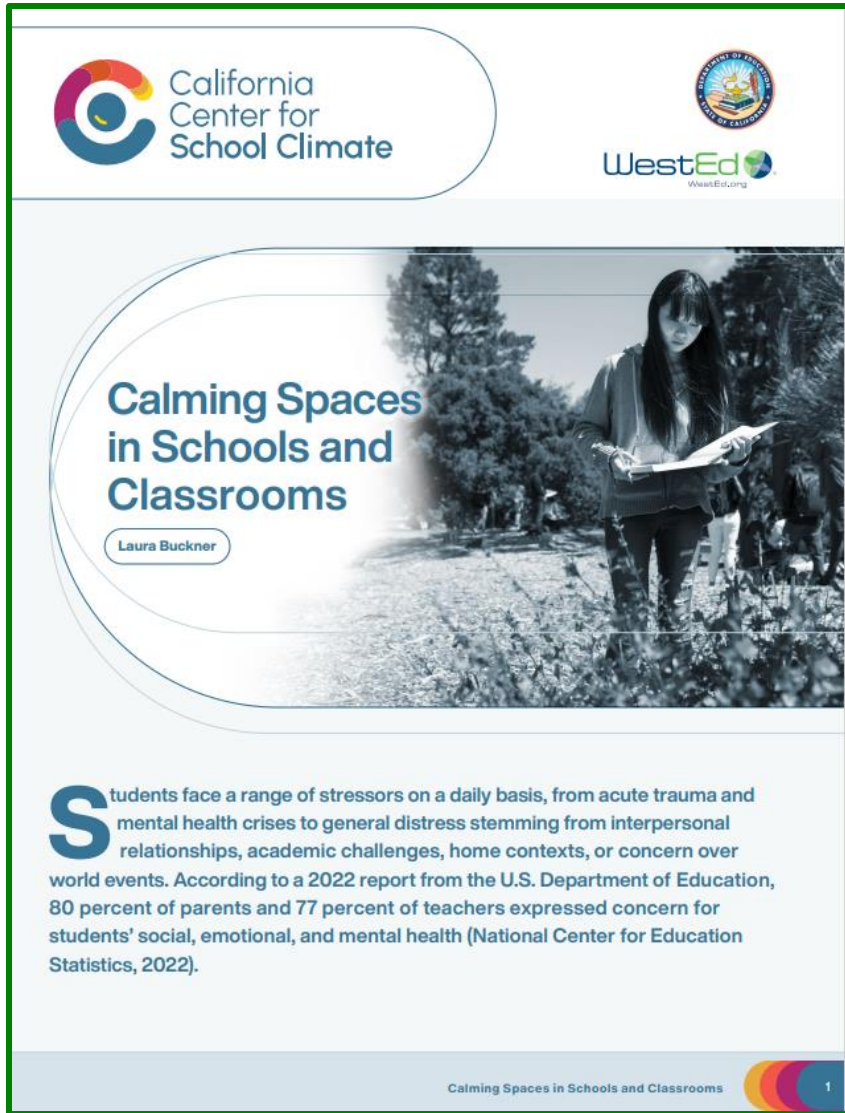
### What is in this calming corner kit?

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](mailto:heather.nemour@sdcoe.net) or [rachel.wegner@sdcoe.net](mailto:rachel.wegner@sdcoe.net).

[Link to Document](#)



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



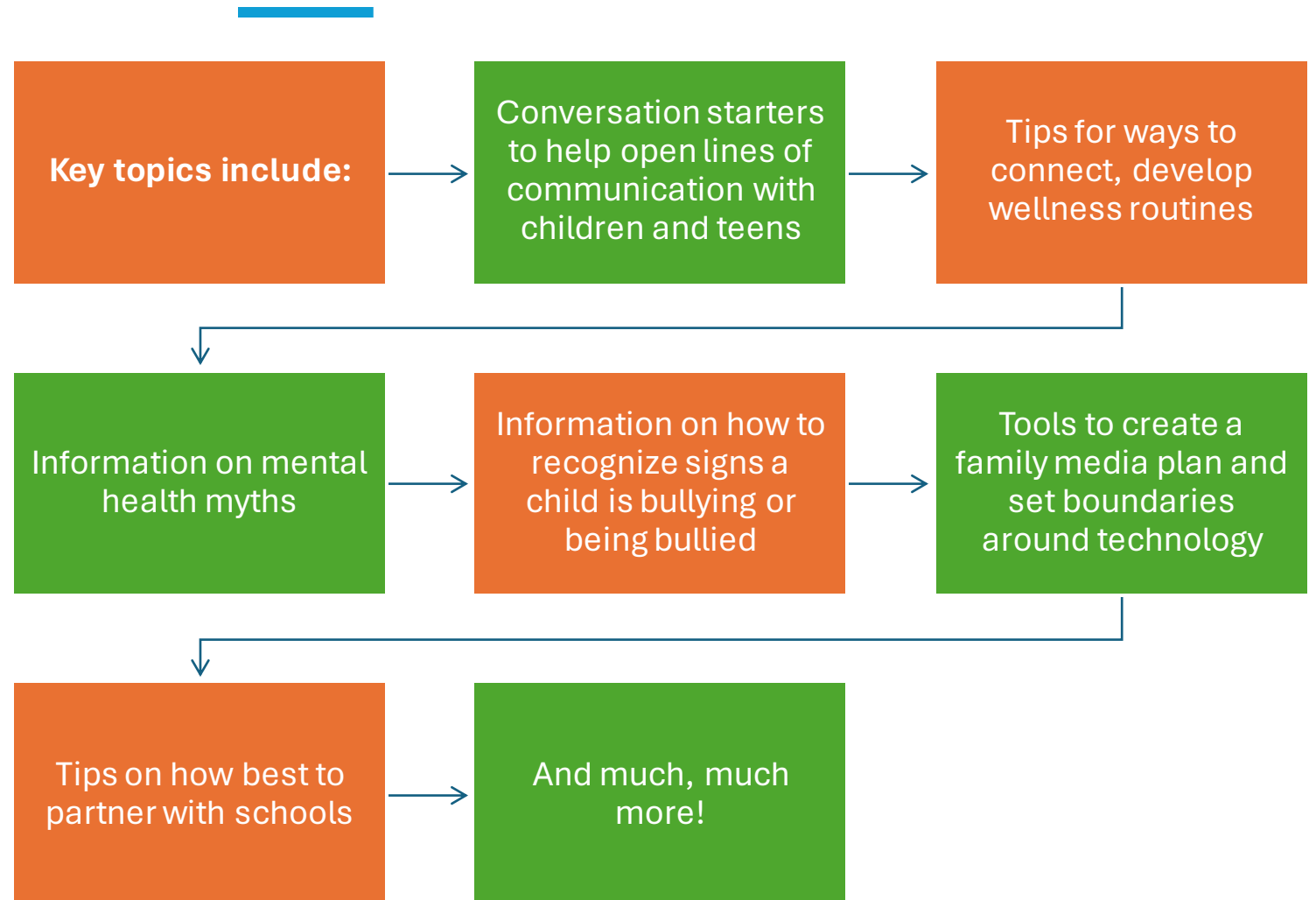
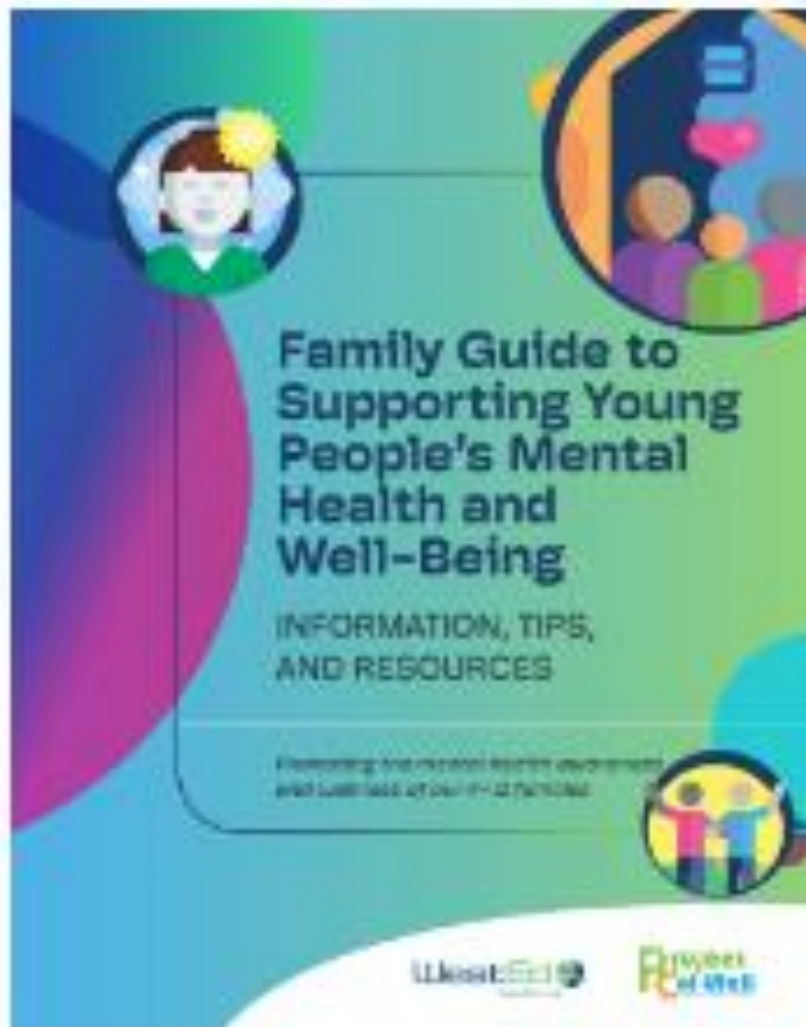
[Link to Calming Corner Kit Item List](#)



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

BY KENWYN DERBY, NATALIE ROMER, SHANNON MCCULLOUGH





[\*\*Download\*\*](#)

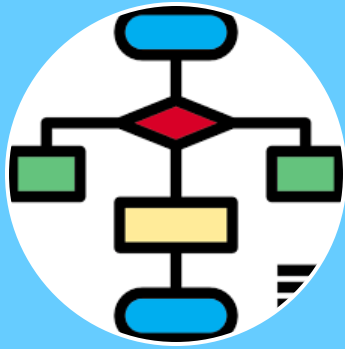
# Policy to Practice: Suicide Intervention Toolkit

*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

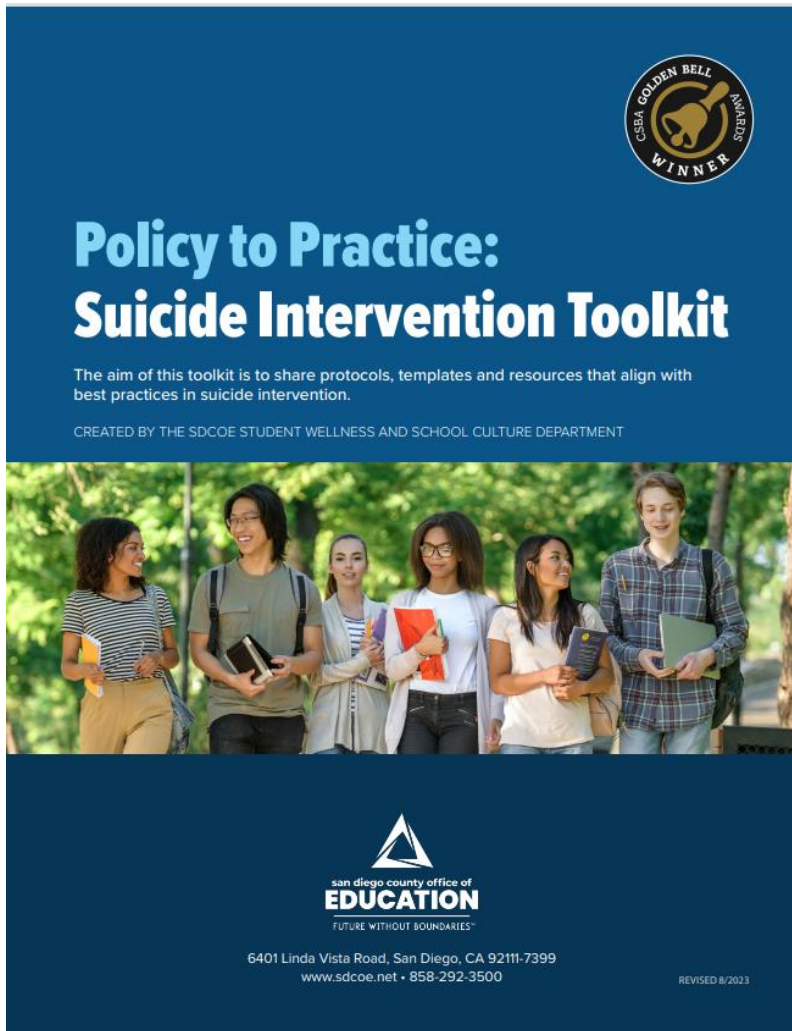
## Suicide Risk Screening

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



- 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

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## 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

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

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increased collaboration and communication among all stakeholders supporting students

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

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

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# 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](https://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](https://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 you 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

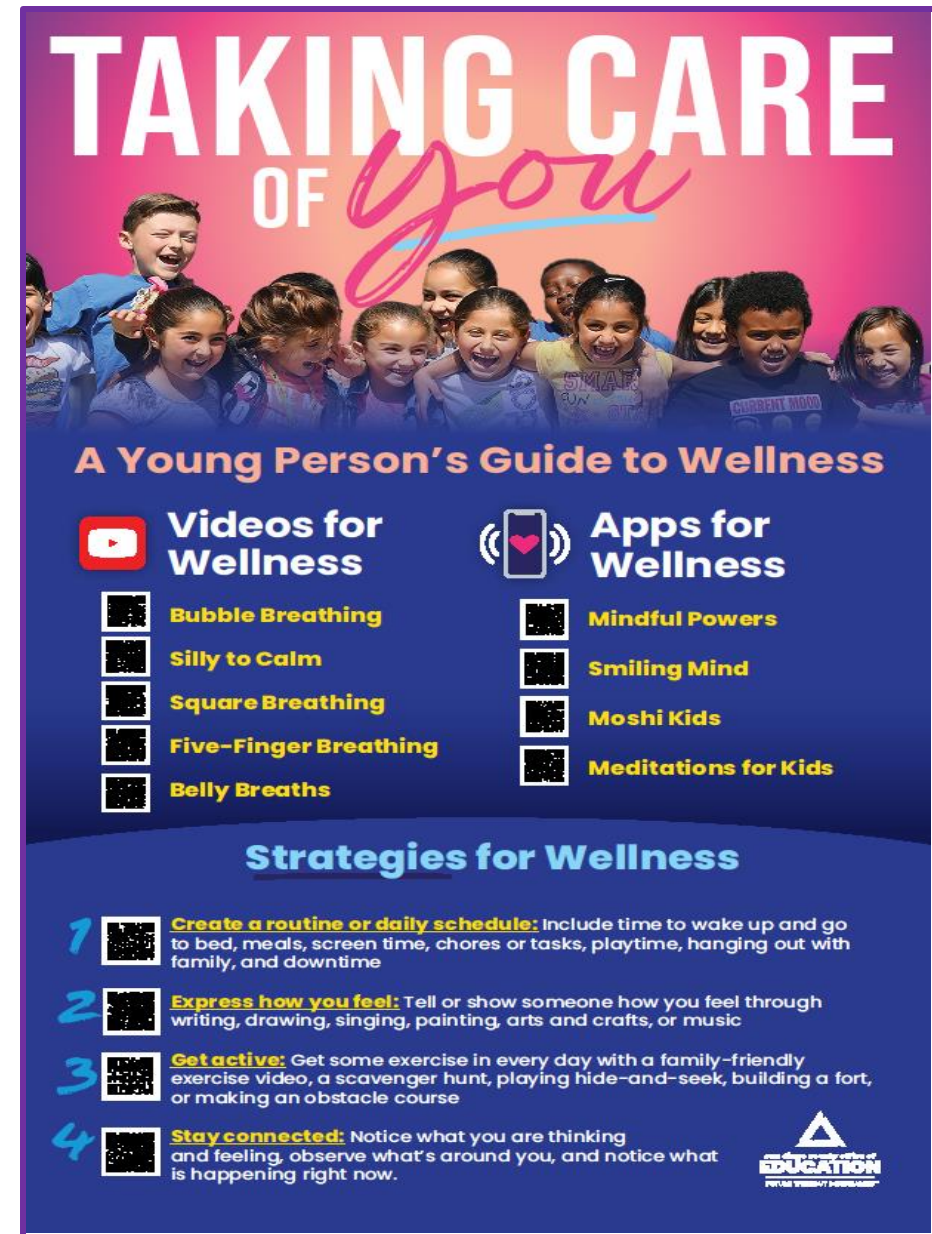
# Student Pocket Guide



[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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**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

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- 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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# 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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**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

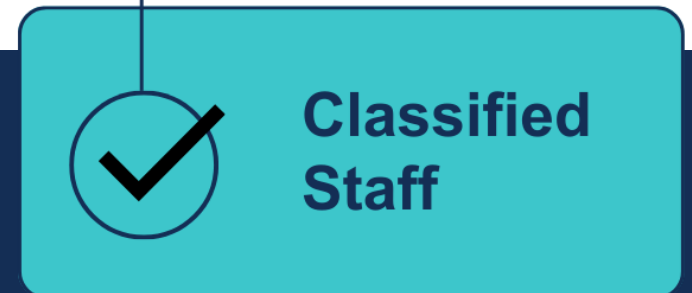
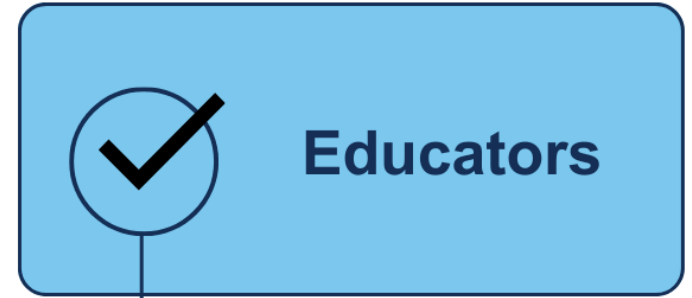
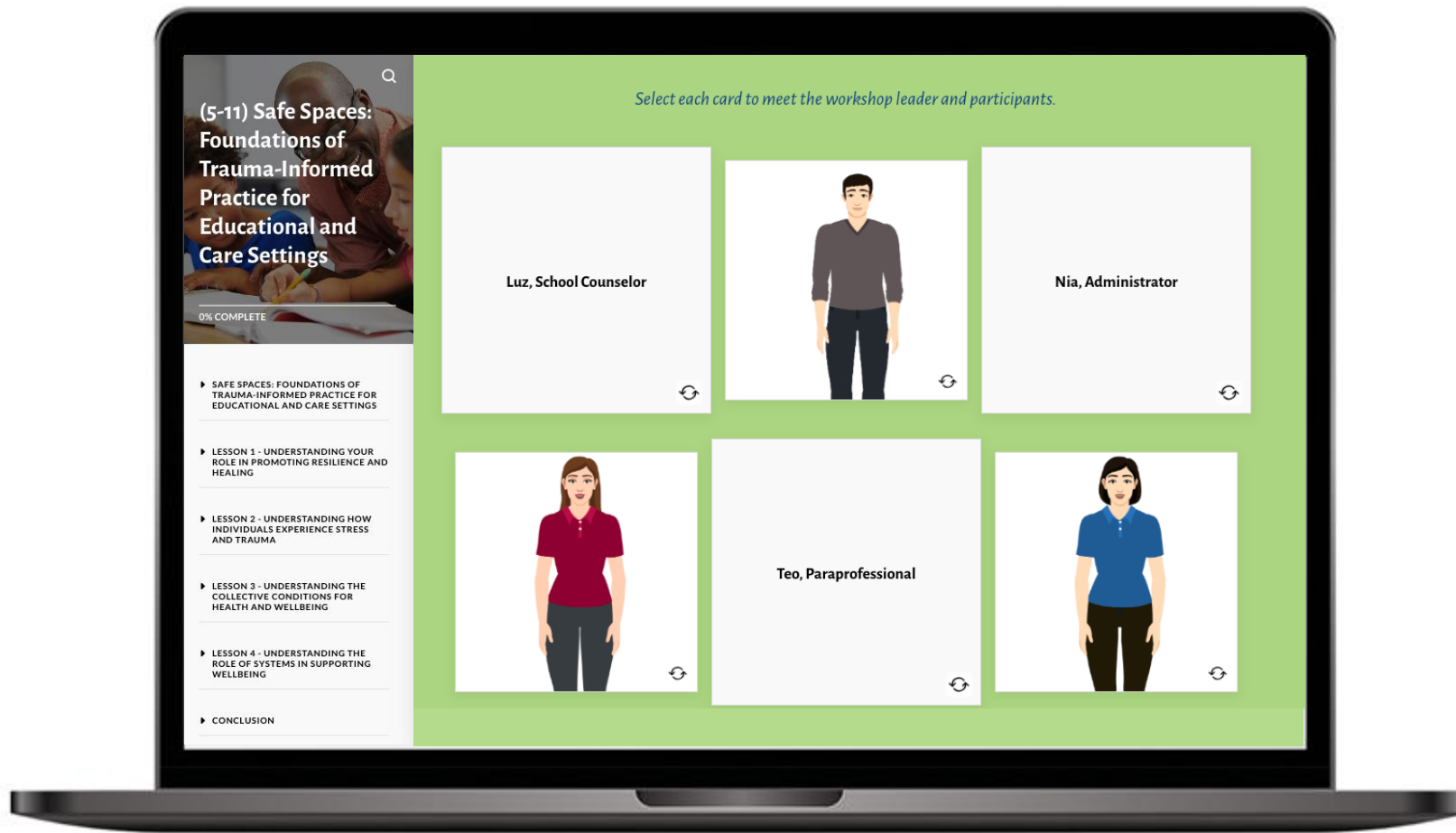
2 Hours

3

3 Age Groups

4





Self-Paced



# WHOLE STAFF APPROACH



# REALISTIC CHARACTERS & SCENARIOS

MAYA	JAY	KAYLA
<p><b>Age:</b> 6 years old (kindergarten)</p> <p><b>Background:</b> 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><b>Interests:</b> Maya plays soccer and T-ball and enjoys being active. Maya loves physical education and art.</p> <p><b>Activators:</b> Maya has difficulty ending a preferred activity without prior warning.</p> <p><b>Stress Response:</b> Maya becomes upset, cries, stomps her feet and yells.</p> 		
 <p><b>Kay:</b> Wait, so if a student throws something on the bus, they shouldn't be punished?</p>	 <p><b>Nia:</b> Or if they run away from their teacher?</p>	 <p><b>Teo:</b> 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.



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# EXPERT REVIEW PANEL

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



# OSG.CA.GOV/SAFESPACES







# Questions?

[Julie.Rooney@osg.ca.gov](mailto:Julie.Rooney@osg.ca.gov)



## Take the Training→



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





# Thanks for Joining Us!



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