
Mental Health Literacy & Wellness: Our Social Workers in Action

— How is Syosset meeting the increased
Mental Health needs in our community? —

Board of Education Meeting September 12, 2022
Ms. Erin Goldthwaite, Asst. Supt. for PPS * Ms. Mary-Lou Sapienza, Director of PPS

Who and Where? Meet our Team

Kierstin Berwick - Robbins Lane and South Grove

Jana Cavanagh - A.P. Willits

Melody Chan - HB Thompson

Jennifer Connolly - South Woods

Denise Glenn - Walt Whitman and Village

Caitlyn Moore - Baylis and Berry Hill

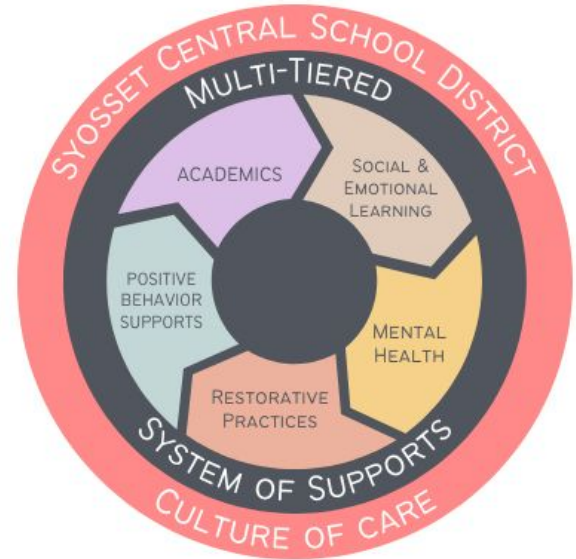
Lauren O'Rourke - High School





The mission of the Syosset Central School District is to prepare students to thrive in both the future we imagine and one which may evolve in ways yet to be envisioned.

Syosset's Culture of Care promotes kindness and respect for all. This creates, for all students, a sense of belonging to ensure a safe and supportive space to pursue academic, social, and emotional success.



MENTAL HEALTH and YOUTH

13%

OF CHILDREN
ages 8-15 experience a
mental health
condition

50%

OF CHILDREN
ages 8-15 experiencing a
mental health condition
don't receive treatment

13-20%

OF CHILDREN
living in the U.S.



(1 out of 5 children)
experience a mental
health condition in
a given year

17%

OF HIGH SCHOOL
STUDENTS
seriously consider
suicide

1/2

OF ALL LIFETIME CASES
of mental illness begin
by age

14

Despite effective treatments there are long delays—sometimes
decades—between onset of symptoms and treatment

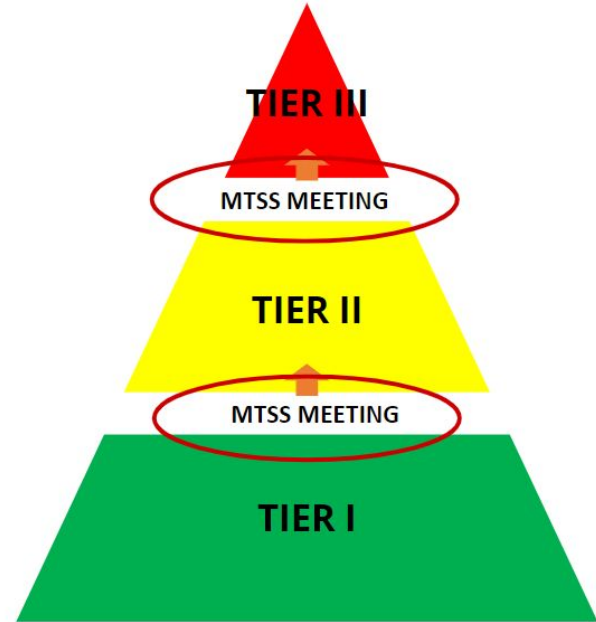


HOW are students identified for Supports & Interventions?

Multi-Tiered System of Support

★ Referral Process

- Student concerns identified and discussed by multi-disciplinary team
- Interventions & supports recommended



MENTAL HEALTH LITERACY



Foster

Support

Promote

Identify

Increase

The Important Role Our Social Workers Play in Mental Health

- ❑ To provide preventative resources and mental health education.
- ❑ To identify and assess students' needs; & implement an individualized plan of action
- ❑ To respond to crisis situations.
- ❑ To connect families to important resources and support within the community.



The How?: Social Emotional Integration

The integration of social and emotional skills into school curriculum.

By directly and indirectly teaching social and emotional skills, students are supported in developing a sense of self, managing emotions, achieving personal and collective goals, displaying empathy for others, establishing and maintaining supportive relationships, and making responsible and caring decisions.



Social - Emotional Core Competencies

Self-Awareness



Understand one's own emotions, thoughts, and values and how they influence behavior.

Self-Management



Manage one's emotions, thoughts, and behaviors in different situations.

Social Awareness



Understand the perspectives of and empathize with others whose culture is different from their own.

Relationship Skills



Establish and maintain healthy relationships and effectively navigate different settings, individuals and groups.

Responsible Decision-Making

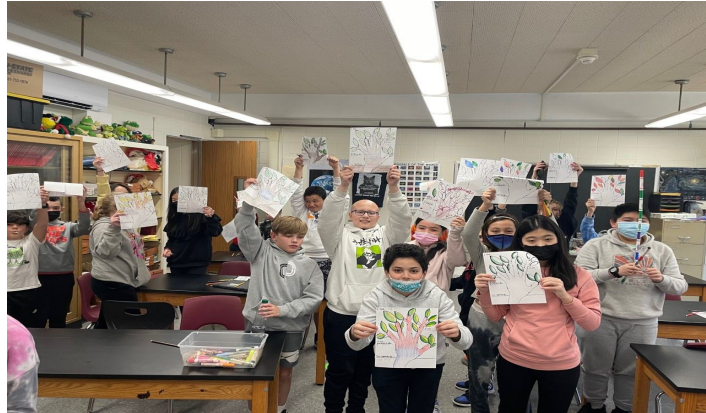


Make caring and constructive choices about personal behavior and social interactions across different situations.



Tier I Programs & Supports

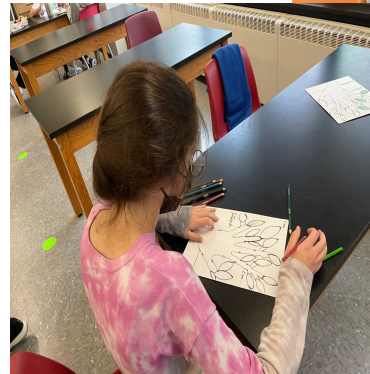
- **Curriculum and Lessons**
 - ★ Harmony Curriculum
 - ★ Push-in lessons
- **Professional Development and Staff Support**
 - ★ Lunch and Recess Support
 - ★ Teacher Consultation
- **School and Districtwide Initiatives**
 - ★ Advisory
 - ★ Mental Health Awareness Month
 - ★ PRIDE
 - ★ Wellness Week





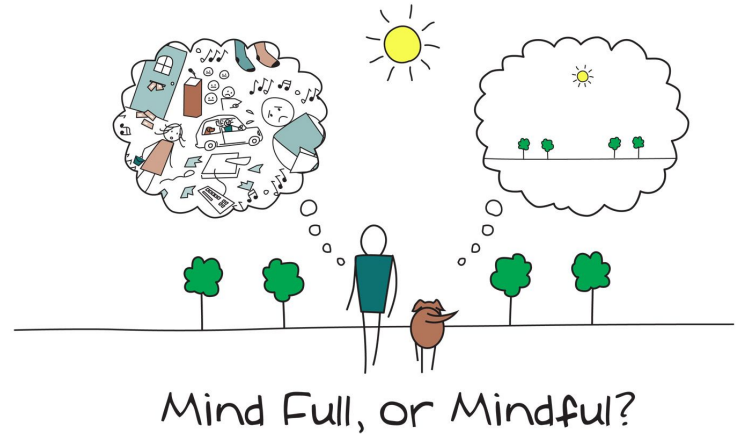
Tier II Supports and Interventions

- **Small Group Counseling** (based on student need):
 - ★ Coping Skills
 - ★ Friendship and Social/Play Skills
 - ★ Anxiety
 - ★ Changing families (transitions within families)
 - ★ Self-regulation
 - ★ New Student Groups
 - ★ Grief Groups
 - ★ Executive Functioning
 - ★ Stress Management
 - ★ Mental Health Awareness
 - ★ Mindfulness
- **Group/Individual Check-ins**



Tier III Supports and Interventions

- ★ **Individual and group counseling**
 - Personalized to meet student needs
- ★ **Home visits**
 - Supporting students who may be struggling with school refusal and/or significant mental health needs
- ★ **Crisis intervention**
 - Harm to Self or others



Tier III Community Partnerships

- ★ Wraparound services with local agencies
 - Nassau County Children's SPOA
 - Outpatient Support Services
 - Day Programs & Partial Hospitalization Programs
 - Inpatient Services

- ★ Partnership with Central Nassau Guidance and Counseling Services (CNG)

- ★ Anticipated Partnership with Northwell Health



Student Feedback

I made new friends and now we play together. Group has been fun!

Grade 4 Student

I learned how to take deep breaths when I am nervous.

Grade 3 Student

I loved making the placemats. The things that the girls wrote for me made me so happy.

Grade 2 Student

Syosset Students in Action!!

Bring Change 2 Mind (BC2M)

- BC2M is a national nonprofit organization dedicated to promoting mental health awareness, to normalize seeking mental health supports and to help reduce the stigma that still surrounds it.
- In 2019, Syosset High School founded the first BC2M chapter on Long Island.

Peer Leaders

- Comprised of students from 6th to 8th grade who are committed to helping their peers navigate middle school.
- Peer Leaders work to promote positive peer relationships, educate students about social issues like cyberbullying, and promote the importance of mental health.
- Peer leaders encourage students to participate in community service through a variety of activities they sponsor.



