

New Providence Board of Education Strategic Planning

Mental Health & Resilience February 4, 2025



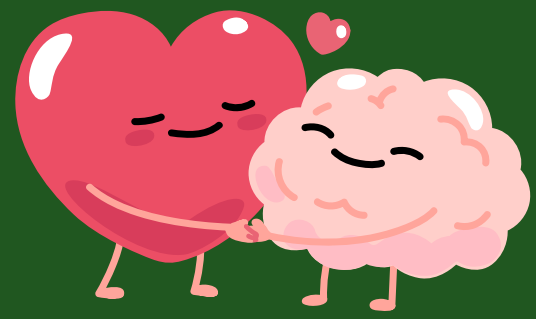
Mental Health

- A state of mental well-being that enables people to cope with the stresses of life, realize their abilities, learn well and work well, and contribute to their community.

Resiliency

- The ability to successfully adapt to difficult or challenging life experiences, especially through mental, emotional, and behavioral flexibility and adjustment to external and internal demands.



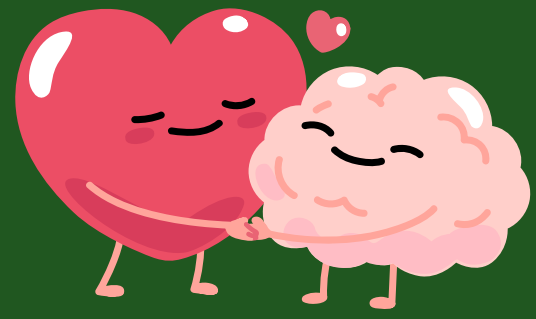


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Infusion of Social Emotional Learning & Mental Health into Classroom Settings

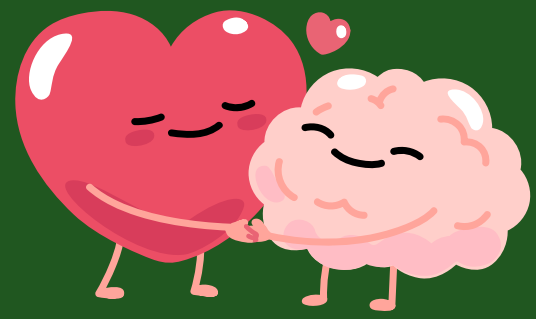
- Shared effort with teachers
- Training and strategies for staff to increase classroom inclusivity
- Portrait of a Graduate highlights a move beyond academic training
- Belonging and Community efforts, creating safe spaces for students to enhance wellness



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Prevention

- Used current research to enhance existing programs/efforts
- Revised process to improve communication and decision making during an assessment, as well as follow up planning after reentry
- Lifelines Grant, Training and Implementation
- Monthly SEL Classroom/Character Ed Lessons (Elementary)

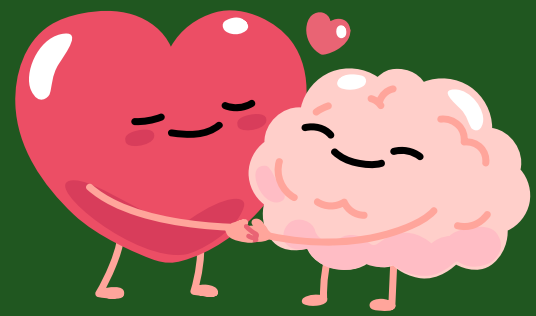


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Crisis Response

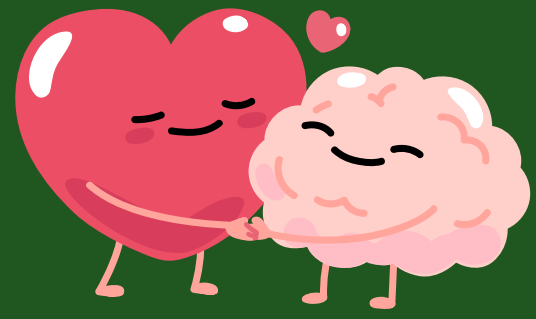
- Increase in risk assessment is a function of enhanced need among students, as well as improved understanding and awareness of staff regarding student need
- District Crisis Counselor
- Traumatic Loss Plan (in person and virtual crisis response)
- ESSER Summer SEL Mini-Camps and Individual Counseling
- Ukeru Crisis Management Training



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Increased Collaboration & Partnerships

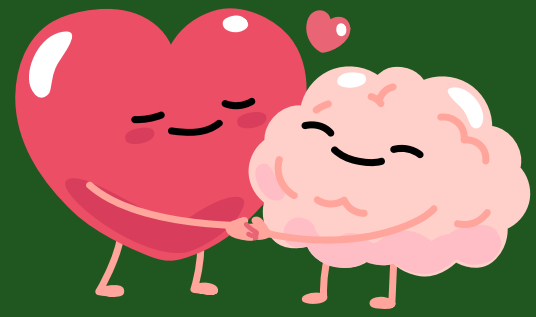
- Traumatic Loss Coalition
- Bilingual Counseling with Brightside Family Services
- Creature Comforts › *NP Pals with Paws* Program
- PTSA Mental Health Committee
- Municipal Alliance
- NPMHAE Committee
- GenPsych



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Family Outreach

- SEPAG expansion
- Suicide Prevention training for parents
- Bilingual Counseling presentation to parents
- SAC Consortium Programming/Parent Wellness Series
- Parent and Staff SEL Sites
- District and school-level reminders of MH resources



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LISTEN



New Providence Board of Education

~Please join us for our 5th open forum
Strategic Planning Session~

Performance Metrics & Evaluation

Tuesday, February 18th @ 7:00 p.m.

Google Meet

Thank you!