



Alexandria City Public Schools

Building Bonds Beyond the School: Webinars for Families

Promoting Student Wellness:
How we are Supporting Student
Mental Health



Presentation curated and edited by Martinez, P.L. (2024) Marijuana, Opioids, Vaping and Prevention: Building Bonds Beyond the School Webinars for Families. November 5, 2024. Prevention Campaign for Substance Abuse Services, (PSSE) Alexandria City, VA.



Essential Question

What role does ACPS and the community play in supporting student mental health?

TO ACCESS YOUR INTERPRETATION CHANNEL:



Interpretation

ES

PARA ESPAÑOL,
SELECCIONE "Español"

AM

ለአማርኛ "Amharic"
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لإختيار الترجمة باللغة
العربية، أختار "Arabic"

DA

برای دري،
دري را انتخاب كنيد

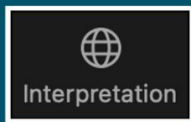


INNOVATIVE

What is meant by the term “mental health”?

Poll

TO ACCESS YOUR INTERPRETATION CHANNEL:



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SELECCIONE “Español”



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Why Mental Health Matters in Schools

1 in 5 students experience a mental health disorder

Suicide is the second leading cause of death among youth ages 10-24

SEL supports student well-being, resilience, and connection

Educators play a key role in prevention and support





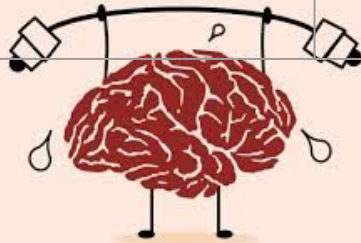
Mental Health Awareness Month and Resilience Week- Virginia

Mental Health Awareness Month (May)

- Promotes open conversations about emotions.
- Teaches coping skills early to empower youth.
- Recognizing early signs of mental health concerns can lead to timely support.

Resilience Week

- Focuses on building coping skills and emotional strength.
- Encourages activities that promote resilience, such as mindfulness and positive relationships.
- Supports the development of a growth mindset in students.





SEL and Mental Health Supports



The Five CASEL competencies are: Self-awareness, self-management, social awareness, relationship skills, responsible decision-making.

These competencies build emotional resilience and reduce mental health risks.

SEL improves attitudes about self and others, promoting overall well-being.

Align SEL programs with mental health awareness campaigns.



EMPOWERING

Social, Emotional, & Behavioral Support

How is this information used?

<u>TIER 1 PRACTICES and SUPPORTS</u> <i>(led by Staff)</i>	<u>TIER 2 INTERVENTIONS</u> <i>(led by SST)</i>	<u>TIER 3 INTERVENTIONS</u> <i>(led by SST)</i>
PBIS and SEAL lessons	Targeted social emotional instruction	Individualized counseling/behavior intervention support
SEAL calendar lessons & RULER	Use of responsive circles (RP)	Risk and Threat Assessment
Restorative practices relationship-building and restorative approach to discipline	SST small-group counseling/behavior interventions	Use of restorative conferences (RP)
School-wide and class-wide acknowledgement systems	Formal Check-In/ Check-Out system	Consultation with central office specialists
Use of trauma-informed practices	Hazel Health Referrals	Connections to community supports/wrap-around services



Suicide Prevention

Suicide Prevention Strategies

- Train staff and students in recognizing warning signs.
- Create a positive process for teachers and students to seek help.

Youth Mental Health First Aid (YMHFA)

- Introduces common mental health challenges for youth.
- Teaches a 5-step action plan to help young people in crisis and non-crisis situations.
- Empowers educators and peers to assist students experiencing mental health needs.





Trauma Informed Teaching

- Implementing trauma-informed care principles in classrooms.
- Creating safe and supportive learning environments.
- Training educators to recognize and respond to trauma-related behaviors.



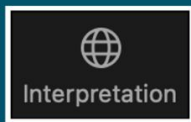


INNOVATIVE

Who are the members of the Student Support Teams in the schools?

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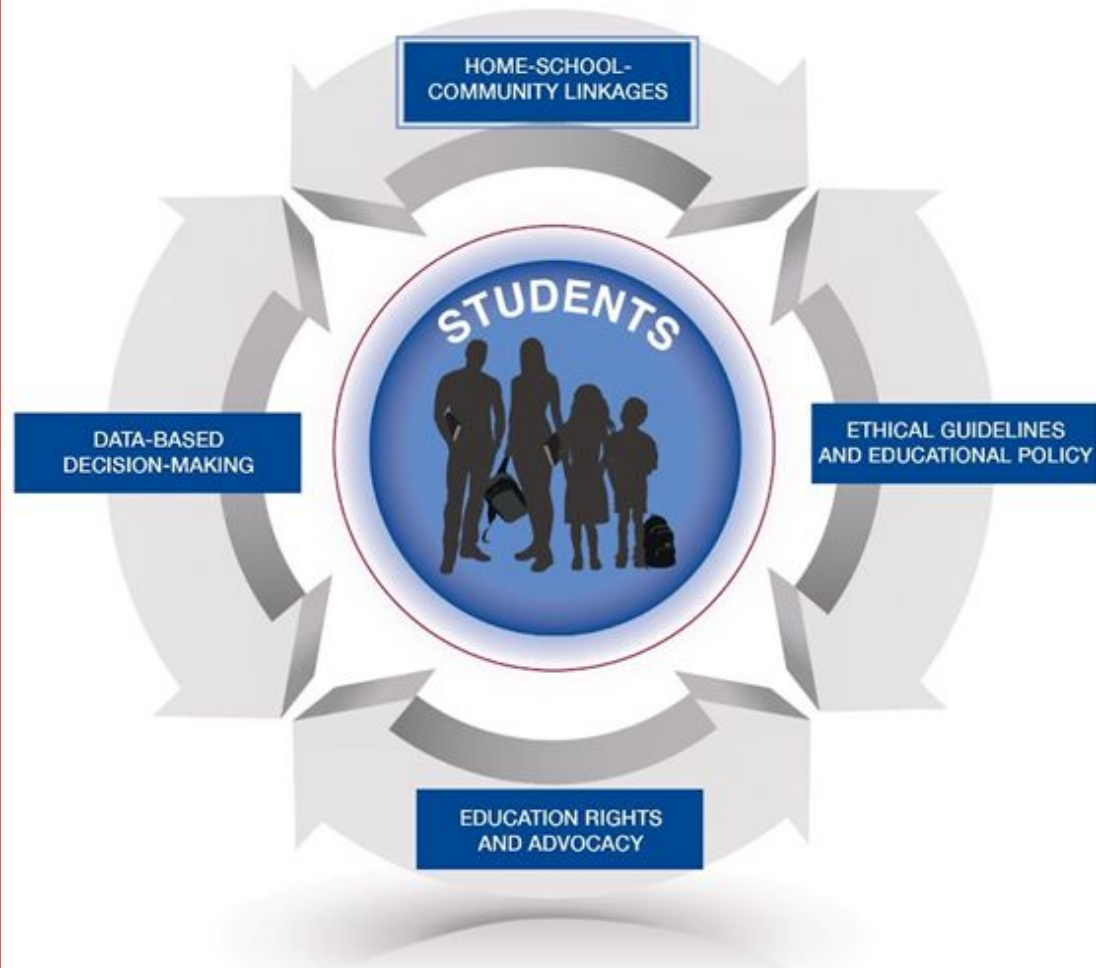
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Social Work and Mental Health





How Do Social Workers Support Mental Health?

- **Provide evidence-based education, behavior, and mental health services**
- **Promote a school climate and culture conducive to student learning and teaching excellence**
- **Maximize access to school-based and community-based resources**





Education, Behavior, and Mental Health services

- **Provide supportive individual and group counseling**
- **Provide crisis intervention services**
- **Participate in the special education assessment process**
- **Advocate for innovative practices that decrease stressors and promote emotional health**





Supporting School Climate and Culture

- **Increase student engagement by providing tiered supports that promote regular school attendance**
- **Provide targeted supports to promote a school climate reflective of ACPS' 2025 Equity for All Plan**
- **Use data-driven best practices to promote school policies focused on student wellbeing**





School-Based and Community-Based Resources

- **Serve as liaison between school and community agencies**
- **Coordinate the distribution of needed resources**
- **Engage with families and caregivers to reduce barriers to student success**



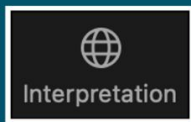


INNOVATIVE

What community agency supports students in schools with licensed therapists?

Poll

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Community Services Board



Department of Child and Family Behavioral Health

- Located at 4850 Mark Center Drive
- Services include: outpatient therapy (in the office, some schools and virtual), Medication management, Case Management, Family Support Partners, High Fidelity Wraparound Services
- Same Day Access information: Monday through Friday 9am-5pm (last intake starts at 2:30pm) on the second floor
- Supports for mental health diagnosis and symptoms: Depression, Anxiety, PTSD, ADHD, Substance Use and more



Also located at 4850 Mark Center Drive:

- Emergency Services (1st floor) 24/7 phone support and in office support during the day, can also respond to the school at times
- Medication management (2nd floor)
- Adult therapy and Case management services (2nd floor)
- Health department/Neighborhood Health (3rd and 4th floor)
- Benefits (Medicaid/housing/SNAP etc) (5th floor)
- Workforce Development (6th floor)
- Child Behavioral Health and Child Welfare
- Aging Adult services (9th floor)
- And more!



Community Services Board

Who do we serve?

- **Youth** between the ages 0-21 and their families
- **Residents of the City of Alexandria**
- **Families/youth with no insurance or Medicaid**





Community Services Board cont'd

Children who meet at least one of the following:

- **Serious emotional, behavioral and/or substance abuse challenges**
- **Involvement with Child Welfare or Juvenile Justice**
- **Returning to the community from detention, a residential treatment program or a foster care placement**

Priority: Suicidal youth, youth discharged from a psychiatric hospital, youth with opioid use disorder, youth involved with child welfare or juvenile justice, and youth who have had recent trauma (e.g., sexual abuse)





What resource in ACPS provides free teletherapy for students?

Poll





**Hazel Health
therapists help children
and teens with what
they're feeling**





Access to Hazel Health

<https://www.acps.k12.va.us/families/hazel-health>



National Data:

Over 20% of all children have a mental, emotional, or behavioral disorder, but only 1 in 5 who need support receive care from a mental health provider

60% of LGBTQ+ youth report they wanted counseling from a mental health professional but were unable to receive care in the past year

Students are waiting up to 7 months for an appointment with a therapist

44% of teens feel persistently sad or hopeless



Christine Marketti -Therapist Supervisor, Child & Family Behavioral Health Services

Francesca Orfila - ACPS - Director of Social Work

Ursula Rocha - ACPS - Mental Health Specialist

Victor Martin - ACPS - Executive Director of Student Support Teams



Questions?



Superintendent

Dr. Melanie Kay-Wyatt

School Board

Michelle Rief, Chair
Kelly Carmichael Booz, Vice Chair

Meagan L. Alderton
Tim Beaty
Abdel-Rahman How we are
Supporting Student Mental
HealthElnoubi

Jacinta Greene
Christopher Harris

Tammy Ignacio
Ashley Simpson Baird

[HTTPS://WWW.ACPS.K12.VA.US/2025](https://www.acps.k12.va.us/2025)

2025 STRATEGIC PLAN: EQUITY FOR ALL