Wellness Committee

Sit where you are comfortable

February 27, 2025

Agenda

1. Opening Activity
2. Updates
3. Cancellation of last meeting
4. Trauma Informed Framework
5. Crisis Response
6. Proactive Counseling Practices
7. Closing Activity

Opening Activity - Seated Stretch

Updates

Sunnyvale Teen Resource Fair held Saturday, February 1

- City of Sunnyvale Parks & Recreation in partnership with FUHSD and NOVA
- Part-time, summer and year-round jobs
- Volunteer opportunities
- Mental health and wellness resources: coordinated by the IntraDistrict Council Wellness Commission

Cupertino Teen Resource Fair will be on Saturday, March 15 from 12-3 p.m. at Main Street Cupertino

SCCOE Student Wellness Advisory Group

Meeting Cancellation

Summary of Feedback from Last Meeting

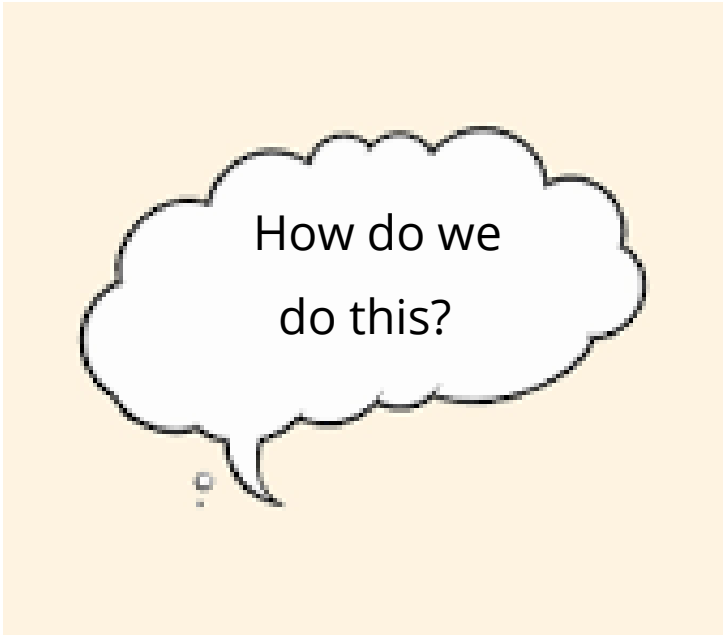
Prompt: What topics would you like to see addressed this year?

In order of most common responses:

- Academic pressure
- Opportunities to explore different pathways after high school
- The week before finals: how to make less stressful for students
- Nutrition
- More proactive counseling practices
- Advisories: how to improve

Trauma Informed Framework

- Predictability
- Flexibility
- Empowerment
- Connection



CAUTION

Sensitive material will be covered in tonight's meeting. If you feel overwhelmed and need to take a break please care for yourself, step outside and if you need to, ask someone to join you.

Crisis Manual and Response

- FUHSD Manual in place for over a decade
- Recently partnered (22-23) with Health Care Alliance for Response to Adolescent Depression (HEARD) Alliance for feedback on forms and process
- HEARD reviewed Crisis Manual and Suicide Risk Assessment forms and process

- Crisis Manual includes in-depth information and guidelines for staff on how to manage crisis

How it works

- News is shared first with a school's crisis team
  - Crisis team includes administration staff, school based therapist, school counselor and school psychologist
- Team works on communication plan and next steps for support
  - Actions and communications are guided by the wishes of the family
  - Coordination with other sites and community agencies, as needed
- Each step considers the needs of the students, staff, and school or district community
- There are daily check-ins or debriefs that guide the needs for each day and throughout the necessary period of time

Gather the Facts	Level of Response	Clarify Info to Share	Manage Logistics
Notify Principal/Designee Principal contacts family or police/fire to verify information	Crisis team notified Evaluate event and determine degree of impact on school	Review facts and determine what/who information is shared with Determine method of sharing information (email, meeting, calls, etc.)	Location of services Gather supplies, sign-in sheets and any other documents Provide scripts and support as needed to staff Referral process Invite outside agency as needed

Provide Interventions

Assess Risk
Educating staff
Monitor high risk students for follow-up
Offer activities to process (art, groups, meetings, etc)

Daily Debrief

Review process and status of referred students/staff
Prioritize needs
Plan follow-up
Provide support to team
Review, Revise, and Evaluate

Consider Recovery

Attend to caregiver(s)
Trigger events
Anniversaries


PAUSE

Proactive Counseling Efforts

HHS Mental Fitness Squad

- Rebranding-Why the Change? While keeping things "hip & cool" with Gen Z is always a plus (wink wink), the real reason for the rebrand is to empower students! The Mental Fitness Squad reflects the idea that mental health is about strength, resilience, and teamwork. Just like any team needs a supportive squad, our students deserve a team dedicated to their mental well-being. We want to promote mental fitness and encourage students to reach out to their squad (that's you!) when they need help.
- Monthly Quad Activities-Every 1st Wednesday of the month “Quad Squad” hosts an activity in the quad with a theme for that month. This increased visibility on campus will allow us to better connect with students and showcase the comprehensive mental health resources readily available to them. We believe this will foster a stronger sense of community and promote a culture of prioritizing mental well-being among our student body.
- Monthly Newsletters-These monthly quad themes correlate with our monthly “Squad Scoop” newsletters that go out to students, caregivers, and staff.
- Sarah and School Psychs teach Dialectical Behavior Therapy (DBT) using the DBT Skills For Schools curriculum in both AF classes this year. DBT is an evidence-based therapy approach that equips adolescents with valuable skills to manage difficult emotions, cope with stress, and make positive choices. This curriculum aligns with our school's commitment to providing students with the tools they need to navigate the challenges of adolescence.
- Utilize Instagram, Virtual Wellness Room, and Reachmyteach to reach students. Wellness Corners in classrooms.
- Crisis team that meets quarterly.

Fremont High School Wellness Space

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Closure