



DISTRICT OF COLUMBIA
PUBLIC SCHOOLS



#RecoverStrong

DCPS Parent University

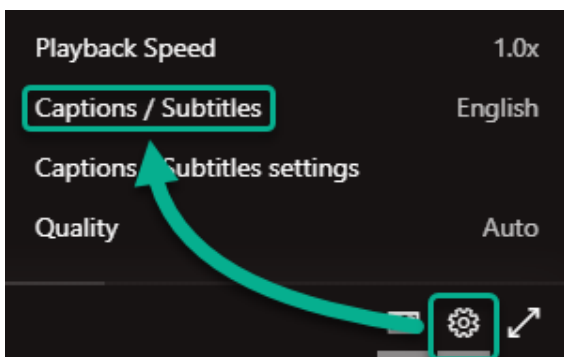
Our Doors are Open!

**Mentally Preparing Myself and My Child for
the New School Year**
August 19, 2021



Servicios de Interpretación Disponibles bit.ly/dcpsespanol

Subtitles, Sous-titres, Subtítulos



Look for the gear icon in the bottom right corner of the video player.

Busque el ícono de ajustes en la esquina inferior a la derecha del reproductor de video.

Cherchez le bouton "réglages" dans la barre d'outils en bas à droite de la vidéo.

Select **Captions/Subtitles**.

Seleccione **Captions/Subtitle**.

Sélectionnez **Captions/Subtitles**.

Choose a language from the list of available options.

Elija un idioma de la lista de opciones disponibles.

Choisissez votre langue parmi les options disponibles.

Welcome to Microsoft Teams

Use the Q&A feature to...



Ask questions



Share insights you might have



Upvote other questions and comments by pressing the thumbs up button

Ask as **Mr Tinkering**

Ask a question

Ask anonymously

Ask

Community Agreement


Assume best intentions

Go hard on ideas, not on people

Accept non-closure



Our Doors are Open! SY 21-22 DCPS Reopening Plans



DCPS will reopen fully for all students on August 30, 2021. In-person learning will take place every day for every student. We cannot wait to see you!

Enroll today at enrolldcps.dc.gov.

- ✓ In the fall, DCPS will fully reopen with in-person learning for all students every day
- ✓ All teachers will be back in school and teaching in their classrooms
- ✓ Health and safety precautions will continue to be in place for students and staff
- ✓ In-person learning means DCPS can stay the course on our roadmap to recovery. Our students, families, and staff are counting on us to meet this urgency to fully reopen.

The School Mental Health Team

The School Mental Health Team is led by Dr. Kenya Coleman, Senior Director of School Mental Health, and consists of four distinct groups working toward a shared goal

Project AWARE



Douglas Gotel,
Director
Social Worker
Data Analyst
13 Schools

School Psychology



Kenya Coleman,
Senior Director
3 PMs
123.5 School
Psychologists
41 providers : 1 PM

Social Work



Nigel Jackson,
Director
6 PMs
236.5 Social
Workers
39 providers: 1 PM

School Mental Health Expansion

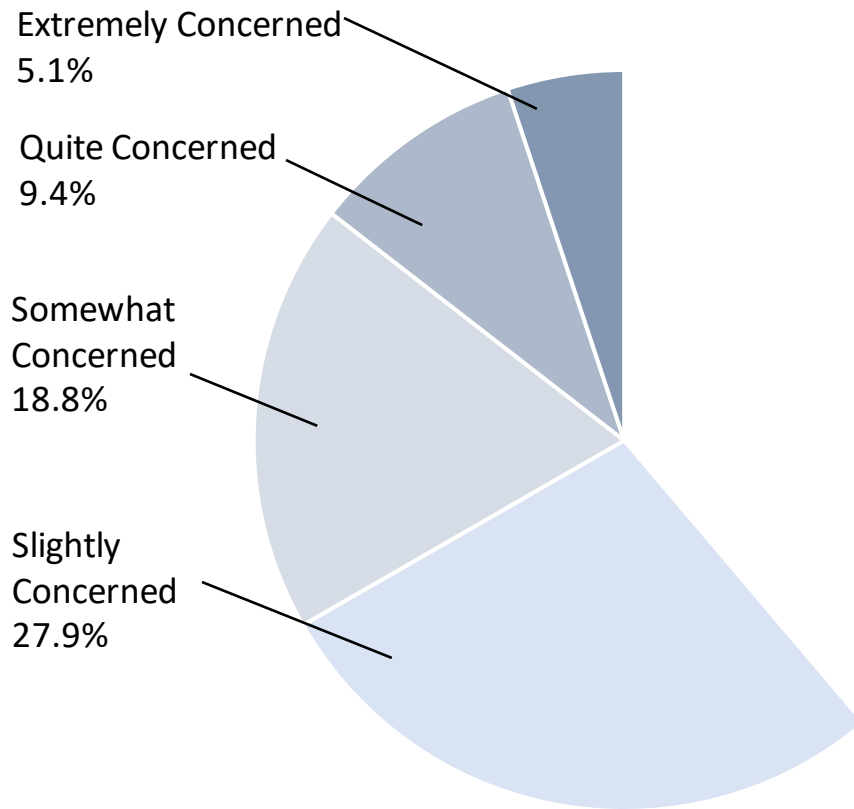


Carla Hall
School Mental
Health Expansion
Manager



DCPS Learning from Home Survey

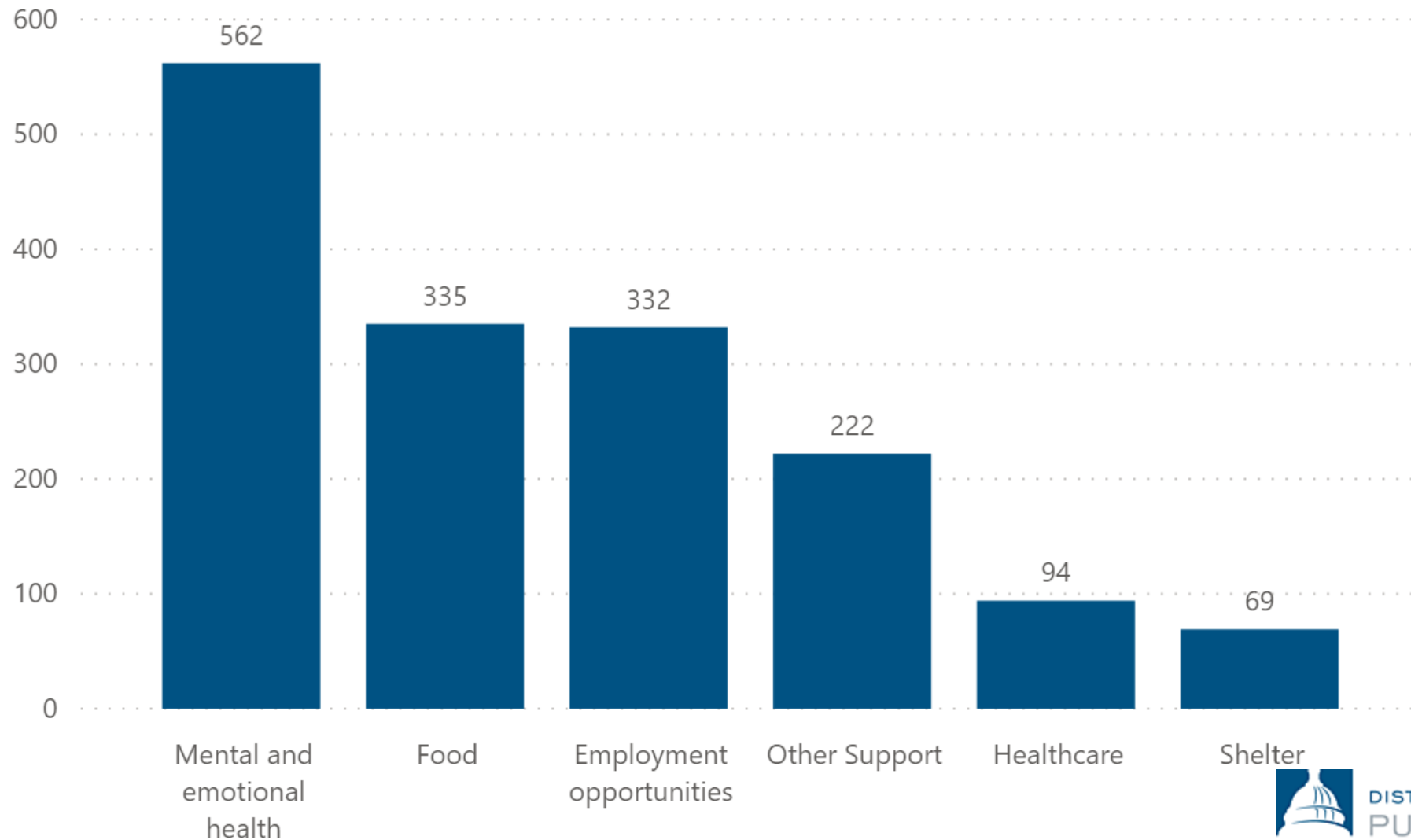
How concerned are you about your child's social or emotional well-being during this period of learning from home during quarantine?



- “
- Not having any social interaction with peers for extended period of time is not good. Then what can we do to prepare for next year?
 - Social alienation, abrupt end to senior year and abrupt separation from teachers, teammates and coach.
 - 1st year of high school. Child was doing great and motivated to excel. First 2 semesters, maintained an A/B average. Currently, not motivated to sit on computer every day.
 - Two kids. One has anxiety and misses teacher support, activities, friends. Other has no sports no friends nothing to look forward to.
- ”

DCPS Learning from Home Survey

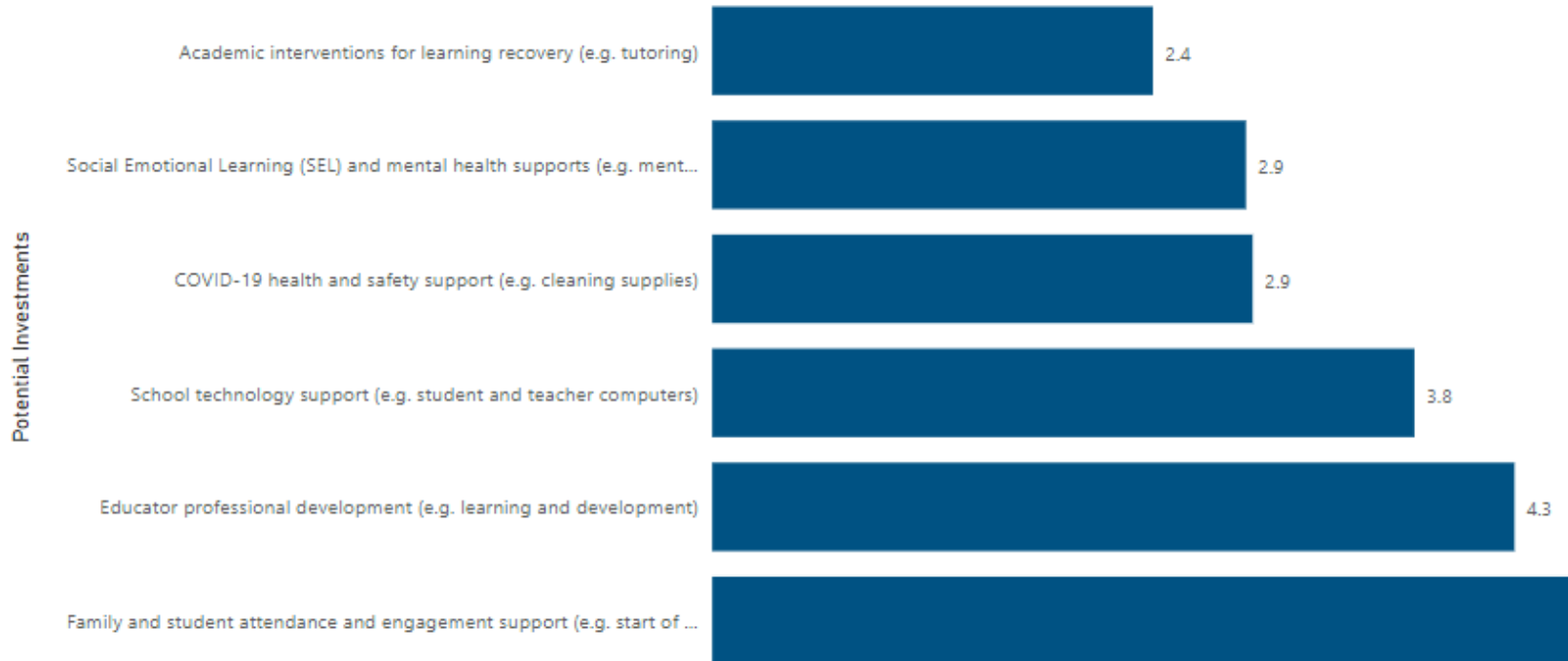
In what areas do you need extra support?



Where are you now?

ARP survey results as of June 1, 2021

Rank the following potential investments in order of priority from most important to least important.



What is a Whole Child Approach?

“Whole-Child” refers to a comprehensive understanding of child development, elevated by advancing interdisciplinary research in the field of learning and development (sometimes referred to as the Science of Learning and Development). This field draws from neuroscience, cognitive science, psychology, sociology, and other fields to support improving learning experiences and outcomes.

Click to add text



Our foundational trauma responsive practices

Every teacher spends dedicated time with their classroom or homeroom students to **build relational trust**

Every student is greeted with **positive and affirmative language** daily and with each classroom transition

Every school should include opportunities for **staff wellness**

Every school provides opportunities and designated **space to practice emotional regulation**

Every school teaches, **models and reinforces school-wide behavior expectations** for students and adults

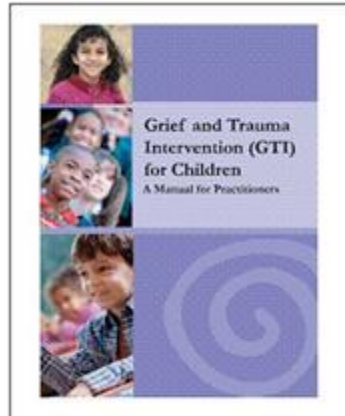
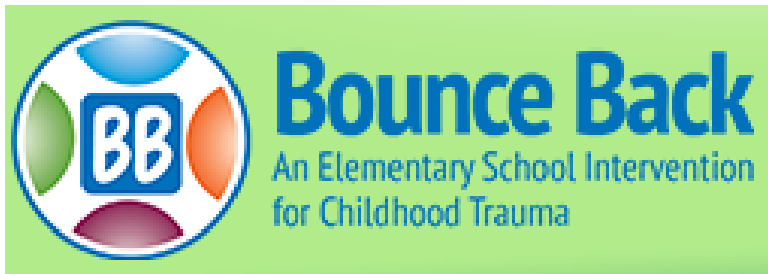


Our Core Mental Health Practices

	Pre-K	K-5	Middle	HS
Tier I	AI's Pals Feelings Friends	Second Step Super Flex Roots of Empathy Zones of Regulation	Peace of Mind School Connect S.O.S.	Dangers of the Mind Conscious Discipline S.O.S.
Tier II	Child Centered Play Therapy (CCPT) Art Therapy Bounce Back	Cognitive Behavior Therapy Child Centered Play Therapy (CCPT) Sandtray Therapy Grief and Trauma Intervention (GTI) Art Therapy Bounce Back I AM Little Red	Cognitive Behavior Therapy Cognitive Behavior Intervention for Trauma in Schools (CBITS) Structured Psychotherapy... (SPARCS) Cannabis Youth Treatment (CYT) Love Is Not Abuse (LINA) Art Therapy Sandtray Therapy Seven Challenges Theatre Troupe * HS only LIGHTS Tell Your Friends	
Tier III	Child Find Crisis response Assessment	Behavior Support Services Crisis response Assessment Wrap around services	Behavior Support Services Crisis response Assessment Wrap around services	

Trauma – Responsive Interventions

Elementary



Grief and Trauma
Intervention for Children
(GTI)

Middle/ High School



Cognitive Behavioral
Intervention for Trauma in
Schools



A little bit of light can push away
much darkness...

Structured Psychotherapy for Adolescents
Responding to Chronic Stress



Addressing Back to School Anxiety During Covid 19

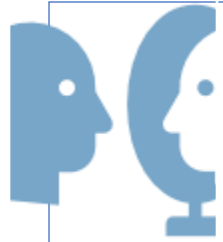
Signs Your Child Is Feeling Anxious About Returning to School

- Increased defiance or irritability
- Disturbances in sleep
- Loss of appetite
- Lack of concentration
- Less energy
- Physical symptoms (nausea, muscle tension, dizziness)
- Refusal to go to school
- Sadness or crying



Addressing Back to School Anxiety During Covid 19

Weathering the Adjustment Period



Focus on what you can control



Model Grounding Techniques



Promote Safety and Predictability with Routines



Respond with “2Es” – Empathize and Encourage



Facilitate Emotional Expression

Let's practice

An Example of Centering and Grounding



What this looks like in action

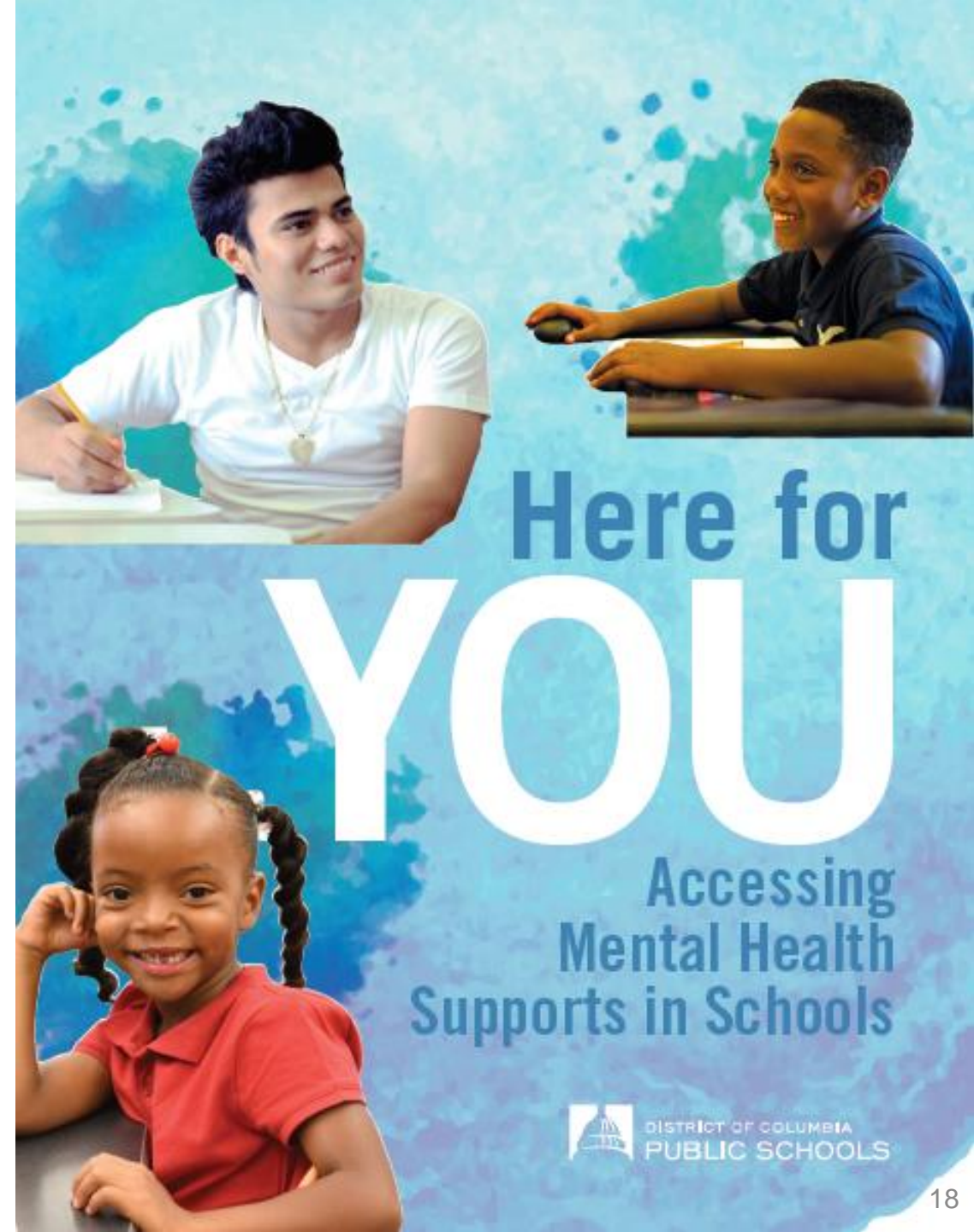
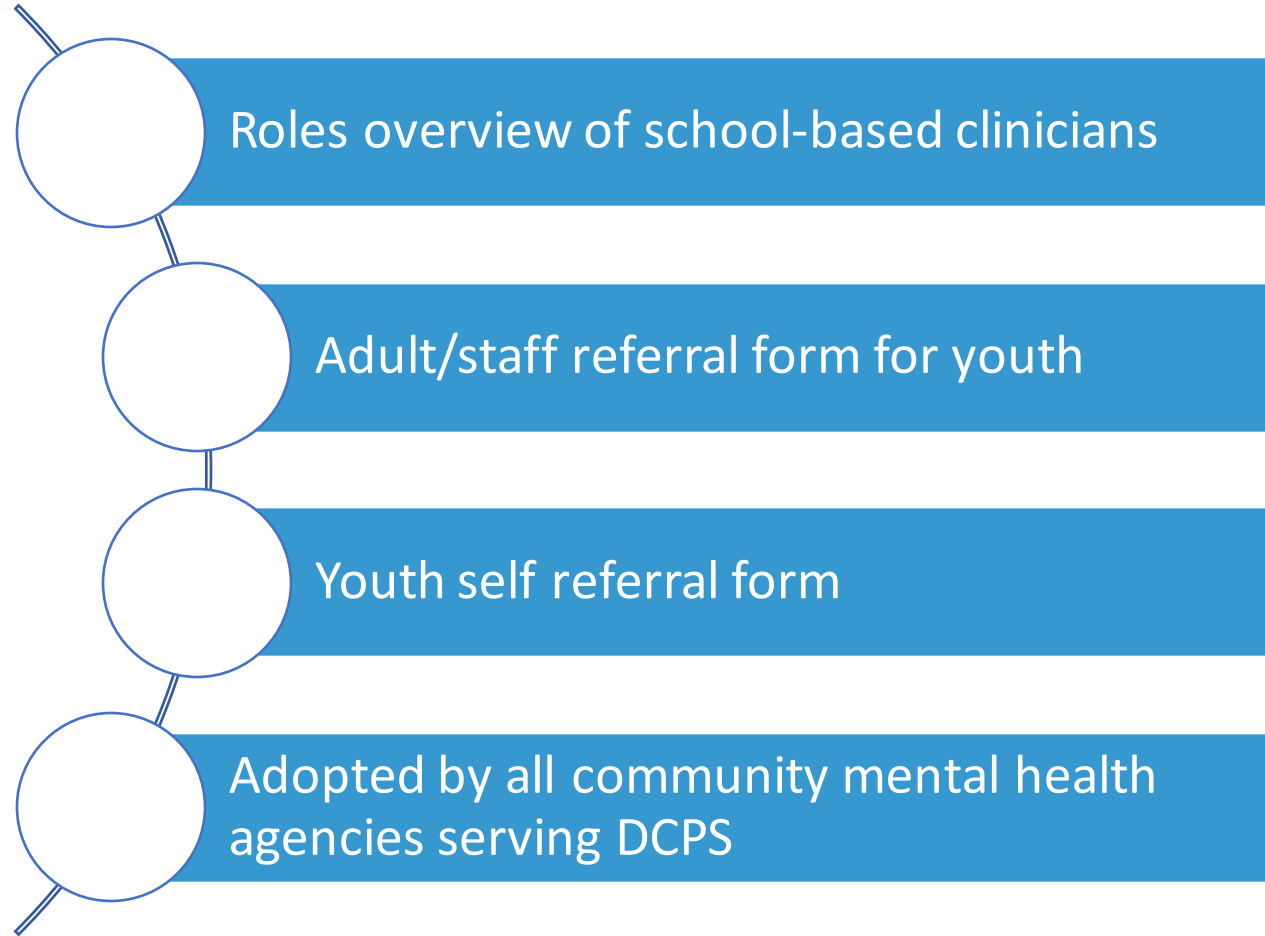


Cross-Collaboration: Mental Health Partnering



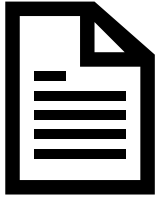
Universal Referral

Accessing Mental Health Supports in Schools



Links to SMH Resources

DCPS School Mental Health Resources



Referral Forms:

bit.ly/dcpsstudentref20 (Self Referral)

bit.ly/dcpsadultref20 (Referral)



School Mental Health Team Webpage

<https://dcps.dc.gov/service/school-mental-health-team>

Click to add text.



Instagram:

@dcps_schoolmentalhealthteam



Facebook:

DCPS School Mental Health



City Resources

Department of Behavioral Health

MENTAL HEALTH HOTLINE

Anxious about coronavirus (COVID-19)?

WE'RE HERE TO HELP.

Clinicians are available 24/7.

Call the District's Mental Health Hotline at **1-888-793-4357** if you are experiencing stress and anxiety related to coronavirus (COVID-19).



CORONAVIRUS.DC.GOV



GOVERNMENT OF THE
DISTRICT OF COLUMBIA
MURIEL BOWSER, MAYOR

Counseling,
problem-
solving, linkage
to school-based
clinicians, other
services



District of Columbia Department of Behavioral Health



Individualized Consultation and Support for Families

One-to-one support
provided by a mental health
clinician (including
bilingual) to address:

- Trauma, grief and loss
- Behavior management issues
- Anxiety
- Self-care

DC Department of Behavioral Health Wellness Wednesday/Support for Parents

AUGUST 2021 – Supporting Reopening Together

Date	Workshop Topic	Time	Weekly Series
AUG 4	How Do You Know You're Ready?	5:30 PM	Relationships
AUG 11	Catching up with School and Making New Adjustments – Part I	5:30PM	Self Care
AUG 18	Catching up with School and Making New Adjustments – Part II	5:30 PM	Knowledge
AUG 25	Changes, Challenges and Self-Care	5:30 PM	Communication



2020 DCPS Pre-Service Week



DISTRICT OF COLUMBIA
PUBLIC SCHOOLS

A quick note on Immunization Enforcement

Immunizations are vital to protecting our community from disease. DC law requires that all students have their required immunizations.

Immunization clinics are available in all 8 wards, and many are free for families that qualify for Medicaid.

Please work with your school partners and families to support our District's goal of becoming 100% immunization compliant.

For more information:



- Visit osse.dc.gov/page/no-shots-no-school
- View immunization clinic locations: bit.ly/dcimmunizationlocations
- Email the Student Health Services Team with questions: healthservices.dcps@k12.dc.gov
- Access immunization resources on *DCPSWay*!



Q&A



Let's Talk Some More...



Kenya Coleman, PsyD, LICSW
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Douglas Gotel, LICSW, RPT-S
Director, Trauma Responsive Schools Initiatives -
School Mental Health\Project AWARE
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Nigel Jackson, LICSW
Director, School Mental Health
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Parent University Workshops



#RecoverStrong August

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Getting My Child/dren
Ready for a new year
school year:
What Will DCPS Look and
Feel Like in SY21-22?

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Supporting Our Students:
Accelerating Learning In
and Out of the Classroom

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Mentally Preparing
Myself and My Child for
the New School Year

Sign up at bit.ly/dcpsparentursvp!



DC Public Schools
Parent University

Find our previous workshops on



YouTube

bit.ly/dcpsparenturecordings

Wrapping Up

1. Visit dcpsreopenstrong.com to learn more about DCPS planning.
 1. Go to bit.ly/DCPSengage to let us know how we can best share information with you!
 2. For additional questions or ideas email ParentU@k12.dc.gov.
-

Optimistic Close



"A deep sense of love and belonging is an irreducible need of all people. We are biologically, cognitively, physically, and spiritually wired to love, to be loved, and to belong. When those needs are not met, we don't function as we were meant to."

-- Brené Brown