



Cambrian Mental Health Wellness Review

May 27, 2021

Maggie Spehar, Director of Student Services
Steven Fisher, Student Services Program Specialist



Cambrian Mental Health Wellness Team



- School Psychologists
- School Counselors
- Marriage and Family Therapists (Nugent Family Counseling partner)
- District Nurse
- Program Specialist
- Director





Community Of Practice

Collaboration of best practices During Monthly Team Meetings:

- Plan how to support the implementation of Adopted Social Emotional Learning (SEL) Curriculum
- Support the Design of classroom lessons and/or Push In lessons with teachers

Level of Service

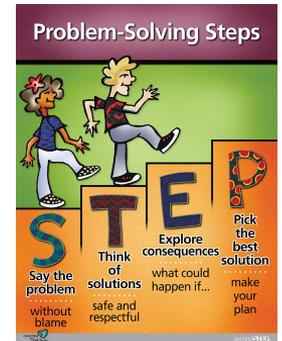
- Intake sessions and determine level of intervention with monitoring date following Student Success Team (SST) process
- IEP team evaluation
- Goals and progress monitor



Student Supports



- Initial classroom presentations utilizing Second Step and Habitudes (SEL) Curriculum/school wide PBIS
- Teacher consultations
- Individual/Small Group Counseling
 - Students are referred through the Student Success Team (SST) Process
 - 6–8 sessions (Individual or group) on a target social skills or social emotional learning
- Whole class Mindfulness activities



GROWING LEADERS

Students Served During 2020-21 School Year



Grade Span	Student Enrollment	General Education Students Served	Special Education Students Served	Topics Addressed
TK-5	2058	33	17	Anxiety, Behavior, Depression, Family Concerns, Grief, Social Skills, Self-esteem,
6-8	1089	91	22	Emotional Regulation



Family Engagement



- District Parent Night March 3, 2021
- Site Parent Night March 25, 2021
- Individualized consultations with parents to support reinforcing coping strategies and social skills.
- Care Solace Warm- Hand Off and Self Service Tool

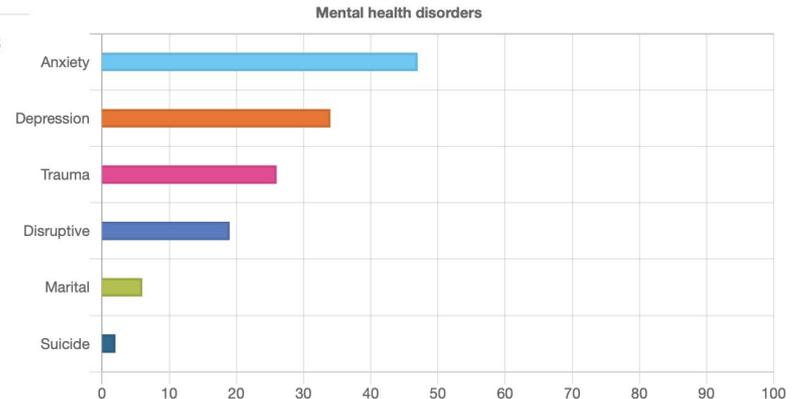
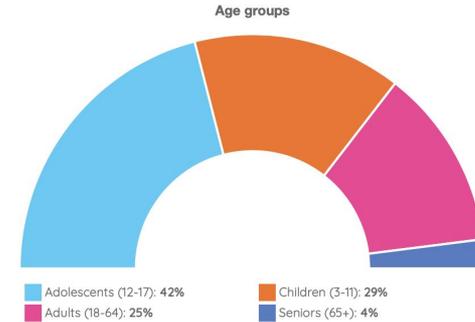


Connecting Families to Services: Care Solace Utilization



Key Performance Indicators (KPIs)

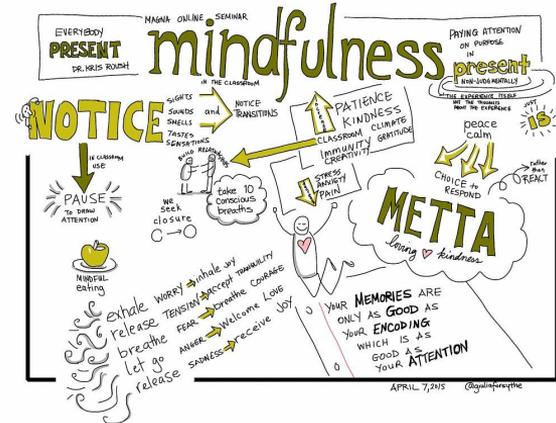
	Nov	Dec	Jan	Feb	Mar	Apr	May	Total
Inquiries received	2	13	23	9	16	76	65	204
Communications saved	17	118	189	56	86	320	316	1102
New cases & Warm Handoffs®	2	4	4	2	5	8	11	36
Total appointments into care	0	2	2	2	1	2	5	14
Anonymous searches	2	2	5	1	3	4	1	18



Building Staff Engagement and Supports



- Mindfulness Activities during staff meeting
- Provided Staff Wellness Weekly Challenges during Shelter in Place
- Care Solace Services
- Supporting SEL curriculum implementation



Action Steps for 2021-2022



- Refine the referral process
 - Social Academic Behavior Emotional Risk Screener
 - SST recommendations
- Classroom and School Wide Curriculum
 - PBIS
 - Second Step at Elementary Level
 - Habitues at Middle School Level
 - Zones of Regulation
 - Middle School Suicide Risk Prevention



Action Steps for 2021–2022



- Improved Assessment Data
 - Strengths and Differences Questionnaire
 - Kelvin – ensuring all students are seen, valued, and heard
- Parent Engagement
 - Parent Workshops
 - Care Solace
- Staff Supports
 - Care Solace
 - Embedded SEL strategies into staff meetings and District lead professional development

