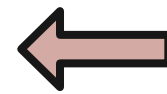


MENTAL HEALTH SUPPORTS District Update

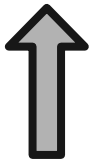
Littleton Public Schools

4/15/2021



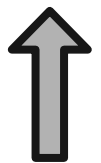
Presented by:

Lyn A. Snow M.S.ABA CAGS BCBA/LABA
Director of Pupil Personnel Services
Littleton Public Schools



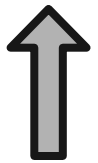


Who supports mental health in Littleton Public Schools?





Everyone.





Littleton Public Schools - Clinical Team

- **Psychologists**
 - Danya Sclar
 - Evan Oberle-Hall
 - Maureen McMahon





Littleton Public Schools - Clinical Team (cont.)

- **School Counselors**
 - Justine Mathurin
 - Rachel Leighton
 - Sarah Dorfman
 - Jan Nolan
 - Christopher Christy





Littleton Public Schools - Clinical Team (cont.)

- **District-Wide**
 - Tracy Turner - Head of Clinical Team
 - Shane Nardi-Williams - Licensed Mental Health Counselor
 - Teresa Fiori - Board Certified Behavior Analyst
 - John Moran - Board Certified Behavior Analyst





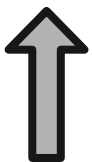
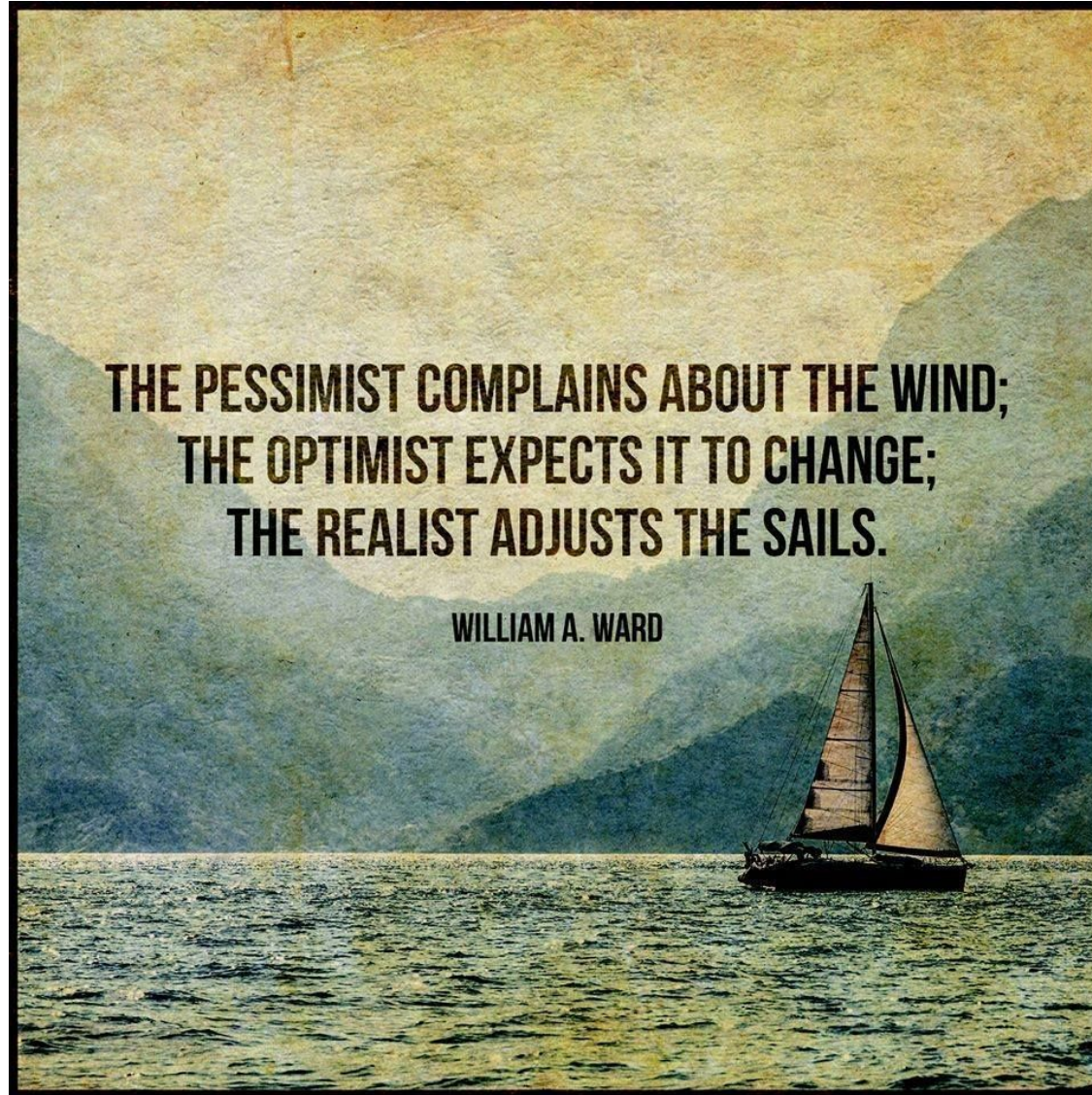
Littleton Public Schools - Clinical Team (cont.)

- **Health Services**
 - Kathy McCarthy, RN - LMS/Lead Nurse
 - Mary Philpot, NP - SL/COVID Liaison
 - Nicole Barry, RN - RSS
 - Chris Porell, RN - LHS
 - Kathleen Sullivan, LPN - District-Wide



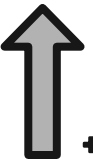


✕ **Adjusting**
✕ **the**
✕ **sails.**





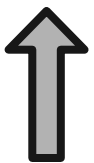
✕ Highlights





District

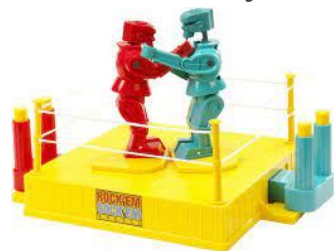
- Ecological Restructuring
- Using a systems approach
- Project Interface
- Massachusetts Partnerships for Youth
- Parent/Staff/Student Surveys
- Parent Education
- Screening/Evaluations
- Wellness Committee
- Counseling - shift from soc. > ind.
- Student Education
- Employee Assistance Program
- Team Building
- Accommodations
- District Professional Development
- Faculty Led Professional Development
- The Gift of Time





Littleton High School

- Creating a safe and welcoming environment
- Team Approach/Collaboration
- Surveys/Needs Assessments
- Screening Tools/Progress Monitoring
- Mindfulness practices
- Signs of Suicide Prevention Program
- Youth Risk Behavior Surveillance
- Afterschool support
- Peer tutoring
- Young Mens Group
- Increased counseling support
- School-wide assembly



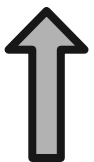
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Littleton Middle School

- Clinical team collaboration
- Mindfulness practices
- Signs of Suicide Prevention Program
- Youth Risk Behavior Surveillance
- Helping students through hard moments
- Accountability partners
- Classroom lessons - pronouns
- Fact vs. Feelings
- Three good things
- Field day
- Friday music (staff)
- Pizza trolley
- Cairns

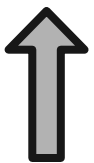
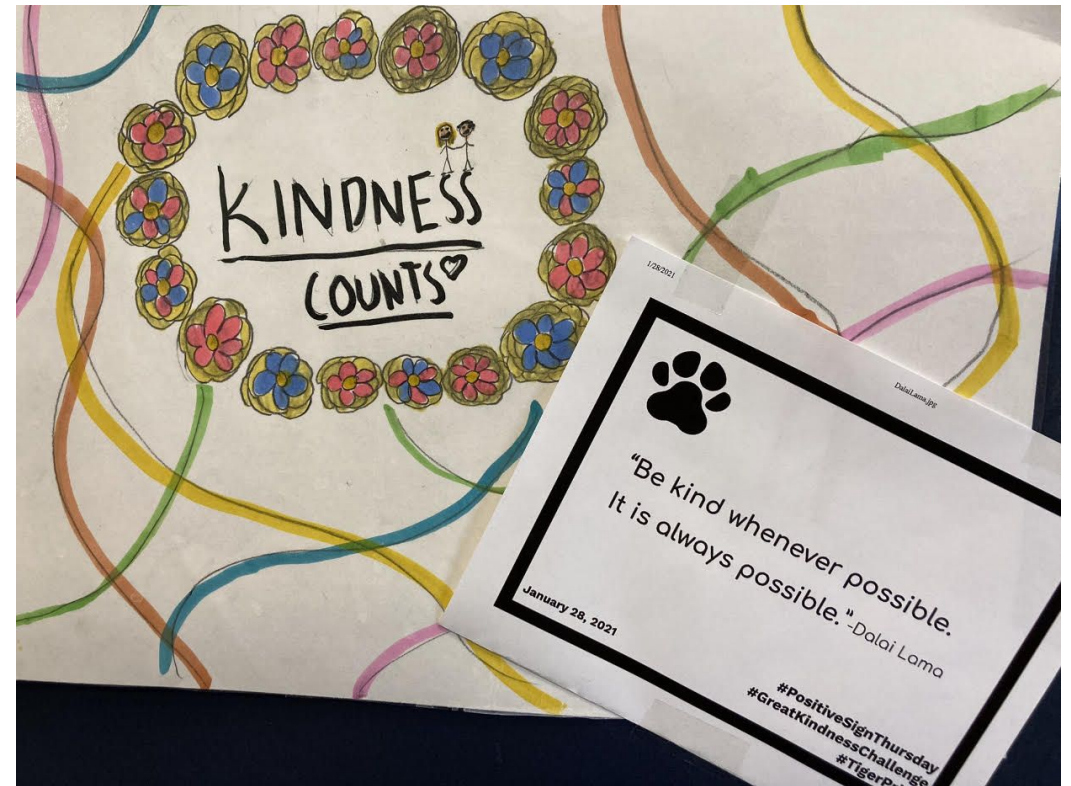




Russell Street School



- Spirit Week
- Talking walks with students
- Home visits/check ins/consults
- Parent engagement
- Keeping students connected with one another (separate cohorts)
- Constant presence - recess
- Social Thinking lessons - transferred all the lessons into google slides for the teachers
- Survey for teachers

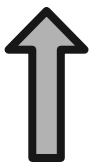
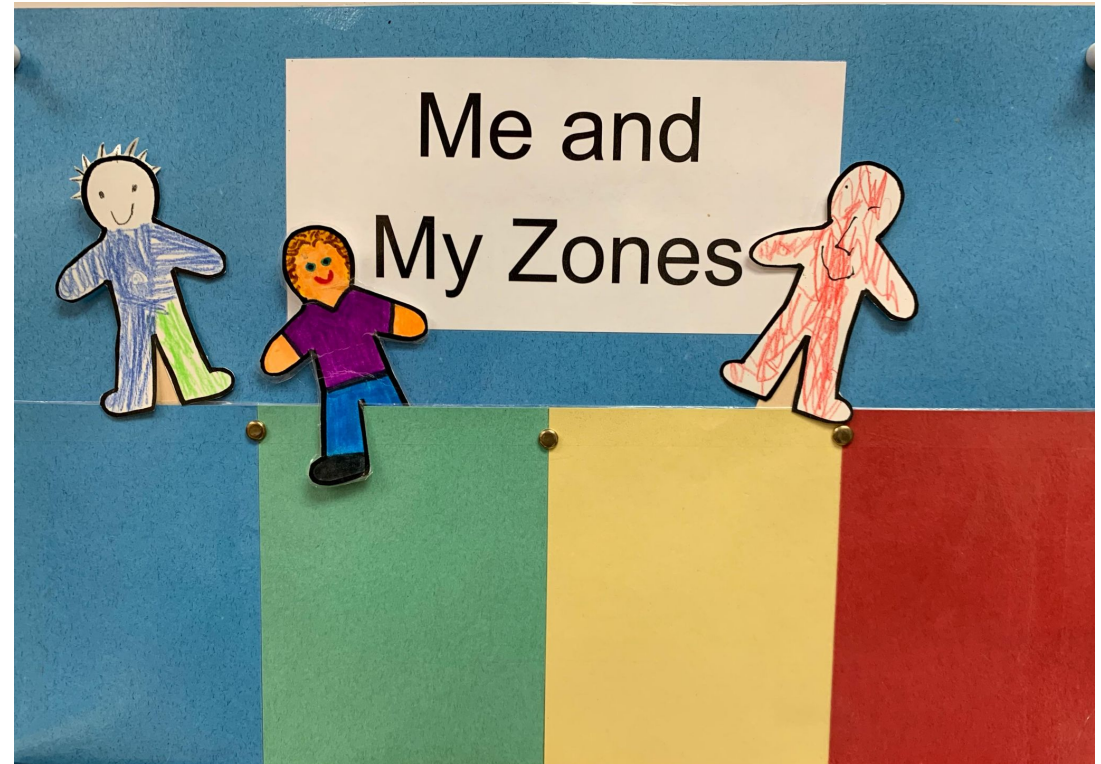


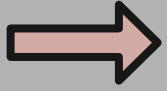


Shaker Lane



- Staff Meetings - Embedded PD
- Relationship Building
- Focusing on the culture of the building
- Working to keep staff & students happy and motivated
- Being there for staff - pivotal impact on students
- Group and individual support
- Class Lessons
- Zones of regulation
- Social Stories





Intertwining social and emotional learning and academics advances the ability of our students to adapt to change with the essential skills to effectively manage new challenges.

— Karen Burke



SOCIAL THINKING



Thoughts and Feelings



The Group Plan



Thinking with Your Eyes



Body in the Group



Whole Body Listening



Hidden Rules & Expected-Unexpected Behaviors



Smart Guess



Flexible and Stuck Thinking



Size of the Problem



Sharing an Imagination



ZONES OF REGULATION



The Road to Regulation



STOP



SLOW DOWN



GOOD TO GO



REST/ENERGIZE



I CAN...

- Have fun
- Do my job
- Focus
- Be in control
- Join in
- Solve the problem



STEP 1
How do I feel?

STEP 2
What Zone am I in?

STEP 3
Do I need a tool to regulate?
Which one?

STEP 4
Use the tool.

THE ZONES OF REGULATION

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25! Social YRS! Thinking





SECOND STEP



Empathy



Emotion Management



Emotion Recognition



Problem Solving



Impulse Control



Calming Down



Communication



Assertiveness

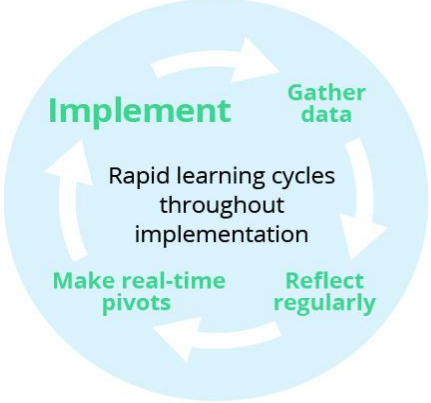
SYSTEMIC SEL

Where do we want to go?
Where are we now, and
where have we been?
• Strategic Planning



How do we get from
where we are now to
where we want to be?
• Implementation
• Interim Data Tracking
• Progress Monitoring

Are we moving in
the right direction?
What are we learning
on our journey?
• Reflection on implementation
and outcomes
• Data analysis and planning



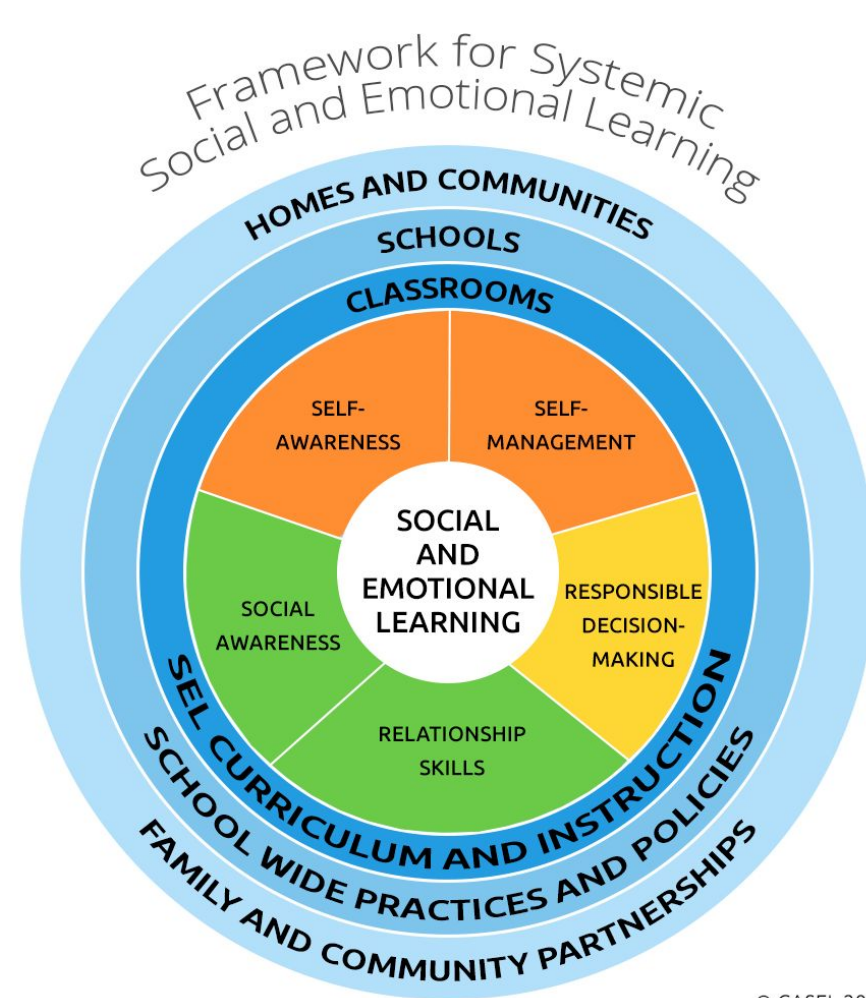
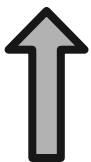


Next Steps

- Assessing need for additional supports
- Continuing to identify needs and priorities
- Elementary & Secondary School Emergency Relief Fund (ESSER)
- School Mental Health Quality Assessment
- Massachusetts School Mental Health Consortium
- National Center for Safe & Supportive Schools (5/10)
- Devereux Student Strengths Assessment
- Diversity, Equity and Inclusion Team
- More professional development
- More curriculum
- More Social Emotional Learning
- More kindness and grace

IMMEDIATE NEXT STEPS!

- Students, staff & families enjoy April vacation!!



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References



CASEL - District Resource Center

<https://drc.casel.org/build-foundational-support-and-plan/shared-vision-and-plan/process/>



Weaving Social-Emotional Learning and Academics Through Powerful Stories

<https://edublog.scholastic.com/post/weaving-social-emotional-learning-and-academics-through-powerful-stories>

Social Thinking

<https://www.socialthinking.com/>

Zones of Regulation

<https://zonesofregulation.com/index.html>

Second Step

<https://www.secondstep.org/second-step-social-emotional-learning>



Thank you!



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A white rectangular window with a black border and three window control buttons (minimize, maximize, close) in the top-left corner. The window contains a 'Credits' slide with the following text:

Credits.

Presentation Template: SlidesMania

Images: Unsplash

Fonts used in this presentation: Poppins and Arial

Three large white crosses are positioned vertically on the right side of the window.