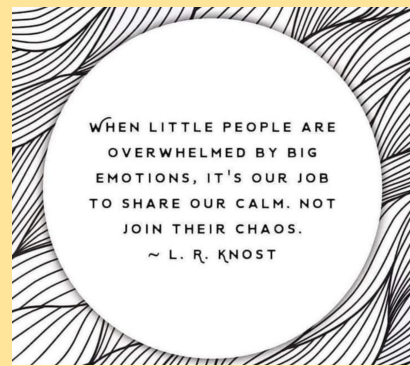


# *Montclair Public Schools- Pupil Services Department*

## *Mental Health & Wellness Initiatives 2022-2023*

*Maggie E. Dock, Mental Health Coordinator/Anti-Bullying Coordinator*

**GOAL:** *Reinforce the importance of mental health and wellness for all school community members and develop skills to become a more trauma informed & sensitive district*



## **Mental Health & Wellness: WHY?**

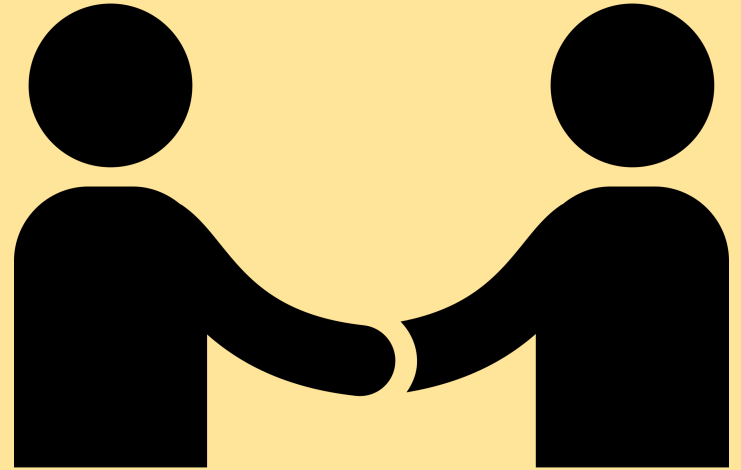
- Recognition of the growing mental health needs of students, pre- pandemic
- Increased emphasis on the impact of student mental health on learning

### ***Post-Pandemic Mental Health Crisis***

- Impact of historical trauma, isolation, fear, loss, and health & safety insecurities
- Heightened adverse childhood experiences (“ACEs”) that impact a child’s sense of safety, security, bonding and health
- Increased exposure to violence, abuse & neglect, caregivers with addiction & mental illness; separation from caregivers; and loss of finances
- Increase in anxiety, depression, school avoidance, acting-out, and psychiatric referrals
- Decrease in the ability to regulate emotions and interact & socialize with peers, in-person
- Increased exposure to technology and utilization of social media

## Mental Health & Wellness: HOW?

- Regular meetings with stakeholders to collect & review data, including mental health needs assessments and crisis referrals
- Maintain regular communication with Mental Health Team members to address emerging and changing needs of the school community.
- Facilitate community provider partnerships & collaborations
- Encourage community members & parents to communicate concerns and needs
- Review and evaluate implementation practices and impacts



~CONNECT WITH KINDNESS~

## Mental Health & Wellness Programs:

## WHO?

Imagine, A Center for Coping with Loss: supports children and families coping with grief, loss and trauma, utilizing empathy & compassion to foster resiliency and emotional well-being



*“At school, I didn’t know anyone else whose dad died. But when I come to Imagine, other kids lost their dad too and it feels good to know I’m not alone” -10 yr old*

- **Administrators and Staff Members:** Professional development to prepare us to recognize and increase our sensitivity to the impact of grief, loss & trauma on our school community members
- **Mental Health Team Members:** Trauma specialist training for designated School Climate and Mental Health Team members from each school
- **Parents/Caregivers:** Introduction to loss, grief and mourning workshop
- **Consultation** to develop “Handle with Compassion” Advisory to develop protocols for gathering & sharing information about grief-related events that our students and families are facing

<https://imaginej.org/about/>

## Mental Health & Wellness Programs:

### Quantum Psychotherapy: Trauma Informed/Nurtured Heart Approach to Education

- Professional development to become more aware and sensitive to the emotional needs of students
- Identify areas of trauma that may impact learning
- Awareness of our own experiences and how they impact our interaction
- Parenting workshop
- Bank of sessions to support families as they transition to permanent service providers

<https://quantumpsychotherapygroup.com/>

Rutger's Robert Wood Johnson Medical School, Division of Addiction Psychiatry

NARCAN Information Presentations & Kit Distribution: Free Webinar for parents/caregivers and their children, 16+ years of age. Registration is required and kits will be mailed to the registered parent/caregiver

[RWJMS.Rutgers.edu/addiction](http://RWJMS.Rutgers.edu/addiction)

## WHO? (cont)

### Mental Health Association:

Mental Health Awareness (Elementary Schools)

“Gizmo” guided reading and discussion (3-4th)

Mental Health Awareness discussion and art activity (5th)

Suicide Awareness & Prevention (SOS) Middle School & High School

<https://www.mhainspire.org/>

# Mental Health & Wellness:

# WHEN?

## Timeline for Implementation:

- Informal needs identified through research, data review, observations and community member feedback: Fall 2022-ongoing
- Approval of Programs: January 2023
- Parent/District Workshop: February 2023 Mental Health Association
- Elementary School (3-5) Mental Health Awareness Classroom Presentations (MHA): (Hillside, Edgemont, Bullock (May)
- Administrator Workshop: March 2023 (Imagine)/May 2023(Quantum)
- High School Staff Workshop: May 2023 (Imagine)
- Middle School Staff Workshop: May 2023 (Quantum)
- NARCAN Workshops: May 2023 (5th, 11th, 10th, 20th)
- Trauma Specialist Training: May-June 2023 (Imagine)
- Virtual Parent Workshop: May 2023 (Quantum)/June 2023 (Imagine)
- Middle School Student Presentations: Fall 2023 (Quantum)
- “Handle with Care” Protocols: Fall 2023
- Middle/High School Suicide Awareness & Prevention Student Programs Fall-Winter 2023 (MHA)



# MPS Mental Health Resources & Supports

- Please see the District Homepage for access to researched & vetted community providers
- Regular updates are shared with the School Community through messenger

General Mental Health & Wellness

Crisis

Domestic Violence

Homelessness/Child Welfare Support

LGBTQ+ Mental Health & Support

Substance Use

Suicide Awareness & Prevention

Veteran Supports

<https://www.montclair.k12.nj.us/cms/One.aspx?portalId=889560&pageId=73418357>

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