



Fostering the Social & Emotional Well-being of Each Child

**Manhasset Public Schools
Board of Education Meeting
January 22, 2020**

By Allison Rushforth & Dr. Joy D'Anca & Dr. Vincent Butera



The Picture of Success

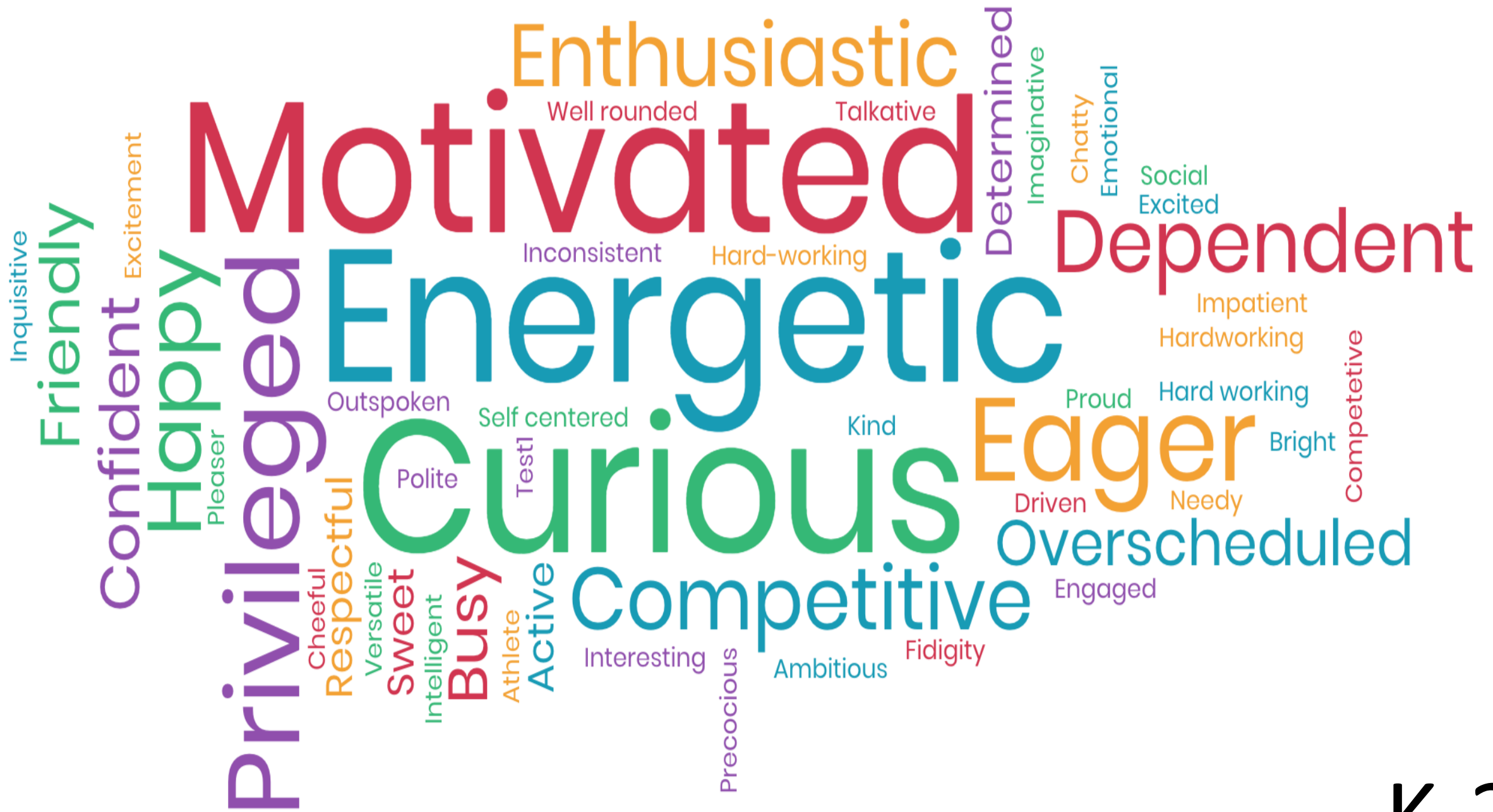
- Board of Education Retreat July 2017

- **Not Over-Stressed**
- **Safe Place**
- **Manage Social/Emotional/Mental Health**
- **Emotionally Intelligent Students Who Can Embrace Challenges Confidently**
- **Resilient Kids Ready and Eager to Learn from Mistakes**
- **All Kids Feel Valued**
- **Compassionate in One's Own Skin**
- **Confident in One's Abilities**
- **Well Rounded Educationally/Socially/Emotionally**
- **Understanding of the Fact that "Success" can be Defined in Many Ways, not just by GPA**
- **Fearless – in Terms of Challenging Oneself and Exploring One's True Purpose/Calling**
- **Compassionate, Understanding and Aware of the World**
- **Relates to World Around Them**
- **World Citizens**
- **Strong Sense of Community**
- **Reduce Alcohol Abuse**
- **Confident, Articulate, Pursuit of Their Own Interests, to the Best of Their Own Abilities**
- **Balanced 4A's**
- **Well Rounded Human (Not Mechanical)**
- **Help Kids Stay Well-Rounded**
- **Focus on Experience, Rather than Just Outcome**
- **Exposure to Higher Level Thinking Appropriate for Each Kid (not just 4 or 5 or A or B)**
- **Problem Solvers/Think Outside the Box**
- **Critical Thinkers**
- **Career Ready Alternatives**
- **Career Goals**
- **Having Strong Foundations & Tools for Success – Whether in Higher Ed or other**
- **21st Century – STEM, Tech, Liberal Arts**
- **Continue to Emphasize STEM – Especially with Girls**
- **Aware of all Career Paths, Not Just "STEM" and Technology**
- **College Prep**
- **Competitive – Outside Region/State/Public Schools**
- **Re-Visit Community Thing with Hours (Not in it for Hours)**
- **Community Service – Prepare Them to Contribute to Society**
- **Encourage Community Service**
- **Ensuring Student Success (how to define?) and Well Being for 2020 & Beyond**

Mission

We recognize each child as an individual with the potential to achieve their personal best. *We are committed* to guiding our students on their unique educational journeys by nurturing their abilities and encouraging a growth mindset, while *challenging and supporting their academic development and fostering their social-emotional and physical well-being*. We celebrate diversity, an inclusive learning environment, and respect for others as important components in developing global citizens.

“I’m afraid of what’s going to happen.”







Challenges/Issues/Concerns

(All Constituents)

Manhasset – overwhelming – so stressed out – mental health issues – focus on making sure everyone is ok – so many opportunities – pressure within the community

Not having time for lunch – need to be able to eat somewhere – waive PE, if doing a sport

Students taking on more than they can handle – maybe an AP cap



Challenges/Issues/Concerns

(All Constituents)

Testing schedule – so stressful – one week of testing – too much – too tight

Pushing to have kids accelerated – think of implications on the students

Try to help, nowhere to move tests – sometimes call test by another name, still a test



Challenges/Issues/Concerns

(All Constituents)

Emotional development of children – the pressures of a high performing district

Need to have greater emphasis on social/emotional development of students

Pressure on students – is it too much

Standards very high

“It’s About Time.”



Strengths

- Dedicated, caring faculty, administrators, staff
- High level of commitment and pride for the district whether educator or student
- Involved parents – understand the importance of education
- Shared commitment to excellence
- Students come to school ready to learn
- Wide range of the 4-As – Academics, Arts, Athletics, Activities



LEADERSHIP PROFILE REPORT Manhasset Union Free School District



HYA Executive Search
Hazard, Young, Atlas & Associates

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Vision

We prepare **each student** for a continuously changing world by cultivating passion for discovery, creativity in solving problems, wisdom in making decisions, a willingness to take measured risks, and perseverance in the face of adversity. We foster independent thinkers who work collaboratively, respect each other's individuality, and embody integrity, honesty, empathy and compassion. Our students will be able to succeed today, with the self-confidence, motivation and resiliency to succeed tomorrow.

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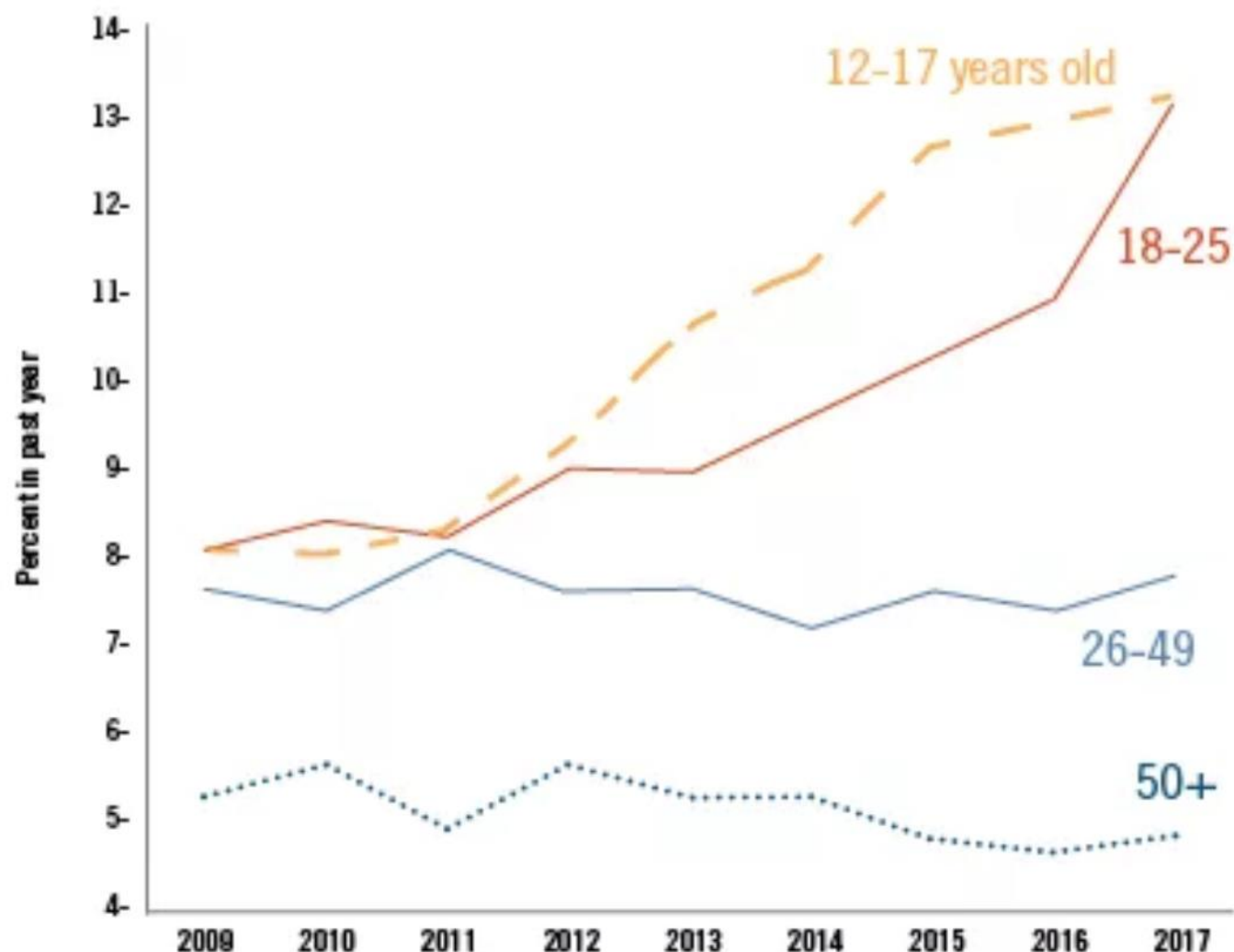
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STUDENT DEPRESSION ON THE RISE

An analysis of a federal survey shows increasing rates of teen and young adult respondents reporting a major depressive episode in the last 12 months. Rates have stayed more consistent among older adults.



SOURCE: Journal of Abnormal Psychology

EDUCATION WEEK

25% of
Students Agree
or Strongly
Agree that they
are **SAD** on a
regular basis



32% of
Students could
not identify an
adult they
could go to with
a personal
problem



41% of
students are not
able to remain
calm when
stressed




31% of
Students are not
able to **explain**
how they **feel**



33% of
Students are not
able to pull
themselves out
of a bad
mood





400-600



“

”

***... there is always a well-known
solution to every human problem —
neat, plausible, and wrong.***

- H. L. Mencken

“Collective wisdom is in the room.”

“What you focus on grows.”

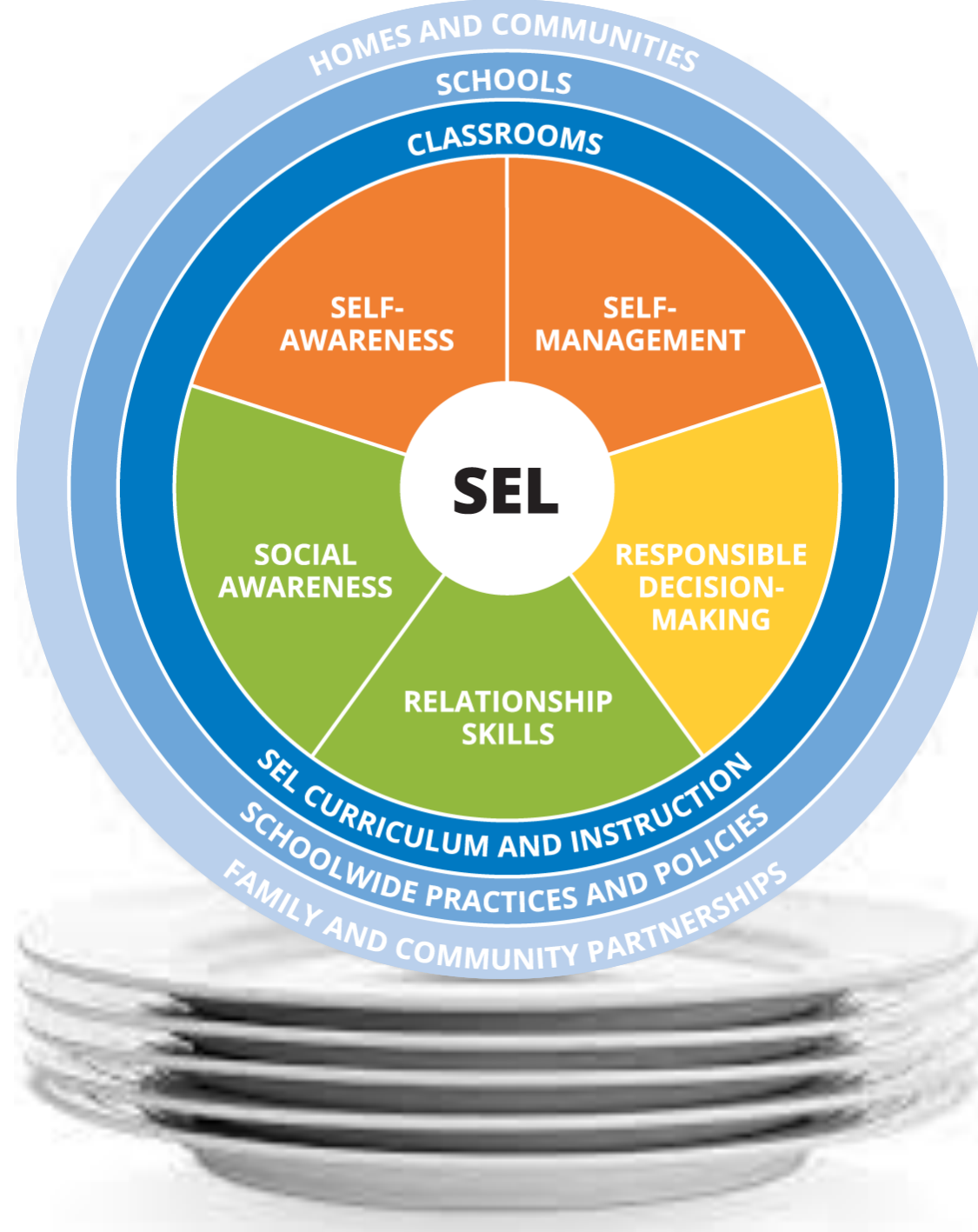
The 10 skills you need to thrive in the Fourth Industrial Revolution

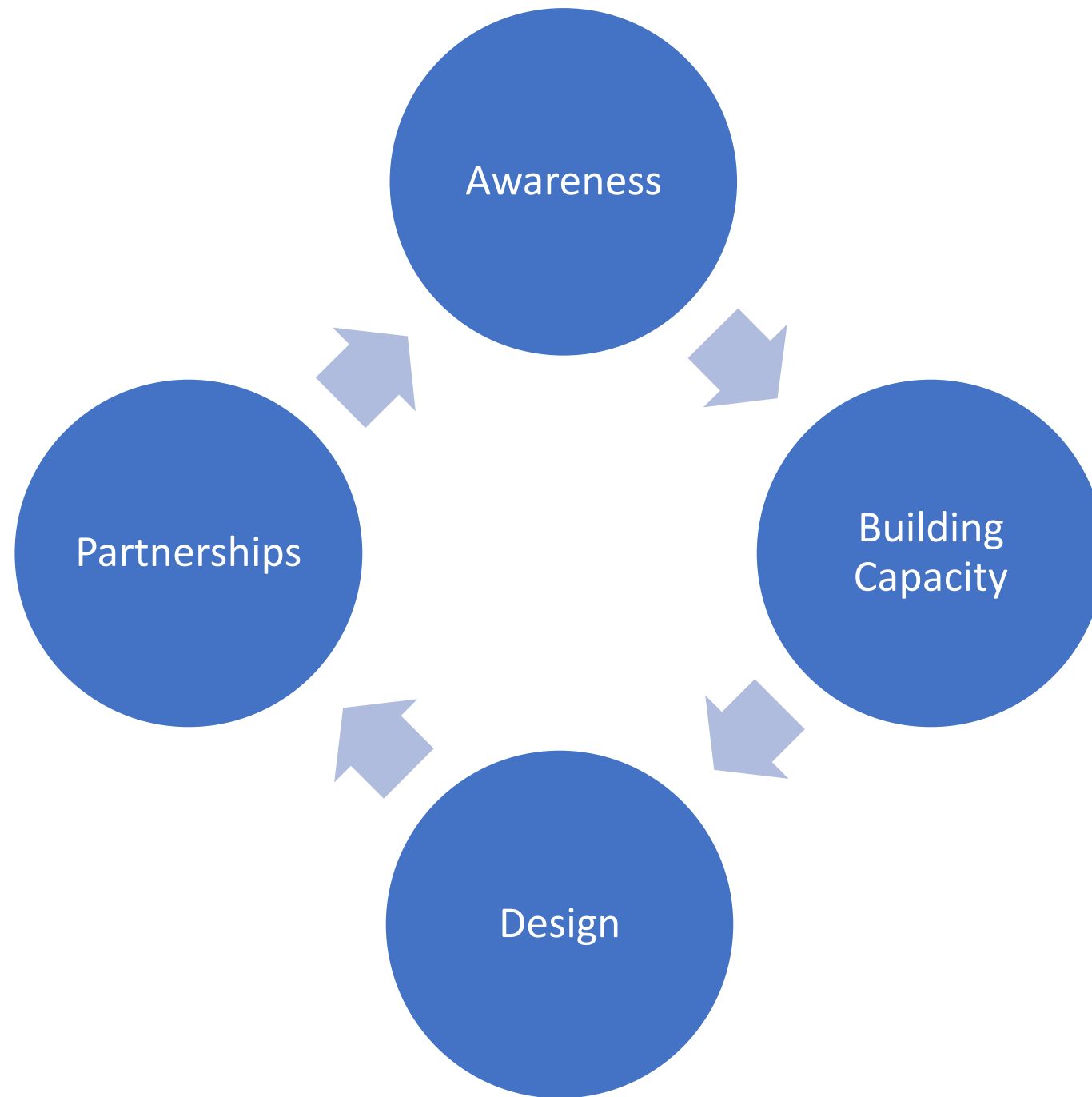
in 2020

1. Complex Problem Solving
2. Critical Thinking
3. Creativity
4. People Management
5. Coordinating with Others
6. Emotional Intelligence
7. Judgment and Decision Making
8. Service Orientation
9. Negotiation
10. Cognitive Flexibility

in 2015

1. Complex Problem Solving
2. Coordinating with Others
3. People Management
4. Critical Thinking
5. Negotiation
6. Quality Control
7. Service Orientation
8. Judgment and Decision Making
9. Active Listening
10. Creativity





Why Care?

1 in 5

adults in the United States
experiences a mental health
condition in a given year. That's 46.6
million people per year.

nami.org/whycare



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BUT

5 IN 5

have mental health

COLLEGE FACTS

- **One in four young adults have a diagnosable mental illness**
- **One in three students seek mental health counseling during college**
- **75 percent of mental health conditions begin before the age of 24**
- **College counseling centers report double digit growth in the use of their services in the past few years**
- **In an ACHA report, students cited stress, depression and anxiety as among the top impediments to academic performance.**
- **64 percent of young adults who are no longer in college are not attending college because of a mental health related reason.**



***“Observe your thoughts as they become actions.
Observe your actions as they become habits.”***

- Chinese proverb

A word cloud with the word "crazy" in the center in large blue letters. Surrounding it are various words in different colors and sizes, including: "tard", "wild", "banana", "yup", "shot", "whacked", "hello", "blessed", "tired", "dangerous", "deranged", "disturbed", "natty", "stress", "weird", "inconsistent", "retard", "draconian", "sad", "conflicted", "firecracker", "test", "wied", "et.", "dumb", "crazy", "hidden", "babyshark", "pizza", "cloud", "piece of work", "nonfunctional", "distressed", "loopy", "special", "lunatic", "wounded", "estupido", "family", "different", "retarded", "psycho", "xr", "unstable", "nuts", "disturbed", "insane", "vote", "broken", "anxious", "unhinged", "flakey", "depressed", "disabled", "manic depressent", "sadness", "nutjob", "bipolar", "schizo", "sick", "batshit crazy", "parsimonious", "psychotic", "zany", "weak", "good", "wacky", "creasy", "trump", "wackjob", "troubled", "steve", "wied", "tard", "wild", "banana", "yup", "shot", "whacked", "hello", "blessed", "tired", "dangerous", "deranged", "disturbed", "natty", "stress", "weird", "inconsistent", "retard", "draconian", "sad", "conflicted", "firecracker", "test", "wied", "et.", "dumb", "crazy", "hidden", "babyshark", "pizza", "cloud", "piece of work", "nonfunctional", "distressed", "loopy", "special", "lunatic", "wounded", "estupido", "family", "different", "retarded", "psycho", "xr", "unstable", "nuts", "disturbed", "insane", "vote", "broken", "anxious", "unhinged", "flakey", "depressed", "disabled", "manic depressent", "sadness", "nutjob", "bipolar", "schizo", "sick", "batshit crazy", "parsimonious", "psychotic", "zany", "weak", "good", "wacky", "creasy", "trump", "wackjob", "troubled", "steve".

crazy



Fact: 1 in 5 children ages 13-18 have, or will have a serious mental illness.¹



20% of youth ages 13-18 live with a mental health condition¹



11% of youth have a mood disorder¹



10% of youth have a behavior or conduct disorder¹



8% of youth have an anxiety disorder¹

Impact

50%



50% of all lifetime cases of mental illness begin by age 14 and 75% by age 24.¹

10 yrs



The average delay between onset of symptoms and intervention is 8-10 years.¹

Suicide

3rd



Suicide is the 3rd leading cause of death in youth ages 10 - 24.¹



Superintendent Conference Day Mental Wellness Poll Results 2018

What is one thing you can do to support student wellness?

Listen & pay attention

Ask someone how their day is

Show interest/that you care

Create relationships

Connect & engage

Practice humility

Be open & be available

Communicate

Be aware & active

Be different

Smile

Self-care

Practice compassion & empathy

Be patient & offer support

Compliment students



Lead by example & build trust

Go off script if needed

Ask questions & follow up

Believe you can make a difference

Attend/inquire about extracurricular

Make the time

Encourage students to self-reflect

Be open minded & validate student concerns

Share your own experiences/struggles

Advocate for students

Ensure proper placements

Be tolerant

Gain a common ground

Be positive & be proactive

Create a safe environment





#SameHere



HARVARD
UNIVERSITY





MENTAL HEALTH EDUCATION LITERACY IN SCHOOLS

LINKING TO A CONTINUUM OF WELL-BEING

WHAT SCHOOLS CAN DO NOW

Review and assess current elementary and secondary level health education curricula for alignment to new mental health education requirements;

Recommended to build capacity and strengthen relationships between educators and pupil personnel services (school psychologist, social worker, school counselor, nurse);

Recommended to develop school and community partnerships;

Recommended to identify strategies to engage families and students in supporting mental health and well-being;

Recommended to support a positive school climate; and

Recommended to leverage mental health partnerships.

¹ <http://www.regents.nysed.gov/common/regents/files/518p12ppca1.pdf>

² <https://www.mentalhealth.gov/basics/what-is-mental-health>

³ http://www.who.int/features/factfiles/mental_health/en/

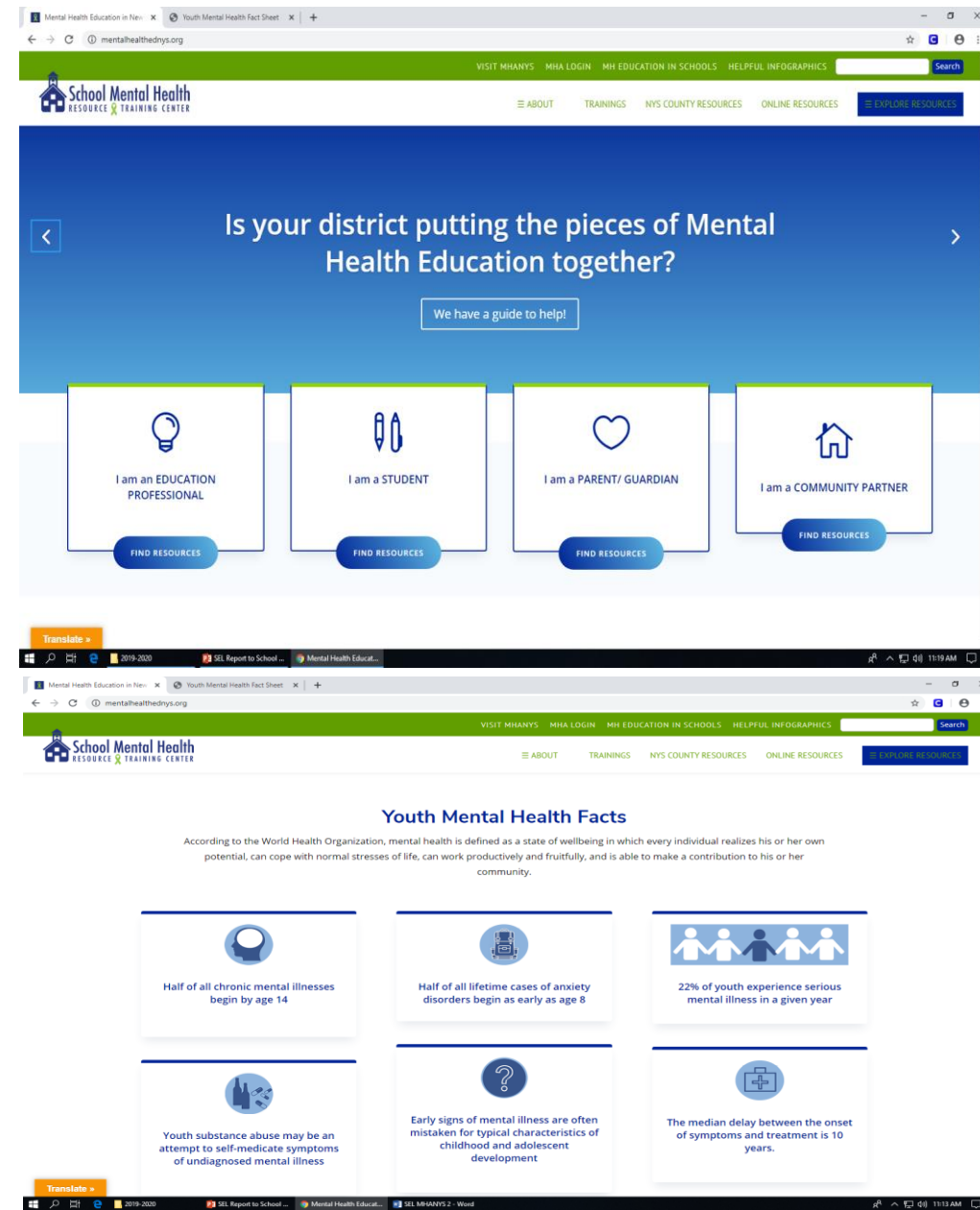
⁴ <https://www.mentalhealth.org.uk/a-to-z/p/physical-health-and-mental-health>

⁵ <https://www.cdc.gov/childrensmentalhealth/basics.html>

⁶ <https://www.cdc.gov/healthyschools/wsc/index.htm>

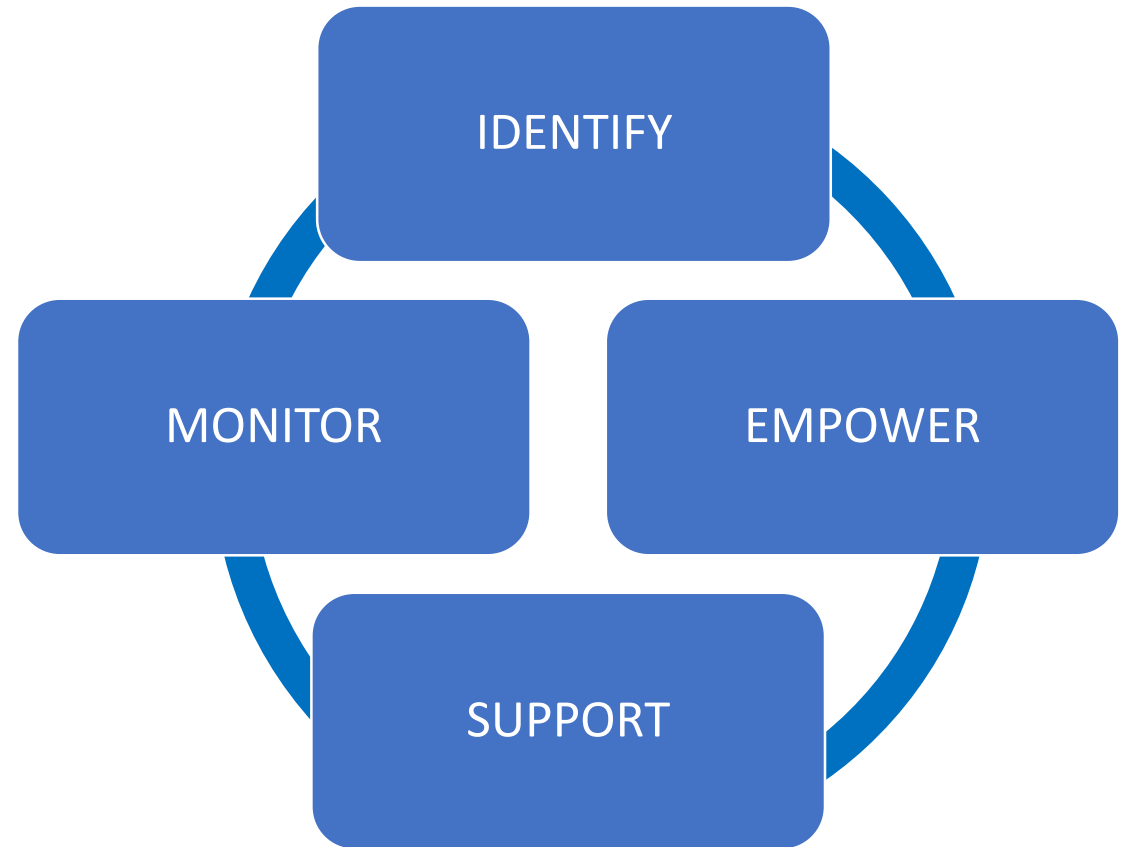
New York State Mental Health Education Readiness Guide

- 1) Creating a Mental Health Education Task Force
- 2) Creating a vision for mental health education
- 3) Using the NYS Framework for Mental Health Education Instruction
- 4) Assessing mental health education across disciplines
- 5) Exploring Mental health Education and Initiatives in Schools
- 6) Aligning vision and plan



EVERY SYSTEM
IS PERFECTLY
DESIGNED
TO GET
THE RESULTS
IT GETS.

-W. EDWARDS DEMING



IDENTIFY

Pupil Personnel Services
(PPS)

Student Review Team (SRT)

Instructional Support Team (IST)



EMPOWER

Responsive Classroom

Social & Emotional Competencies:

- Cooperation
- Assertiveness
- Responsibility
- Empathy
- Self-Control

6

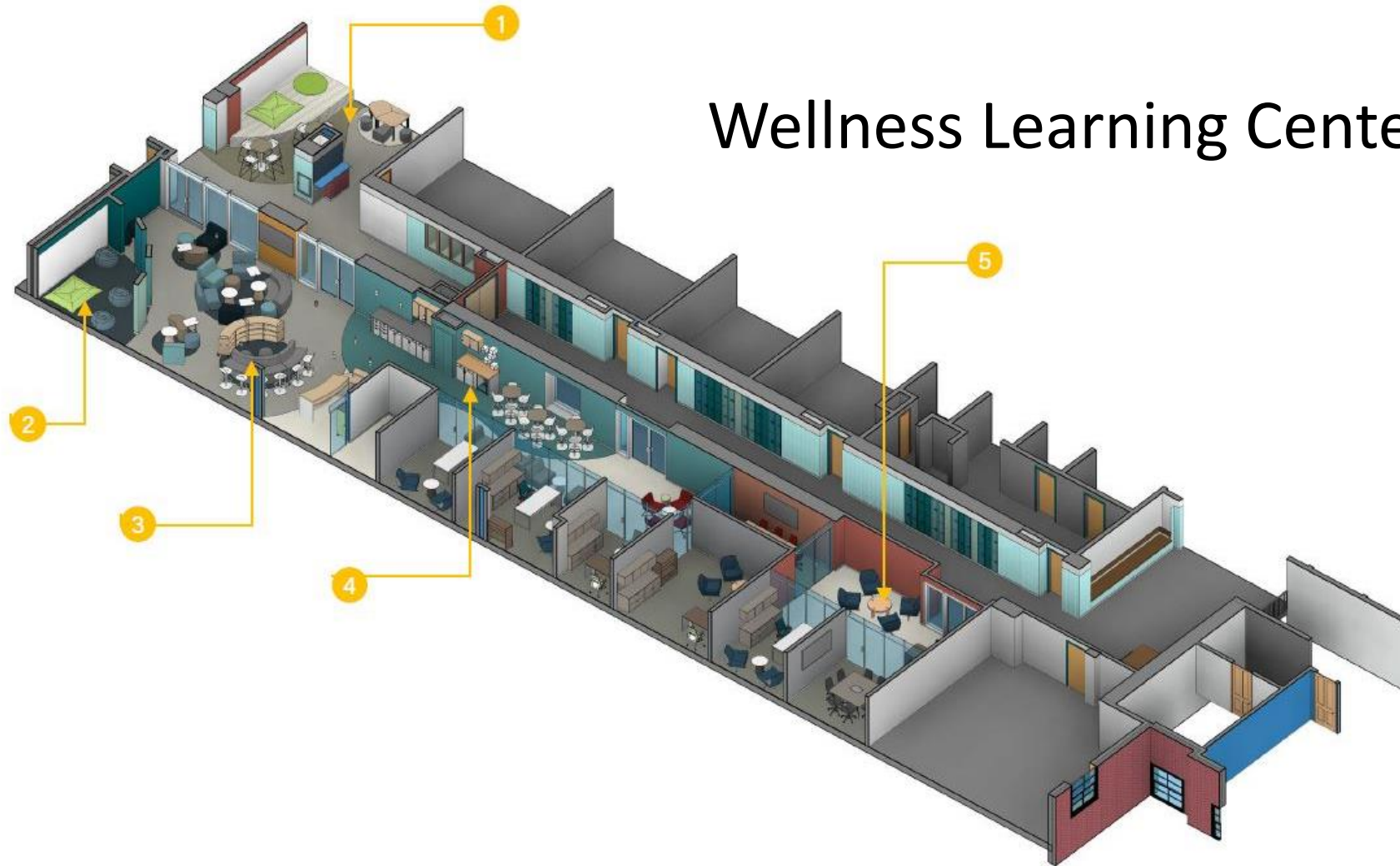
Academic Competencies:

- Academic mindset
- Perseverance
- Learning Strategies
- Academic Behaviors



EMPOWER

Wellness Learning Center

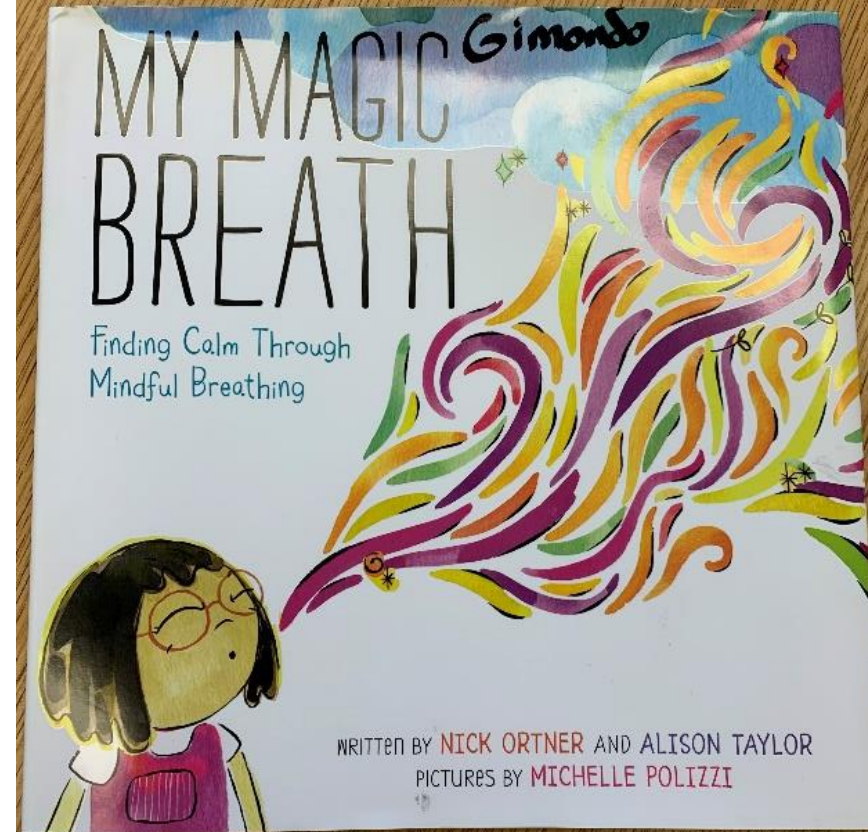


EMPOWER



Promote student
mental health
literacy

Mental Health
Education Across
Disciplines



SUPPORT

District Wellness Committee (34)

Counselors

Social Workers

Psychologists

Nurses

Administrators

Community Partners

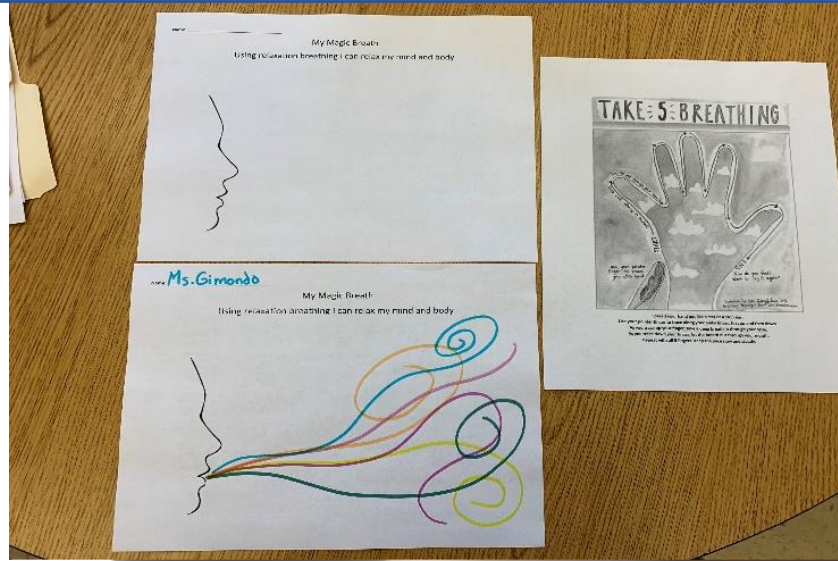
F/T School Counselor at each
elementary school



SUPPORT

School Wellness Teams

- Announcements
- Mindful mornings
- Faculty meetings
- Sensory Walks



MONITOR

Review school's data:

- ✓ Crisis referral
- ✓ Student-initiated visits to Counseling Office
- ✓ Attendance and drop-out rate
- ✓ Discipline referrals and suspensions
- ✓ MTSS data (i.e. PBIS, RtI) or SEL assessments
- ✓ Test scores, reading assessments
- ✓ DASA reports
- ✓ Visits to Health Office
- ✓ Referrals for testing/evaluations for CSE
- ✓ Referrals to student review team
- ✓ Section 504 data

Wellness Intake Form CONFIDENTIAL

Please document the student's mental health concern by responding to the prompts (below).

* Required

1. Person Completing this Form *

Choose

2. Student's ID# *

Your answer

3. Student's Grade Level *

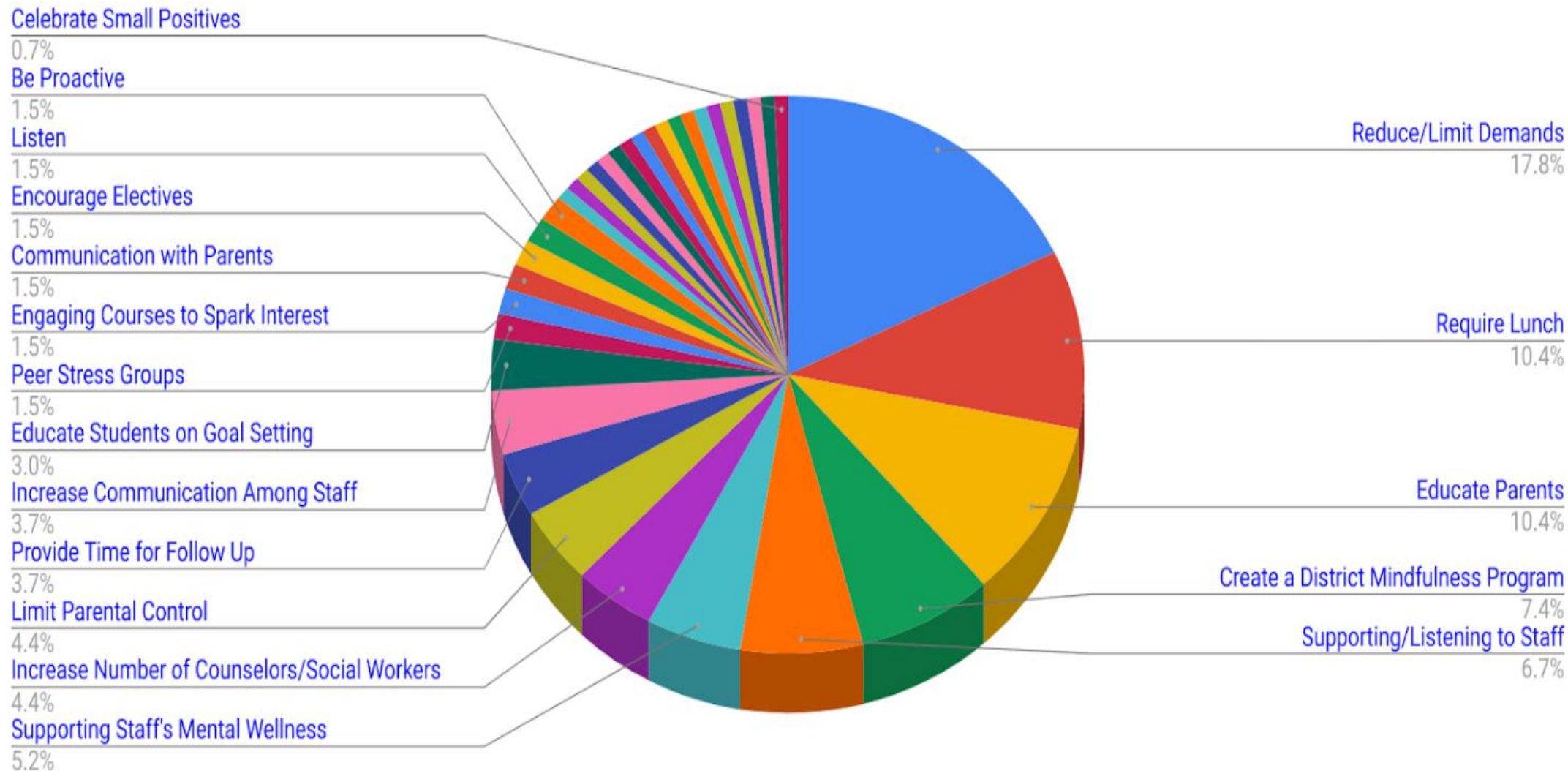
Choose

4. Nature (Choose all that apply) *

Choose

Superintendent Conference Day Mental Wellness Poll Results 2018

How can the Manhasset UFSD Best Support Mental Wellness?



“It means you’re human.”

***“By talking about what’s bothering you,
you can get better.”***

