

The National Academies of Sciences . Engineering . Medicine (NASEM)

Back In School

Spring Workshop

Addressing the Well-Being of Students in the Wake of COVID-19

Tami Santa, LISW-S, CTRT
Director, Mental Health and Wellness
Westerville City Schools



Westerville City School District



SOURCE ESRI

Facts at a Glance

2020-21

Data from 2020-21 school year unless otherwise noted

Westerville City Schools



OUR MISSION:

To prepare students to contribute to the competitive and changing world in which we live.

OUR VISION:

To be the benchmark of educational excellence.

Other Information

- 12th-largest district enrollment in Ohio; 52 square miles with seven political subdivisions.
- High School International Baccalaureate program option.
- Approximately 70 percent of our graduates pursue an education at colleges and universities around the world or join the military.
- Highly regarded athletics and extra-curricular programs.
- Regular recipient of the "What Parents Want" Award, presented by SchoolMatch, in recognition of providing the curriculum and academic rigor that parents want most for their children.
- Ranked by Forbes Magazine as the 5th friendliest community in the United States and by Movoto Real Estate as the 18th best suburban area in the nation for public education.

Our General Fund Budget

FY20 Appropriations	\$182.3 million
FY19 Per-pupil expenditure.....	\$11,578

Our Schools

Total number of school/program sites...	24
Elementary schools.....	15
Includes one All-Day Kindergarten site and two Magnet Program sites for Arts, Math, Science, & World Cultures	
Middle schools	4
High schools	3
Preschool/Early Learning Center.....	1
Academic Enrichment Center.....	1

Our Students

Total number of students.....	14,635
Grades Pre-K-5	6,411
Grades 6-8	3,378
Grades 9-12.....	4,846
Class of 2020 graduates.....	1,202

Our Employees

Total Full Time Equivalent (FTF)	1,642.72
Total FTE Licensed Staff	1,087.5
% w/Master's degree or higher	76.2
% w/10+ years experience.....	58.8
% properly certified/licensed teaching a core subject area.....	99.9
Beginning teacher salary	\$44,411

Our Student Diversity

American Indian/Native Alaskan	0.07%
Asian	4.71%
Black	26.45%
White	52.67%
Hispanic.....	7.47%
Multiracial	8.59%
Hawaiian/Pacific Islander	0.03%
Free & Reduced Lunch.....	29.67%
Limited English Proficient.....	9.17%
Number of native languages spoken by students	60
Countries represented in WCS	63
Number of English Learners.....	1,374
Students with disabilities.....	14.7%
Identified gifted.....	18.59%

Westerville City Schools
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Westerville, OH 43081
Phone: 614.873.5700

STUDENTS: Virtual Offices, Online Skills and Supports

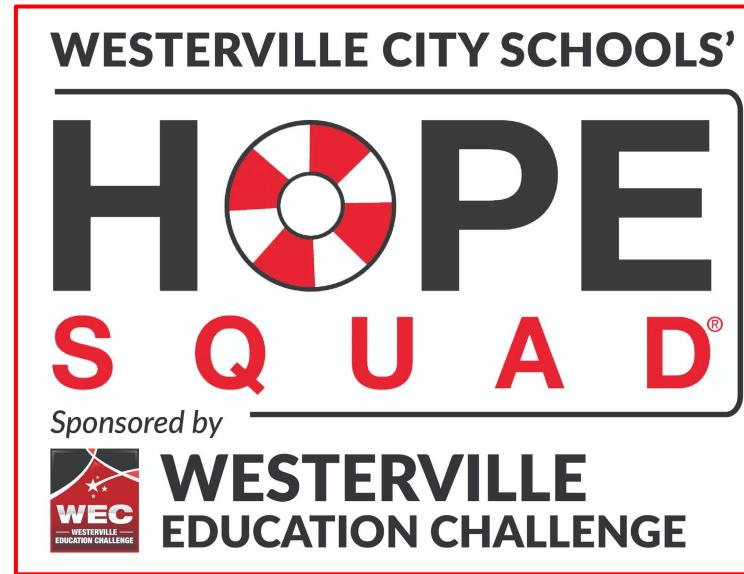


A screenshot of the Westerville City School District website. The main navigation bar includes links for "Our Schools", "Our District", "Our Calendars", and "Our Departments". The page is titled "Stress Management & Executive Functioning: Strategies & Resources". It features a large graphic with the text "Click on any office tile to explore more". Below this are several resource cards, each with a "PLAY" icon and a title: "Stress Management Introduction", "Managing Stress (PreK-5)", "Managing Stress & Pressure (Secondary)", "Six Tips For Fighting Procrastination", "Progressive Muscle Relaxation", "5 4 3 2 1", and "Five Finger Breathing". Each card has a brief description and a list of resources.



STUDENTS: Programming, Places and Spaces

- Spaces and places critical
- Recharge rooms
- Hope Squads (high school)
- Summer Bridge work and classes
- Increased classroom presence
- Signage for spaces and places
- Teacher prep for supports
- Overall: sustainability, accountability



STAFF: Places and Spaces

- Self-Care Example
- Check Ins
- Professional Learning Opportunities
 - Trauma Informed Resilient Focused Schools (long range plan)
 - Equity Work



*How Are ALL Students Seen/
Celebrated Each Day*



THANK YOU
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WESTERVILLE CITY SCHOOL DISTRICT

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Our Schools | Our District | Our Calendars | Our Departments

Parent Prep: November Video Sessions

Parent Prep sessions offer valuable information to families of children at all grade levels and will address Social-Emotional Learning (SEL) topics such as Self-Awareness, Self-Management, Social Awareness, Responsible Decision-Making, and Relationship Skills. Some sessions will be translated into Spanish, Somali, Nepali, Portuguese, Arabic afterwards; these sessions are noted below.

Due to the sensitive nature of some topics, sessions are meant for adults only; students or other children are not permitted to participate.

Kids and Technology: Social Media and Online Safety (PreK-5)

This interactive session will explore different social media apps and discuss online safety. Participants will get tips and resources about communicating and setting appropriate digital boundaries with kids, including family media agreements.

Let's Talk about Mental Health (PreK-12)

Session to discuss warning signs and stats surrounding anxiety, depression (suicide included), and other common mental health diagnoses. Participants will be able to identify signs and symptoms along with strategies and resources if/when needed.

Managing Stress (PreK-5)

Interactive session aimed at discussing various levels of stress along with techniques and strategies aimed at gaining better control over stress levels. Participants will be able to recognize signs of stress along with 3-5 strategies to manage/decrease stress levels.

Managing Stress & Pressure (grades 6-12)

Interactive session aimed at discussing various levels of stress along with techniques and strategies aimed at gaining better control over

Parents, Families, Community

- Parent Prep
- Mental Health Education
- Ask for input, respond

Across our nation:
64.1% of youth with major depression do not receive any mental health treatment.

1 in 5 teens and young adults lives with a mental health condition.

5.13% of youth report having a substance use or alcohol problem.

Why should we think it's any different in our own community?



A new community education opportunity is now available to any adult interested in acquiring the skills needed to help prevent suicide in young adults. Upon being trained in the "Question, Persuade and Refer" (QPR) technique, adult participants will learn:

- How to question, persuade and refer someone who may be suicidal;
- The warning signs of suicide; and
- How to get help for yourself or learn more about preventing suicide;

Virtual course options: April 16 or May 14, 2021, both from 2-4 p.m., are scheduled as QPR (2-hour) adult training dates. For more information about this initiative or to register for the virtual training sessions, sign up at <http://tiny.cc/wcmheo>

This community education opportunity for adults helps support the Westerville City School District's new "Hope Squad" suicide prevention initiative. Thank you to the Westerville Education Challenge (WEC) organization for making this opportunity available to our community, as well as their ongoing support of student wellness and mental health programs in our schools.



Partnerships

Consistent Communication, All Parties

★ Basic Needs Access

- Access in/out of school
 - Food
 - Toiletries

★ Other Needs

- Neighborhood Bridges
- Crisis Resources



WESTERVILLE CITY SCHOOL DISTRICT

Our Schools - Our District - Our Calendars - Our Departments -

Mental Health and Wellness

Tami Santa, LISW-S
Director, Mental Health and Wellness

For Immediate Support 24/7/365

- Franklin County Crisis Line (Nationwide Children's Hospital, 17 and under): 614-722-1800
- Netcare Crisis Line (18 and over): 614-276-2273
- Delaware County Helpline: 1-800-684-2324

Text HELLO to 741741
If you are in a crisis & need help, [CLICK TEXT LINE](#)

1-800-273-8255
You don't have to suffer alone. If you or someone you know is having thoughts of suicide, [SUICIDE PREVENTION LIFELINE](#) is here to help.

1-800-418-6423 (Ext. 359)
SAFE SCHOOL
See Something, Say Something

The Westerville City School District recognizes that children come to school from a variety of circumstances. District officials are committed to meeting the needs of the whole child and understand that student learning is best supported by positive relationships between family, school, and community. The district partners with school, community, and other agencies.

There are supports for student mental health available in each building. We are able to provide social-emotional support services to students and/or refer families to numerous community agencies that can provide short- or long-term support when necessary. The level of service is determined individually and can include support from a school counselor, a student assistance program specialist or a Concord clinician, or any combination thereof.

We encourage any family to reach out and request help to access these services through our school-based mental health professionals, the District's [Counselor Referral Line](#), or the [Community Referral Line](#).

Documents

- Grief and Bereavement Resources**
Helping Children and Teens Through the Grief Process
- Homelessness Resources**
Homelessness Street Card
- Emergency Resources**
Safe School Helpline
Suicide Prevention Lifeline
Teen Suicide Information and Resources for Families
Crisis Textline

Links

- District Resources**
K-12 School Counselors & Clinicians
Stress Management & Executive Functioning Strategies & Resources
Hope Squad program
- Local Resources**
CAP4Kids
Community Shelter Board
Hands On Central Ohio
Helpline of Delaware and Morrow Counties
Mental Health & Recovery Board of Union County
Nationwide Children's Hospital
Courses for Parents and Kids
Neighborhood Bridges
Westerville Area Resource Ministry
- National Resources**
Mental Health America
National Alliance on Mental Illness
Substance Abuse and Mental Health Services Administration
The Jason Foundation
U.S. Department of Education Tools for Student Success
- Board Policy**
Board Policy Online



#WCSWhereUBelong

/WCSOH

/WCSDOhio

www.WCSOH.org

Thank You.

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