



*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



## Facts at a Glance

2020-21

### Westerville City Schools

Data from 2020-21 school year unless otherwise noted



#### 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.

#### Westerville City Schools

936 Eastwind Dr., Ste. 200  
Westerville, OH 43081

#### 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.

#### 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 (FTE) ..... 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

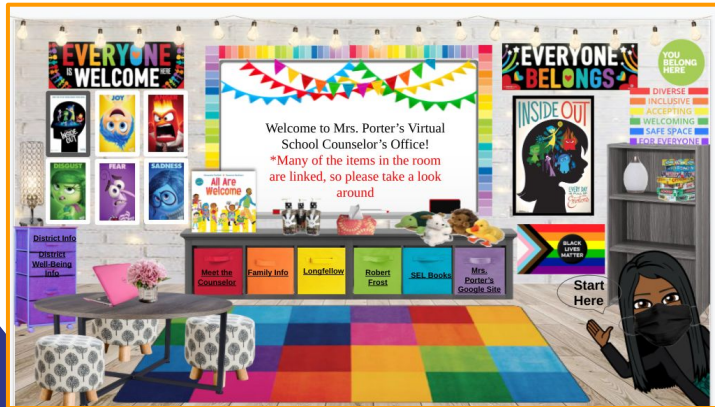
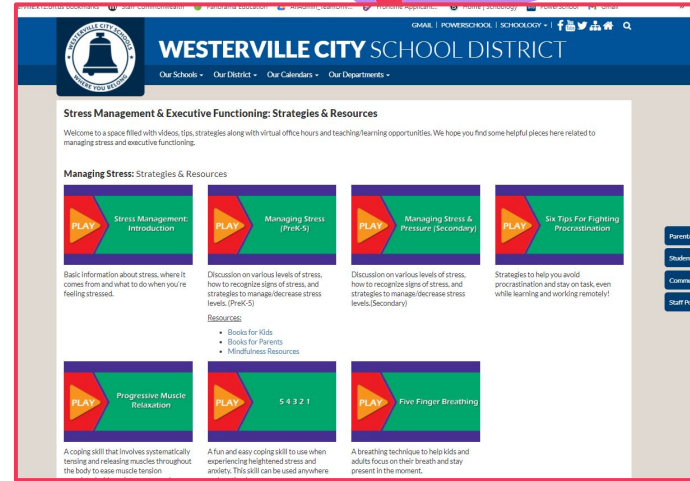
#### Our Student Diversity

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%

# STUDENTS: Virtual Offices, Online Skills and Supports

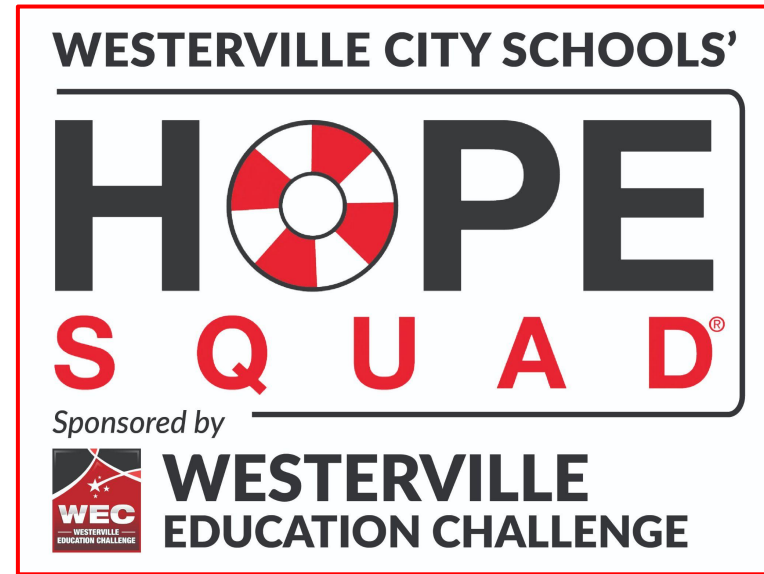


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# STUDENTS: Programming, Places and Spaces

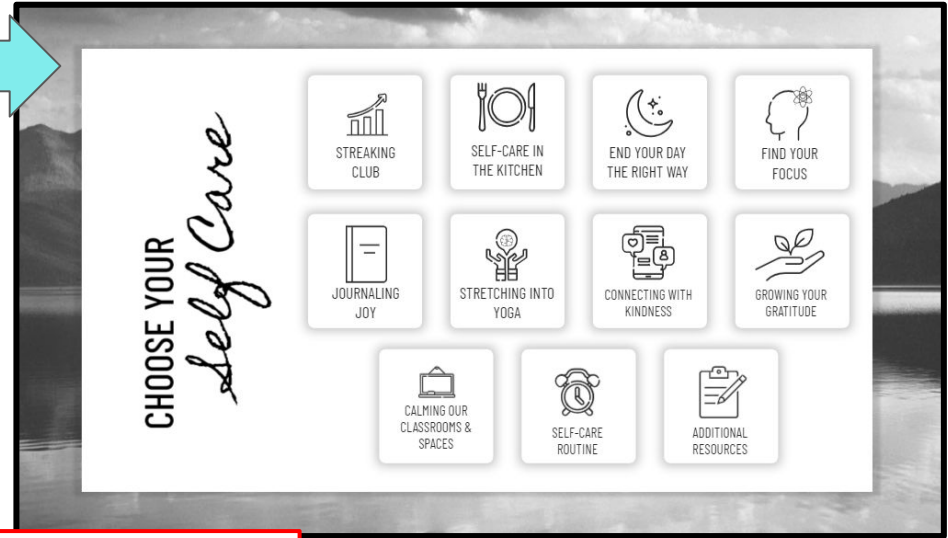
- Spaces and places critical
- Recharge rooms
- Hope Squads (high school)
- Summer Bridge work and classes
- Increased classroom presence
- Signage for spaces and places
- Teacher prep for supports
- Overall: sustainability, accountability



# 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  
FOR JOINING US



Proudly Sponsor



# Parents, Families, Community

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

WESTERVILLE CITY SCHOOL DISTRICT

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

**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 common causes of suicidal behavior;
- How to get help for yourself or learn more about preventing suicide;
- The warning signs of suicide; and
- How to get help for someone in crisis.


**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 "Hop 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



The screenshot displays the Westerville City School District website. The header features the district's logo and navigation links: "Our Schools", "Our District", "Our Calendars", and "Our Departments". The main content area is titled "Mental Health and Wellness" and includes a photo of Tami Santa, LISW-S, Director of Mental Health and Wellness. Below her photo, it lists "For Immediate Support 24/7/365" with three options: Franklin County Crisis Line (614-722-1800), Netcare Crisis Line (614-276-2273), and Delaware County Helpline (1-800-664-2324). There are also three emergency resource cards: "Text HELLO to 741741", "1-800-273-8255 SUICIDE PREVENTION LIFELINE", and "1-800-418-6423 (Ext. 359) SAFE SCHOOL HELPLINE". The text below these cards states: "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 in a safe, positive relationships between family, school, and community. Such partnerships create a supportive learning environment. Such partnerships with school, community, and agencies. There are supports for student mental health 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 your assigned school counselor or school administrator. Please follow this link: [link]". To the right of the main content, there are two columns: "Documents" and "Links". The "Documents" column lists: "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), and "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). The "Links" column lists: "District Resources" (K-12 School Counselors & Clinicians, Stress Management & Executive Functioning, Strategies & Resources, Hope Squad program) and "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). The "Board Policy" section lists "Board Policy Online".



# Thank You.

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