



Bear Valley Mental Health Team

Presentation developed by:
Ruthie Zuckerman & Lindsay McCool
BVIS PAC Meeting 4/15/2020

2019 -2020 Team Members:

 Ruthie Zuckerman, School Counselor - Full Time

Lindsay McCool, School Social Worker - Full Time

Jeanette Nicastri, School Mental Health Provider - 3 days / week

Lindsay Fuentes, School Psychologist - 1 day / week

Chelsea Hull, School Social Work Intern / Paraprofessional - 3 days / week

Social Work Floater (Substitute) - 4 days / week

2020-2021 Team Members:

Ruthie Zuckerman, School Counselor - Full Time

Lindsay McCool, School Social Worker - Full Time

Jeanette Nicastrì, School Mental Health Provider - 3 days /
wk

Katelyn Dusdal, School Psychologist - Full Time (pending
HR hire)

1 FT paraprofessional

General Overview of duties performed by the Mental Health Team at BVIS

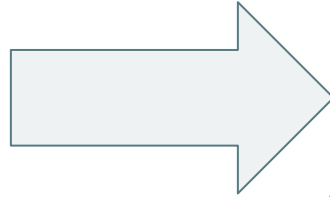


- Special education / IEP support
 - Individual sessions
 - Group sessions
 - IEP meetings
- General education support
 - Teacher referrals
 - Need to talk forms
 - Parent referrals / Homelessness referrals
- Small groups
- Manage 504s
- Safety (Suicide Risk Reviews, Threat Appraisals, Self-Injury Protocols)
- Attendance (phone calls, attendance contracts, attendance meetings, home visits, TAP support)

Why Have Mental Health Providers in Schools?

There is a growing and unmet need for mental health services for children and youth.

According to the U.S. Department of Health and Human Services, one in five children and adolescents experience a mental health problem during their school years.



Bullying

Self-injury
/ Suicidal
Ideation

Learning
disabilities

Anxiety

Family
problems

How Do We Meet Mental Health Needs at BVIS?

Tier 1 (everyone)

- Positive Action
- School-wide culture days
- Attendance challenges
- 6th grade Signs of Suicide training
- Mindful Mornings Club
- MEI classes
- Safe2Tell

Tier 2 (~15%)

- Lunch groups
- Self-regulation groups
- Coping skills groups
- Targeted interventions
- Need to talk forms
- No Bully App
- TAP
- Grief groups

Tier 3 (~5%)

- 1:1 support
- Weekly check ins
- Teen intervene
- Community referrals
- Crisis support
- Suicide risk reviews, Self-injury protocols
- 504 plans

Special Education

- Small groups
- 1:1 therapy
- Assessments
- Classroom push-in
- IEP meetings
- Behavior plans

Social Work / Psych Roles

- Manages a caseload of 28 students with Individual Education Plans (Special Education)
- Provides 2,200+ minutes of mental health services to special education students monthly
- Responds to general education crisis
- Completes social / emotional and cognitive special education assessments
- Case manager for 15 504 plans
- Completes safety protocols
- Participates in weekly meetings, including: RTI, Grade level, Special education, Mental health and Attendance team
- Provides attendance support and files all truancy for Bear Valley

School Counselor Roles

- Provides short term solutions-focused brief 'therapy' to general education students, with the aim of removing barriers to academic success
- Develops Tier 1 SEL BVIS specific student facing material
- Responds to general education crisis
- Completes safety protocols
- Creates BVIS specific iCAP lesson plans for all grades
- Participates in weekly meetings RTI, Grade level, Team Specialists, Mental health and Attendance team
- Monitors attendance for all grades and provides attendance interventions

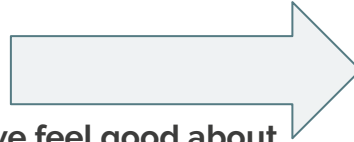
Tier 1 - SEI Curriculum

Positive Action (2019-2020)

Positive Action is based on the intuitive philosophy that we feel good about ourselves when we do positive actions.

The Thoughts-Actions-Feelings Circle (TAF) illustrates how this works in life: our thoughts lead to actions and those actions lead to feelings about ourselves which in turn lead to more thoughts.

When this cycle is negative, students do not want to learn. When this cycle is positive, students want to learn. The essence of the program is to emphasize those actions that promote a healthy and positive cycle. The Positive Action program works through these concepts in a systematic way (Positiveaction.net).



(2020-2021)

With our students and families in mind the Mental Health and Wellness team at BVIS along with future Principal Leon and self selected teachers we have begun researching a new curriculum for next school year.

BESS (Universal Screener) Data



FALL 2019 -

ACCESS DATA

SHARE OUT HERE

SPRING 2020 -

ACCESS DATA

SHARE OUT HERE

What are Need to Talk Forms?

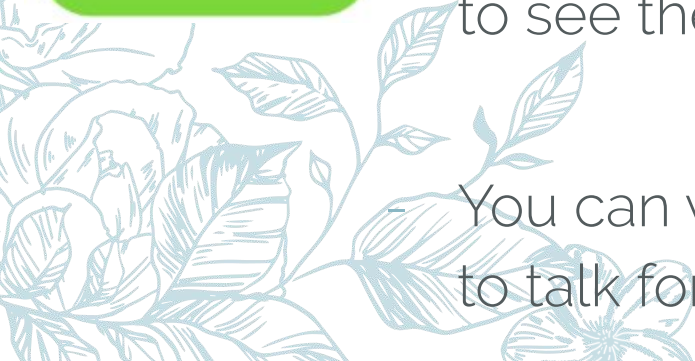


- Every student at BVIS has access to the Need to Talk form electronically on their iPad OR by paper in each classroom.

**NEED
2
TALK**

- Need to Talk forms are how BVIS students request to see the counselor, social worker or psychologist.

- You can view the specialized remote learning need to talk form [here](#)



Need to Talk Data



As of March 12,
the MH team has
responded to
440
need to talk
requests

These forms varied in reasons, examples include:

- Anxiety / Depression
- Self-injury / Suicidal ideation
- Interpersonal relationship difficulties
- Home difficulties
- Stress
- Seeking resources
- Academic difficulties

Safety Protocol Data

During the 2019-2020 school year, as of March 12th 2020, the MH has completed **63** safety protocols:

- **Suicide Risk Reviews: 35**
- **PIG-F (preliminary gathering information form): 13**
- **Threat appraisals: 5**
- **Self-injury protocols: 10**

Food for Thought

The BVIS Mental Health and Wellness team has partnered with Food for Thought.



What is Food for Thought?

Today, Food for Thought Denver remains a 100% volunteer organization which strives to eliminate weekend hunger — servicing 53 schools in the Denver area. While most of our food recipients qualify for free and reduced breakfast and lunch programs during the school week, many of these kids do not have enough to eat on the weekends. As a result, we have set forth on one simple mission: **fill this weekend hunger gap.**

What does it look like at BVIS?

Every other week, Food for Thought delivers enough bags of food, filled with non-perishables, for each BVIS student to take one home. If a student chooses not to take the bag home, the food is stored at BVIS for families that need additional food resources. We were able to provide over 30 families with additional food prior to leaving for the CoVid-19 extended break.

[Find out more about Food for Thought here](#)

A Global Pandemic Won't Stop Us!

During the Coronavirus e-learning crisis, the BVIS MH team has:

- ◆ Completed virtual check ins with special education and general education students
- ◆ Implemented a new remote learning need to talk form
- ◆ Created a new BVIS MH & Wellness website with resources for families and student.
- ◆ Created a new YouTube channel with weekly mindfulness videos
- ◆ Raised over \$4,000 in donations to provide BVIS families with food baskets
- ◆ Created weekly social / emotional worksheets for each grade levels
- ◆ Created a BVIS virtual family trivia night to increase community engagement



The MH team celebrates Halloween with all the feel(ing)s



Mental health and RCT showing our Yetis some virtual love