Mental Health Wellness Committee
2015-2016 School Year Summary
School Board Goal

- Improve efforts related to Student Wellness and Mental Health - April 2016
  
  a. Evaluate Current Efforts
  
  b. Engage the Community
  
  c. Ensure Broad Internal District Participation (School Counselors, Nurses, Social Workers, etc.)
  
  d. Update and Revise Adopted Plan
## 2015 – 2016 MENTAL HEALTH PLAN

### DISTRICT LEVEL STRATEGIC ACTION PLAN: Personalized Learning

#### DISTRICT GOAL
Innovative Personalized Instruction
Innovative, student centered instructional practices will support personalized learning for all ORCSD students.

#### BUILDING LEVEL GOAL
Improve efforts related to student wellness and mental health, district wide by June 2016.

<table>
<thead>
<tr>
<th>ACTION STRATEGIES</th>
<th>RESOURCES NEEDED</th>
<th>PERSON RESPONSIBLE</th>
<th>COMPLETION DATE</th>
<th>PROGRESS INDICATORS</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Form sub-committee from Wellness Committee</td>
<td>Professional Development</td>
<td>Catherine Plourde, Heather Machanoff</td>
<td>September 2015</td>
<td>Garner K-12 representatives</td>
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<tr>
<td>2. Complete needs assessment at each building</td>
<td>Counselors, school psychologist, Nurses, District physician</td>
<td>Sub-committee = assessment</td>
<td>October 2015</td>
<td>Completion of survey</td>
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<tr>
<td>3. Publish a directory of area agencies and providers for mental health</td>
<td>Psychologist</td>
<td>Director, counselors</td>
<td>November 2015</td>
<td>Publish document Share with community and website</td>
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<tr>
<td>4. Public Forum</td>
<td>Power point presentation</td>
<td>Catherine Plourde, Heather Machanoff</td>
<td>April 2016</td>
<td>Meeting minutes</td>
</tr>
<tr>
<td>5. Report to School Board</td>
<td>Power point, Report</td>
<td>Jim Morse, Catherine Plourde, Heather Machanoff</td>
<td>June 2016</td>
<td>Board presentation and approval</td>
</tr>
</tbody>
</table>
Committee Members

- Todd Allen
- Heather Machanoff
- Jason Baker
- Joe Saxe
- Dagmar Lamberts
- Rob Quaglieri
- JoAn Saxe
- Jean Wons
- Paula Roy
- Holly Pirtle
- David Geschwendt
- Brenda Tirrell
- Felicia Sperry
- Carina Dolcino
- Stacey Brooks
Needs Assessment

- Access to mental health services
- Comprehensive and accessible directory of mental health providers in the local area
- Implementation of a mental health screening tool
- Additional suicide prevention education
- Additional staff training in the areas of mental health/crisis response/suicide prevention
- Dedicated personnel in the area of social work
- Resiliency and coping strategies education
- Update existing crisis plan/create district wide plan
- Increased community involvement
Wellness Fair and Community Dinner
Participants Included:

- Classroom yoga for children
- ORCSD Green Team
- Community Partners
- Goodwin Community Health
- NAMI-NH
- The for Center Eating Disorders Management
- Craft Cottage
- Durham Parks & Recreation
- ORYA
- End 68 Hours of Hunger
- Seacoast Outright
- American Foundation for Suicide Prevention
- American Foundation for Suicide Prevention
- Chuck Novak, LDAC
- Hope on Haven Hill
- BodyMindSpirit Massage
- Haven
How To Make Stress Your Friend
Kelly McGonigal

Stress. It makes your heart pound, your breathing quicken and your forehead sweat. But while stress has been made into a public health enemy, new research suggests that stress may only be bad for you if you believe that to be the case. Psychologist Kelly McGonigal urges us to see stress as a positive, and introduces us to an ensign mechanism for stress reduction reaching out to others.

Located in the Library


The Power Of Believing You Can Improve
Carol Dweck

Carol Dweck researches “growth mindset” — the idea that we can grow our brain’s capacity to learn and to solve problems. In this talk, she describes two ways to think about a problem that’s slightly too hard for you to solve. Are you not smart enough to solve it yet? or have you just not solved it yet? A great introduction to this influential field.

Located in C123

https://www.ted.com/talks/carol_dweck_the_power_of_believing_that_you_can_improve?language=en

Rethinking Anxiety: Learning to Face Fear
Dawn Huebner

We are hard-wired to want to escape from the things that scare us – to run, play or freeze in the face of danger. That’s a good thing, but anxiety is about perceived danger, which is different from actual danger. When we act solely on nervous feelings, our worlds become very small. Our desperate attempt to avoid discomfort and uncertainty fuels anxiety, and avoidance locks it in place. Yet we can take back control. We can learn to face our fears, rather than running from them.

Located in C120

http://tedxtalks.ted.com/video/Rethinking-anxiety-Learning-to
Looking Ahead

- Post-traumatic Stress Management and Psychological First Aid Training with Dr. Robert Macy of the International Trauma Center in Late July
- The Development of a K-12 Crisis Plan
- Gatekeeper Suicide Prevention training for Staff and community members
- Suicide prevention curriculum including additional mental health screening tool
- Three Community Dinners/Wellness events
- The committee would like to explore:
  - The impact of technology on healthy development
  - How to best address mental health needs of students at-risk
  - YRBS Data