

COVID Response for School Health Learning Collaborative

Session Four: Student Wellness – Awareness and Resiliency

Ana Damme, PhD
Michael Coutts, PhD

Children's Behavioral Health
September 24, 2020
Via Zoom



- ✓ Mute your phone!
- ✓ Please enter your name and email address in the chat box
- ✓ Sessions will be recorded with video, PowerPoint, and Q&A available at: www.childrensomaha.org/back-to-school/
- ✓ An evaluation will be provided after via a link at the end of the presentation and via email

Take Five



A quick chat about what is happening in schools with our experts:

- **Dr. John Skretta**
ESU6 Administrator
- **Megan Lytle**
Lincoln PS School Nurse

Student Wellness – Awareness and Resiliency

- Ana Damme, PhD & Michael Coutts, PhD

Disclosures:

No disclosures necessary

Purpose

- Build awareness on signs of mental health concerns in students
- Develop awareness of signs of student in distress and how COVID impacts their current functioning
- Identify strategies for supporting students in distress

Students in Distress and Influences of COVID

social interactions

mode of learning

anceled graduation

extra curricular activities

COVID-19

=

CHANGE

home environment

anceled dances

visiting family

safety

illness

sleep routines

change in family traditions

meals

Signs of Possible Mental Health Concerns

Behavioral/Observable

- tearful
- withdrawn
- isolated
- school refusal
- poor performance
- disruptive and disrespectful behavior
- risk-taking behavior
- poor hygiene

Cognitive/Emotional

- poor decision making
- poor concentration
- inattentive
- forgetful
- emotional lability
- hopelessness
- sadness
- anger
- irritability
- low motivation

Physical

- change in sleep
- headaches
- muscle tension
- body aches
- change in appetite
- nausea

Resiliency—we gotta bounce back

positive outcome

adversity



Helping Students with Mental Health Concerns

- Assessment of role and resources
- How do student interactions vary
- Supporting students and staff
 - Assessment
 - Connecting resources
 - Intervention
 - Resources for students



Assessment Tools*

- Interviewing
- Screening
- *Considerations for assessment



Connecting Resources

- Use assessment to guide connection to resources
- Connections within the school
- Connections within the community



Intervention Tools

- Helping kids in the moment
- Psychoeducation
- Resilience
- Routines
- Helping with anxiety and school refusal



Student Resources

- Apps
- Information sheets
- Coping tools



Resources

- SCARED Scale:
 - <https://www.midss.org/content/screen-child-anxiety-related-disorders-scared>
- CES-D
 - <http://www.chcr.brown.edu/pcoc/cesdscale.pdf>
- PHQ-9
 - <https://adaa.org/living-with-anxiety/ask-and-learn/screenings>

Discussion & Questions

Thanks for listening!

Session Feedback

**YOUR
VOICE
MATTERS**

An evaluation will be emailed, or you can use the link below (also in chat box).

Your feedback helps us provide you with helpful and applicable content!

<https://tinyurl.com/chmc-covid4>

THANK YOU!

Coming Soon...

Session Five:
***Symptom Differentiation & Communication
with Primary Care***

Thursday, October 8th
3:30-4:30 PM CST

Via Zoom

www.childrensomaha.org/back-to-school/