

ASCA WEBINAR SERIES



AMERICAN
SCHOOL
COUNSELOR
ASSOCIATION

Communitywide Mental Health Education

Webinar Presenter: Cassie Poncelow
Webinar Date: April 5, 2018



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Learning outcomes:

- Identify resources you can partner with in the community.
- Actualize a community mental health event that fits your population.



 An event flyer for "Mental Health Matters". At the top left is the American School Counselor Association logo. To its right, the words "ASCA WEBINAR SERIES" are written in a light green, spaced-out font. The main title "MENTAL HEALTH MATTERS" is in a large, bold, blue font. Below the title, the text reads: "A Poudre School District Parent and Community Education Event for PSD Educators and Northern Colorado Families". The date "MARCH 8, 2018" is in a large, bold, blue font, followed by "6-9 PM AT POUDBRE HS" and "201 S. IMPALA DRIVE, FORT COLLINS, CO" in a smaller, blue font. A paragraph of text below states: "Open to the Northern Colorado community, breakouts on Mental Health topics will be presented every hour allowing participants to attend up to three sessions. Topics will include: Anxiety, Depression, Self-Harm, Social Media, Grief, Substance Abuse and more. New speakers and presentations by students will offer great insight for all attendees. Event schedule will be available on the Poudre School District website beginning February 24th." To the right of the flyer, there are two bullet points:

- Community wide Mental Health event held originally in December 2015 and now happening annually in Poudre School District.
- Conference format with 30 breakout sessions an average of 400 attendees.

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Poudre High School

February 2015 – November 2015

- Daughter of PHS Teacher drowns
- Junior student killed by a train
- Freshman student killed in an accident
- Sophomore student dies of illness
- Senior student hits and kills cyclist
- Brother of Senior student dies in an accident
- Major suicide attempt at school
- Daughter of teacher attempts suicide and is hospitalized for several weeks
- Daughter of teacher attempts suicide
- Two 11-year old students in PSD commit suicide

1800 students
40% F/R Lunch
35% Hispanic/Latino
10% IEP
18% ELL

*"I feel like Poudre High School is cursed."
– PHS Teacher*

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How we arrived at MHM

- PHS Ambassadors – role in Mental Health Education and Climate and Culture building
- PSD Peer Summit
- PHS Mental Health Team conversation



PHS Ambassadors

- 50 Upperclassmen who mentor all PHS Freshmen and teach a 14-week curriculum on topics such as goal setting, diversity, LGBTQ+ acceptance, teen dating violence, sexual assault and suicide prevention.
- Support overall building culture and climate.



PSD Peer Summit

- Annual Peer/Ambassador event for all PSD comprehensive high schools
- History of the Peer Summit
- Shift to Mental Health education



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THE HACK MINDSET

What we mean when we talk about hacking.



**Bias
to
Action**

Don't over think it,
just try it.



**Fail
Forward
and
Learn**

Use "failures" as
opportunities to learn.



**Start
small**

Keep the goal small,
the team tight and
the timeline short.

From Stanford's d.School and IDEO Design Firm

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Mental Health Matters Logistics

- Soliciting presenters and developing a list of topics
- Developing a model
- Marketing and community connections
- Role of Ambassadors
- Role of School Counselors/District Staff
- Support for Spanish Speaking families





Share Out

What Mental Health issues are you seeing parents and teachers needing additional resources on?



Mental Health Matters Logistics

- Soliciting presenters and developing a list of topics
- Developing a model
- Marketing and community connections
- Role of Ambassadors
- Role of School Counselors/District Staff
- Support for Spanish Speaking families





Share Out

What are some community resources that you might be able to tap into to support this type of idea?



MENTAL HEALTH MATTERS December 3, 2015 – Poudre High School

Time	Topic	Speaker	Room
6:30-6:50 PM	How to Help a Grieving Teen - (Real Talk) at Hospital Hearts	Understand and Cope With Trauma - Dr. Brian Muegler	Room 218
	When Bad Things Happen... Helping Teens Understand and Cope With Trauma	What to say, when to say it, how to say it, and what not to say - Josh Emery	Room 218
7:00-7:15 PM	How to Help a Grieving Teen - (Real Talk) at Hospital Hearts	Understand and Cope With Trauma - Dr. Brian Muegler	Room 218
	When Bad Things Happen... Helping Teens Understand and Cope With Trauma	What to say, when to say it, how to say it, and what not to say - Josh Emery	Room 218
8:15-8:30 PM	How to Help a Grieving Teen - (Real Talk) at Hospital Hearts	Understand and Cope With Trauma - Dr. Brian Muegler	Room 218
	When Bad Things Happen... Helping Teens Understand and Cope With Trauma	What to say, when to say it, how to say it, and what not to say - Josh Emery	Room 218

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MENTAL HEALTH MATTERS

6:00-6:50PM

Presentation Title	Description	Location
Marijuana in Colorado: Impact on Youth - Gabee Hutchison	This presentation addresses the marijuana culture that has grown rapidly in Colorado and its impact on our youth. We discuss what marijuana is, its drastic increase in potency over time, the effects of marijuana on the developing brain, the unintended consequences of legalizing marijuana, and most importantly, what we can do as parents, professionals and the community to help our youth make healthy choices.	Room 314
A second chance: My journey with depression, high school, and navigating my teenage life after a serious suicide attempt - Grace Wankerman	A presentation illustrating the real experience of teen depression and recovering from a serious suicide attempt. This presentation is all through the perspective of a 18-year-old girl.	Pub Lab
Do You Want to Parent a Teenager? -Michael Gitter	What works and what doesn't in parent/teen relationships	Events Center
The ABC's of LGBTQ+ -GRANA Youth	Defining the LGBTQ+ words that young people already know, learning the difference between gender identity, gender expression and romantic or sexual orientation. Learn to speak SAFE with your teens. This presentation will have a question and answer time, where parents/staff/youth can feel comfortable asking the hard questions.	Room 309
Connection, Protection and Action: Suicide Prevention in PSD -Melanie Voegeli-Morris and Margaret LeMaster	Parents will be given information on PSD's suicide prevention efforts, and protocols used when assisting suicidal students in PSD. Parents will learn about resources within PSD and the community as well as how to best access these supports. Participants will also learn what they can do proactively to connect with and have important discussions with their child.	Room 318
Apoyando al crecimiento de	En esta presentación hablaremos sobre algunas de las consecuencias, hitos que	Room 330

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Feedback and Data

- Feedback forms collected included session feedback, demographic information and topic suggestions for future MHM events
- 12 sessions in Spanish with 60 Spanish-speaking families in attendance
- 95% of attendees attended all 3 sessions





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MENTAL HEALTH MATTERS

Dear Training and Technical: Thank you for joining us for Mental Health Matters, a Community and Parent Educator event hosted by Poudre Valley School. Please complete this feedback form to help us to plan for future work. Feedback forms will be utilized as you and the training begin.

I am a child/young person who attended this session? _____ Parent/Family _____ Community Member
 _____ School _____ Health Professional _____ Community Member _____ Student _____ Adult

If you are a parent/family, where do you live (child/young person)? _____

How did you hear about Mental Health Matters (please check all that apply)?

_____ Parent/Family Community _____ Homepage _____ School website/School event _____ School or online website _____ Facebook/Friend Media _____ Other _____

How many Mental Health Matters sessions did you want to attend in the future (check all that apply)?

_____ 1-2 _____ 3-4 _____ 5-6 _____ 7-8 _____ 9-10 _____ 11-12 _____ 13-14 _____ 15-16 _____ 17-18 _____ 19-20 _____ 21-24 _____ 25-30 _____ 31-36 _____ 37-42 _____ 43-48 _____ 49-54 _____ 55-60 _____ 61-66 _____ 67-72 _____ 73-78 _____ 79-84 _____ 85-90 _____ 91-96 _____ 97-100 _____ Other _____

Please take a moment to rate the session that you attended:

Title: _____ Presenter: _____

The Presenter provided practical suggestions	1 - Low	2	3	4	5 - High
The Presenter shared resources/contacts	1 - Low	2	3	4	5 - High
The Presenter delivered a well-organized presentation	1 - Low	2	3	4	5 - High
The Presenter increased my awareness of the subject matter	1 - Low	2	3	4	5 - High
The overall rating of this session is:	1 - Low	2	3	4	5 - High

Additional Comments: _____

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Additional Comments: _____


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Feedback and Data

- 80% of attendees were not affiliated with PHS but were from across the district including Greeley, St. Vrain, Thompson Valley and North Denver
- Approx. 60% parents, 20% educators and 20% community members
- 87% of presentations scored a "5" on the "Overall Rating of this Session"





Mental Health Matters Feedback

- *"I really appreciated how organized it all was. It was so nice to be greeted by student ambassadors as we came in, the signage for where room were and schedules were evident throughout the hallways, the students were posted everywhere to be of such great assistance, and it seemed like everything ran very smoothly transitioning from one workshop to the next." I attended 3 sessions and all were excellent. – Community Health Provider*
- *"What a gift to the community last evening! Thank you for your time, caring thoughts and efforts towards putting on an excellent, **much needed**, informative evening!" – Middle School Parent*
- *"What I loved about tonight's MHM event was being together with all the people in PSD and Fort Collins whom believe in mental health and work to support it every day. As a MH provider, the collective gathering of colleagues was powerful and felt very celebratory. Thank you!!" – District Mental Health Provider*



Essentials

- Limit the number of sessions.
- Consider offering some sessions twice or blocked sessions for sessions that might be longer.
- Consider if CEUs or Professional Development credits might be available through your district.
- Minimal cost for the event:
 - Copies, name tags, table signs
 - Presenter Gift Bags (water, granola bar, mints, PHS item, thank you card)
 - Cookies and coffee (donated)



What's Next for Mental Health Matters

- Created a Poudre School District Mental Health Matters Team, now supported by School Health Professionals Grant from the state
- Hosted events annually – recent events have also included a Resource Fair and Childcare
- Discussions about how to expand to support elementary educators and parents



Questions?