Behavioral Health Matters

Social isolation and loneliness are significant risk factors for:

- internalizing & externalizing behaviors
- difficulty forming connected & stable relationships
- adjustment difficulties
- poorer physical health
- challenges with social & emotional development

Depression and anxiety symptoms are risk factors for:

- decrease in academic performance
- increase in school absenteeism or drop out rates
- harm to self or others
- poor physical health
- bullying or victimization

Children and Families

Rapid Assessment of Pandemic Impact on Development – Early Childhood

- Ongoing, nationally representative survey of households with children 0-5
- Single parents, lower income families, and parents of children with special needs are experiencing very high rates of stress (RAPID-EC, 2020, Nov. 11 and Dec. 17)
- Overall, for all families, there has been a decline in preventive care and vaccines (RAPID-EC, 2020, Oct. 13).
- Caregivers experiencing more financial and material hardship also have more emotional distress and they report that their children have more emotional distress (RAPID-EC, 2020, Jul. 20).

Challenges

- More than 20% of students experienced signs of anxiety & depression after one month in quarantine (Xie et. al., 2020).
- 20% of youth are typically anticipated to demonstrate a social-emotional or behavioral (SEB) concern at some point during their school years.
- Rates are expected to double or triple after COVID.
- NASP recommends focusing on class-/school-wide intervention approaches to support student SEB functioning until the child can adjust back to school.

Opportunities

School Connections Matter

School Connectedness: The belief by students that adults and peers in the school care about their learning as well as about them as individuals. School connections decrease the risk of:

- Substance abuse
- School absenteeism
- Early sexual initiation
- Violence
- Risk of unintentional injury
- Emotional distress
- Disordered eating
- Suicidal ideation and attempts to self-harm

(CDC, 2009)

Relationships Matter

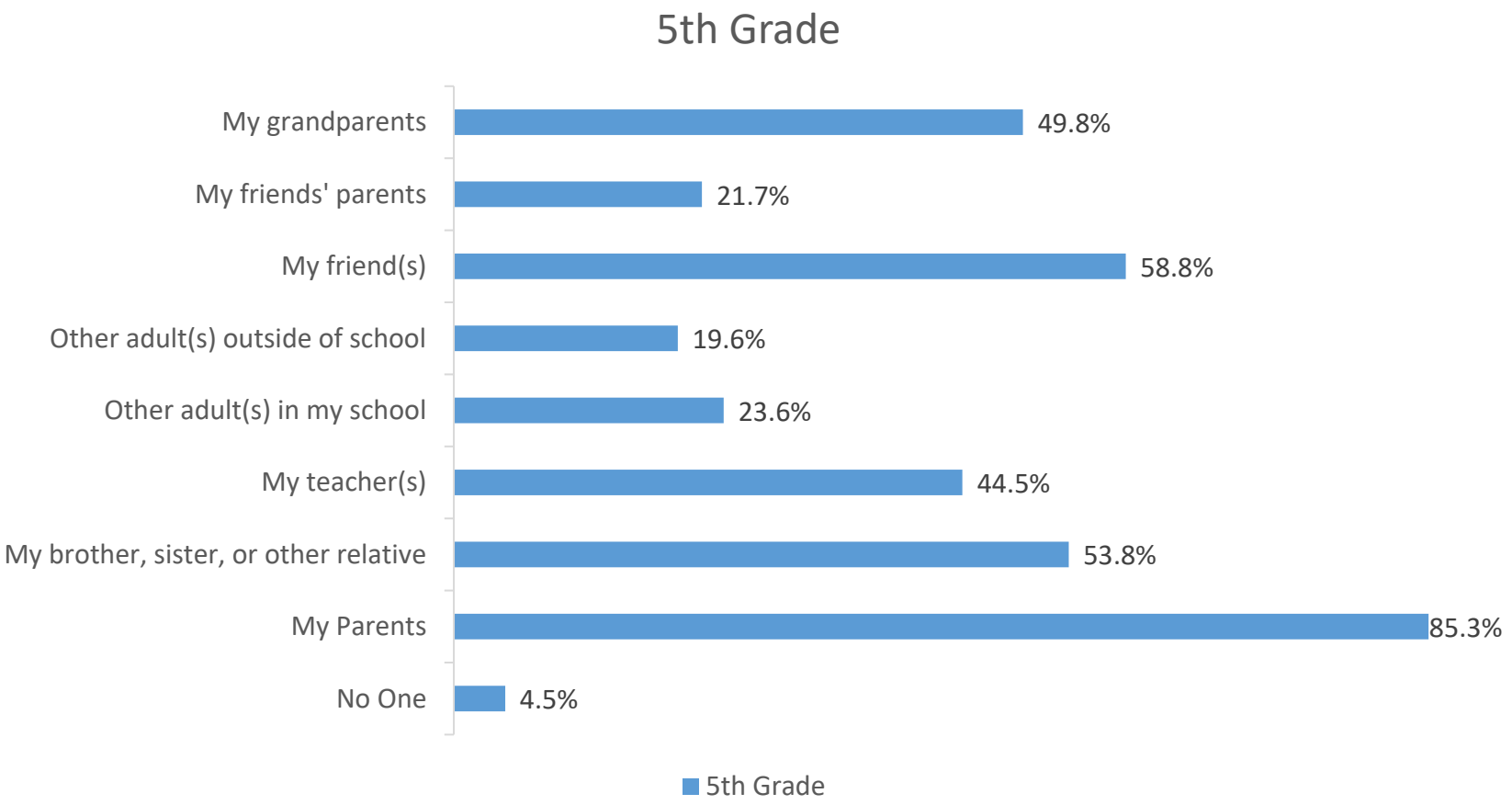
Teacher-Student Relationships

- Influence social and emotional development
- Impact prosocial and aggressive behaviors
- Impact school success
- Moderates isolation
- Provides a sensitive environment to increase identification of students in need

Friendships

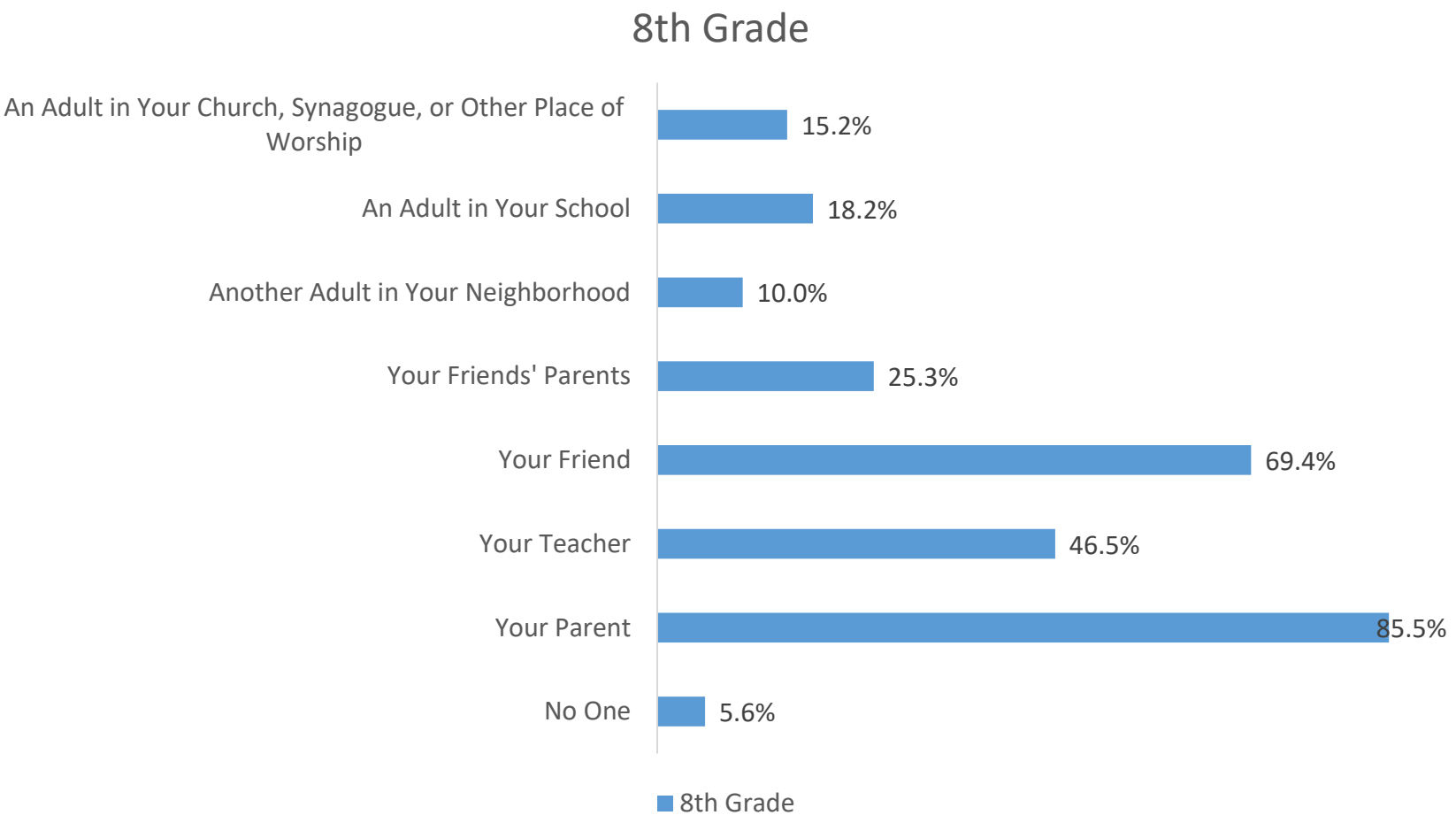
- Deter victimization
- Reduce Depression
- Reduce adjustment problems
- Decrease disruptive behaviors and conduct disorders

Which of the following people would you say give you a lot of support and encouragement (**mark all that apply**)?



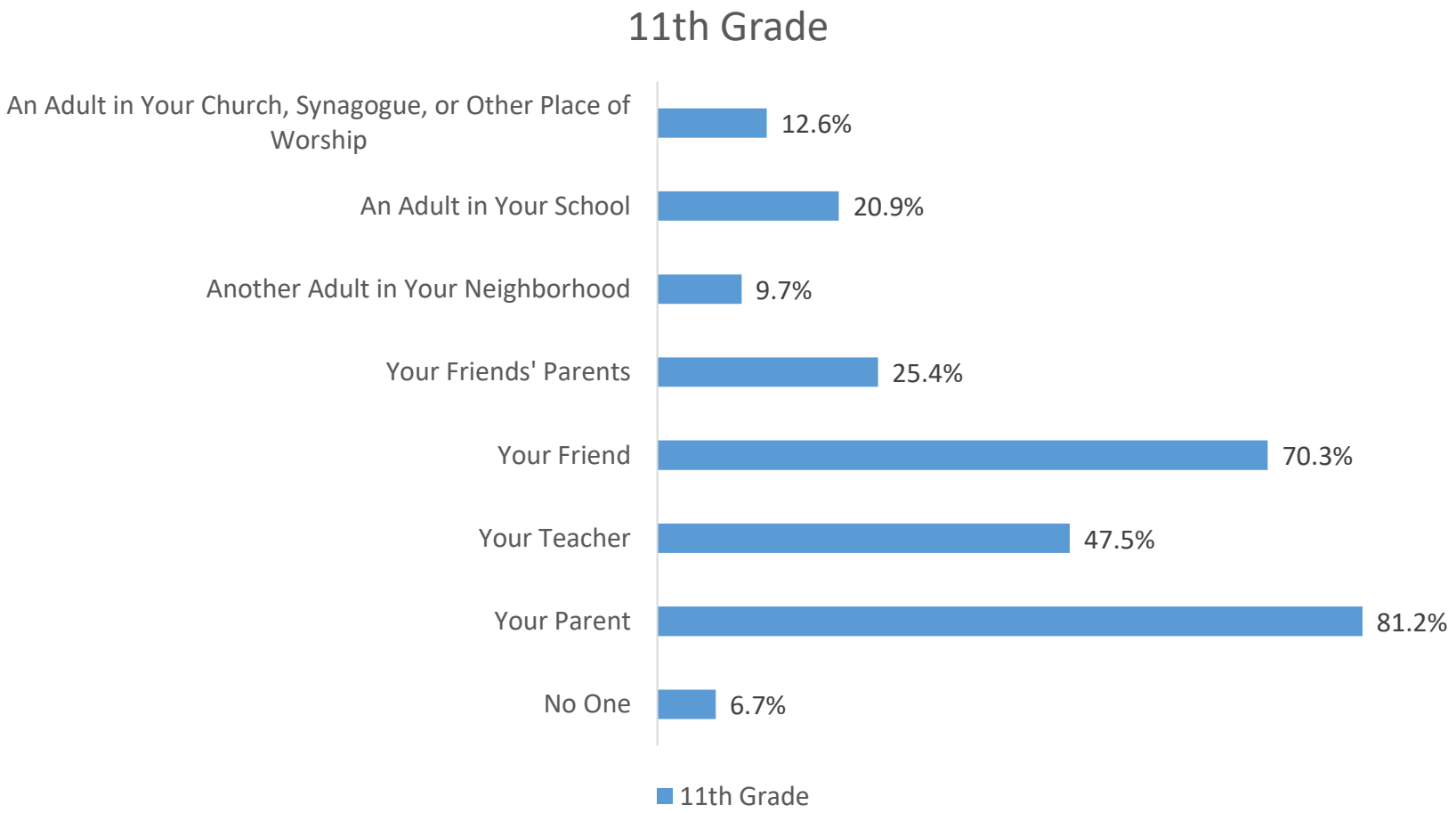
CDHS. (2019). DSS: 5th Grade. University of Delaware.

Which of the following people would you say give you a lot of support and encouragement (**mark all that apply**)?



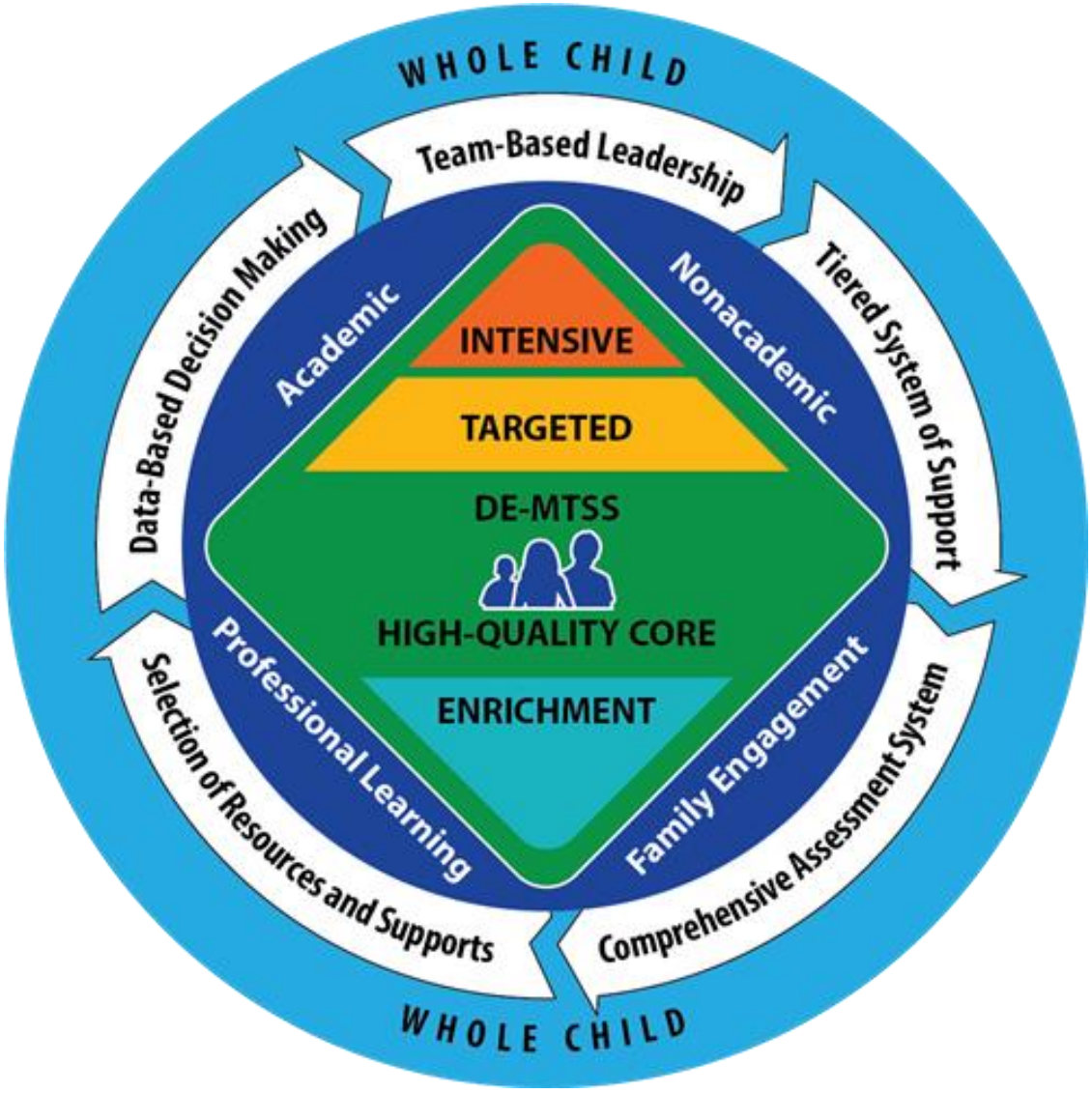
CDHS. (20190). DSS: Secondary. University of Delaware.

Which of the following people would you say give you a lot of support and encouragement (**mark all that apply**)?

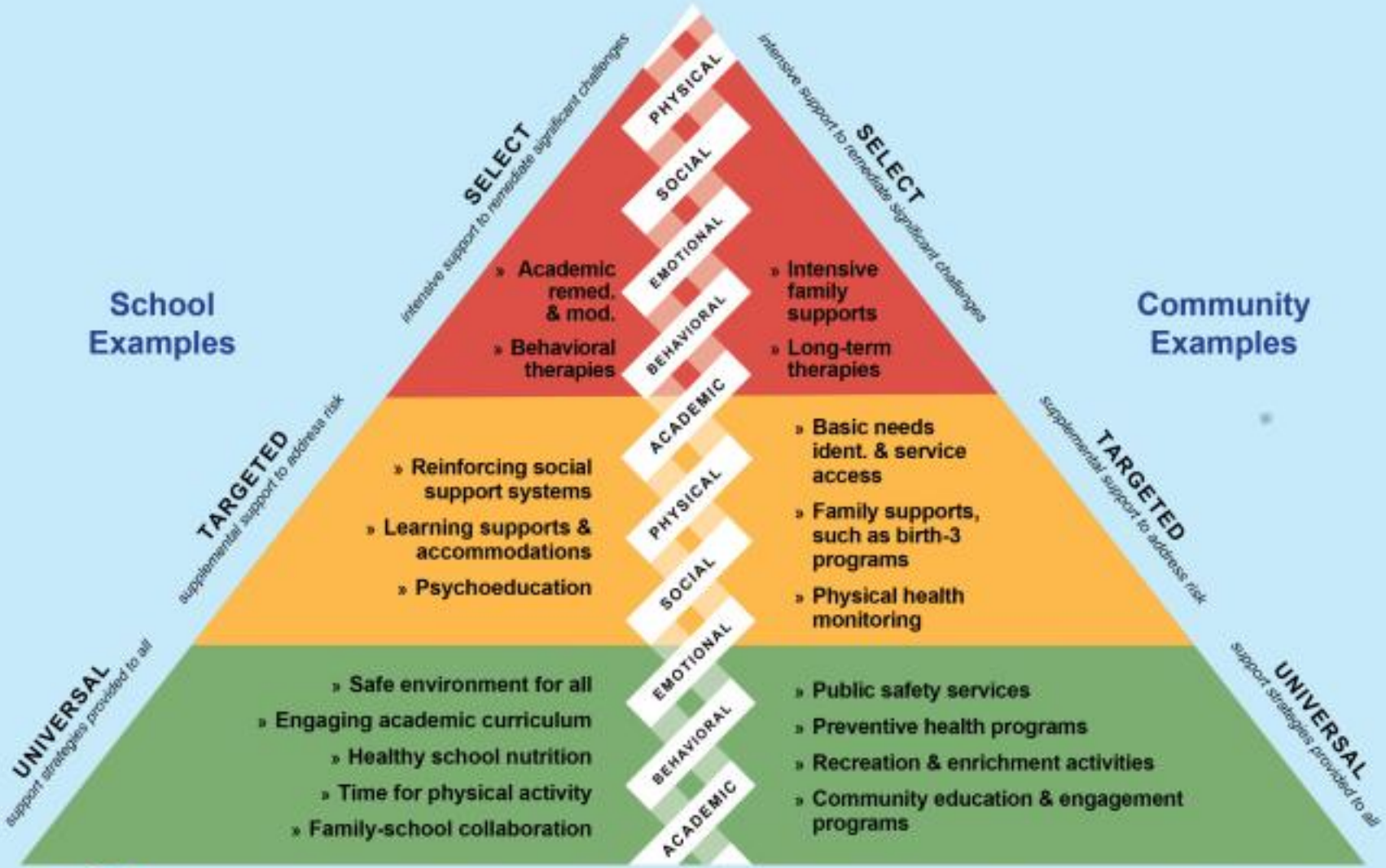


CDHS. (2019). DSS: Secondary. University of Delaware.

Multi-Tiered Systems of Support



Integrated MTSS: WSCC



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SAMHSA Project AWARE Grant

project DELAWARE

Advancing Wellness and Resiliency in Education

Project DelAWARE is a collaborative effort between the Delaware Dept. of Education, the Dept. of Prevention and Behavioral Health Services, The Delaware PBS Project (UD), the Center for Drug and Health Studies (UD), and three local school districts – Colonial School District, Capital School District, and Indian River School District. This project is funded through a 5-year federal grant from SAMHSA.

Project DelAWARE was designed to integrate mental health supports into the existing Multi-Tiered System of Support within the schools and strengthen/create relationships with outside providers. Our project is using evidence-based mental health services and screening tools to assess the needs of our youth along with a reduce the stigma social media campaign.

Colonial SCHOOL DISTRICT

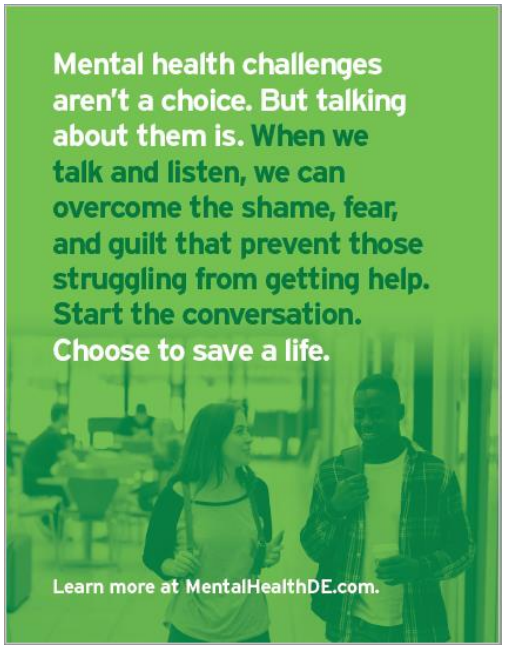
CAPITAL SCHOOL DISTRICT

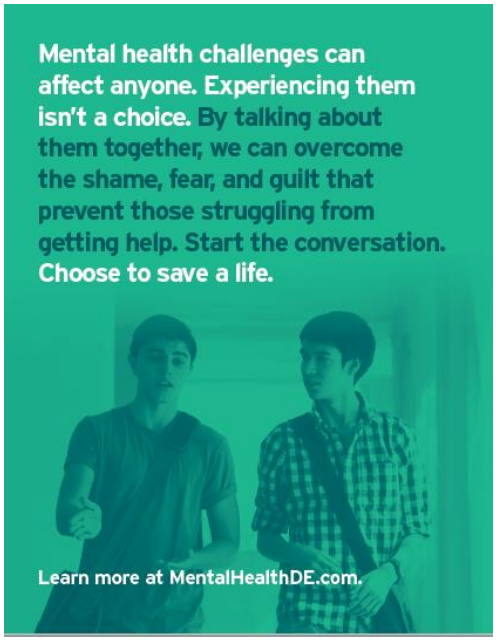
INDIAN RIVER SUSSEX COUNTY 1969 DELAWARE SCHOOL DISTRICT

SAMHSA Project AWARE Grant

project DELAWARE

Advancing Wellness and Resiliency in Education





Social Media Toolkit

Trauma Recovery Demonstration Grant

Delaware Department of Education

PROJECT THRIVE
Trauma Health Recovery InnoVation & Engagement

DIRECT SUPPORTS

85%

Trauma-Specific Recovery Services

Public

Private

Homeschool

INDIRECT SUPPORTS

Systems Integration

Advisory Group

Program Evaluation

Awareness Campaign

Billing Specialist to Support DOE Provider Network

INDIRECT SUPPORTS

Training Institute

Neuro Logic Classrooms

Whole Child Network

#ProjectTHRIVE

Stay Connected

Teri Lawler, MA, LPCMH
Education Associate
Trauma-Informed Practices and Social and Emotional Learning
Office of Equity and Innovation
Delaware Department of Education
teri.lawler@doe.k12.de.us

@TeriLawler

#DEWholeChild