

# Social Emotional Literacy and Mental Health

Rankin County School District  
#youmatter

**Why do we do what we do as counselors?**



We **pay attention**  
to our blood pressure,  
our cholesterol, our heart  
rates, and our weight.



We **work** to stay as  
healthy as possible and  
to **change** those things  
we know aren't healthy.

We should put the same  
focus on our **mental  
health.**

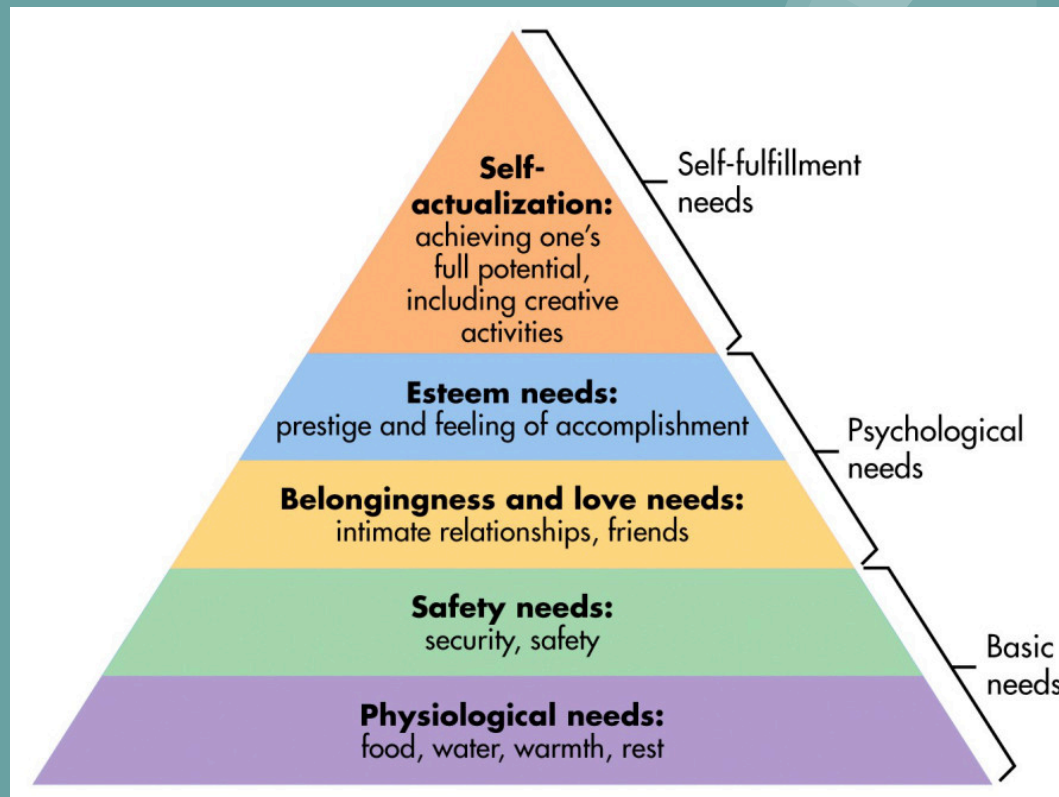


**thinkagain**  
ABOUT MENTAL HEALTH  
Mississippi

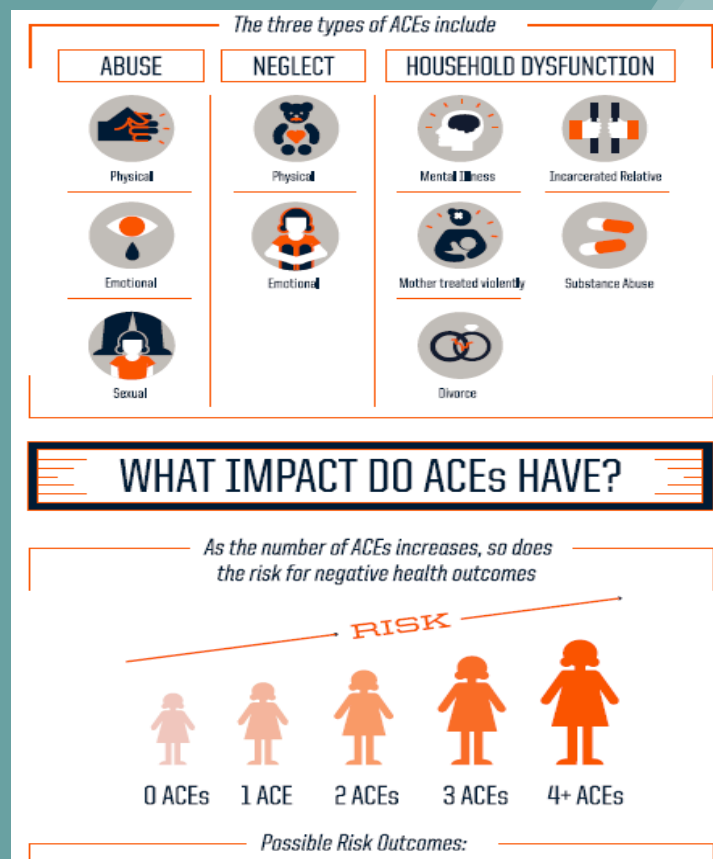
# Role of a Mental Health Counselor

- Mental Health is shifting the way school counseling is managed due to the rise in numbers of students suffering from mental issues/disorders.
- There is a counseling need to push mental health awareness.
- Counselors can provide resources to students, faculty, and parents.
- Make mental health a priority everyday as the school counselor to create and enrich a school culture
- In the US, 1 in 5 children have a mental disorder.
- In MS, 15% of people reported they had seriously considered suicide in the last year.
- In MS, 13% of people reported they had attempted suicide once or twice in the last year.
- Suicide is the 2nd leading cause of death in youth ages 10-24 year olds.

# Maslow's Hierarchy of Needs



# Adverse Childhood Experiences (ACEs)



# ACEs (continued)

## HOW PREVALENT ARE ACEs?

The ACE study\* revealed the following estimates:

### ABUSE



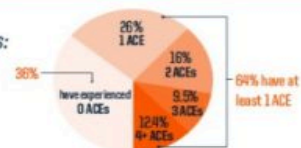
### NEGLECT



### HOUSEHOLD DYSFUNCTION



Of 17,000 ACE study participants:



## WHAT IMPACT DO ACEs HAVE?

As the number of ACEs increases, so does the risk for negative health outcomes



Possible Risk Outcomes:



# ACEs (continued)

## What *can* Be Done About ACES?

These wide-ranging health and social consequences underscore the importance of preventing ACEs before they happen. **Safe, stable, and nurturing relationships and environments** (SSNREs) can have a positive impact on a broad range of health problems and on the development of skills that will help children reach their full potential. Strategies that address the needs of children and their families include:

Voluntary home visiting programs can help families by strengthening maternal parenting practices, the quality of the child's home environment, and children's development.  
**Example: Nurse-Family Partnership**



Home visiting to pregnant women and families with newborns



Parenting training programs



Intimate partner violence prevention



Social support for parents



Parent support programs for teens and teen pregnancy prevention programs



Mental illness and substance abuse treatment



High quality child care



Sufficient income support for lower income families



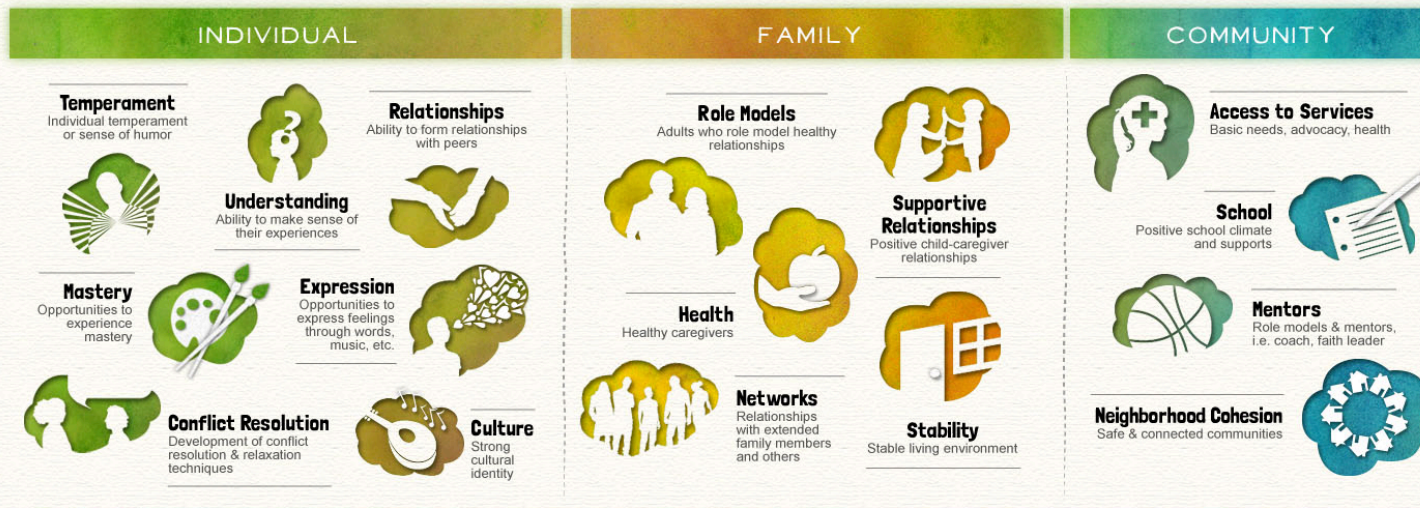
# PROMISING FUTURES PROMOTING RESILIENCY

among children and youth experiencing domestic violence

Almost 30 million American children will be exposed to family violence by the time they are 17 years old.<sup>[2]</sup> Kids who are exposed to violence are affected in different ways and not all are traumatized or permanently harmed. Protective factors can promote resiliency, help children and youth heal, and support prevention efforts.

Research indicates that the #1 protective factor in helping children heal from the experience is the presence of a consistent, supportive, and loving adult—most often their mother.<sup>[1]</sup>

## PROTECTIVE FACTORS THAT PROMOTE RESILIENCY



Get started at [www.PromisingFuturesWithoutViolence.org](http://www.PromisingFuturesWithoutViolence.org)

National Domestic Violence Hotline: 1-800-799-7233 (SAFE)

National Dating Abuse Helpline: 1-866-331-9474 or text "loveis" to 77054

*Promising Futures: Best Practices for Serving Children, Youth & Parents is a project of Futures Without Violence*

**FUTURES  
WITHOUT VIOLENCE**

Formerly Family Violence Prevention Fund

The development of this infographic was supported by Grant Number 90EV0401 from the Administration on Children, Youth and Families, Family and Youth Services Bureau, U.S. Department of Health and Human Services. (1) Masten, A. S. (2006). Promoting resilience in development: A general framework for systems of care. In R. J. Flynn, et al. (Eds.), Promoting resilience in child welfare (3-17). Ottawa: Univ. of Ottawa Press. (2) Hamby, S., Finkelhor, D., Turner, H., & Ormrod, R. (2011). Children's exposure to intimate partner violence and other family violence (pgs. 1-12). Juvenile Justice Bulletin - NCJ 232272. Washington, DC: U.S. Government Printing Office.

# Rankin County School District Website Resources

<https://www.rcsd.ms/Page/53388>



# Elementary/Middle School Social Emotional Literacy

## Second Steps Counseling (K-8)

- Required lesson plans on classroom guidance
- Correlate with ASCA mindset and behaviors

Chic Fil a- Core Essentials (K-6)

Re-Connect Middle (7-8)

Re-Connect High (9-12)

# Rankin County School District Study on Crisis

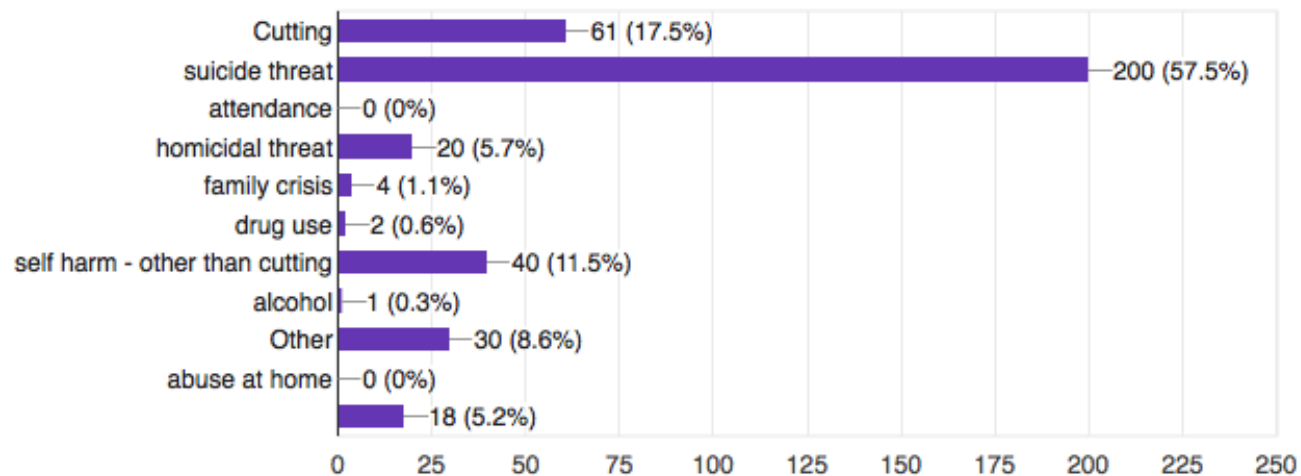
Our district team is taking a proactive tone and positive stance using real numbers to show real trends. In doing so we are asking for more districts to collect data so we can compare statewide.



# RCSD Crisis Data

## Nature of crisis /issue

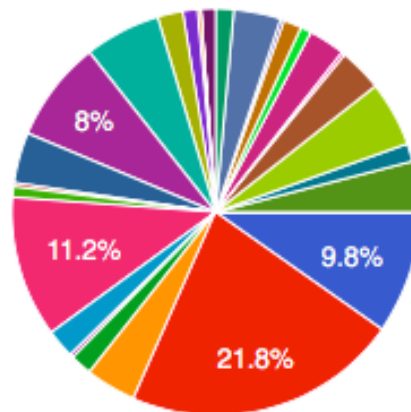
348 responses



# RCSD Crisis Data

## Name of School

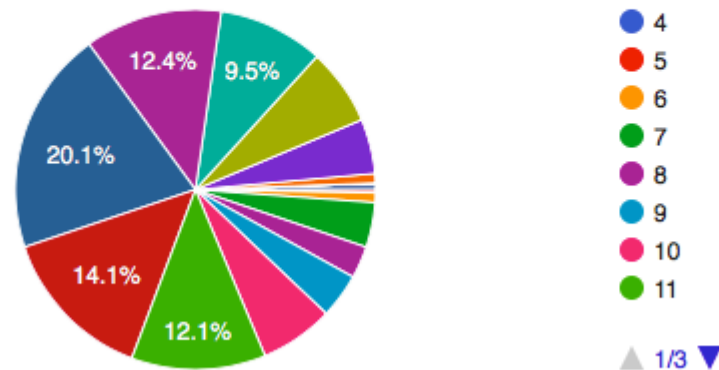
348 responses



# RCSD Crisis Data

## Age of Student

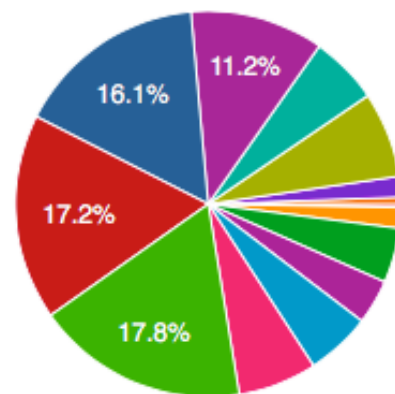
348 responses



# RCSD Crisis Data

## Grade Level of student

348 responses



- Pre K
- K
- 1st
- 2nd
- 3rd
- 4th
- 5th
- 6th

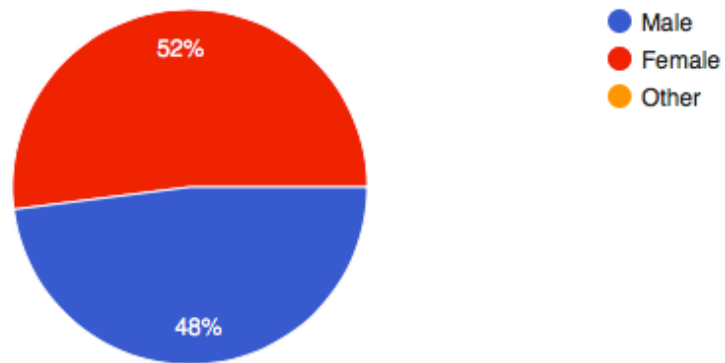
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# RCSD Crisis Data

## Gender of Student

348 responses



# Procedures

- 1) Defining Procedures for Staff
  - Referral process
  - Never leave student alone
  - The unfailing 3:30 crisis
- 2) Student Intervention
- 3) Reporting
- 4) Consultation
- 5) Referral
- 6) Follow up
  - Student follow up
  - Staff follow up
- 7) Need for Documentation (for the student and protecting yourself)
- 8) Confidentiality



# Proactive Crisis Response

- 1) “You Matter” Campaign, posters, etc.
- 2) Bully Prevention - Manual and Anonymous Reporting  
Link <https://www.rcsd.ms/Page/53408>  
[Bullying Prevention Manual](#)
- 1) Bully Prevention Poster Contest
- 2) Character Ed Programs (Second Steps & Chick-Fil-A Core Essentials/Chick-Fil-A Reconnect, Second Steps)
- 3) Magnets with Suicide Hotline Information

# Proactive Crisis Response

- 6) Assemblies- Say Something
- 7) District Parent Night  
<https://www.rcsd.ms/Domain/668>
- 8) SAVE Promise Clubs, Start with Hello and Say Something [Click here for info](#)
- 9) [Team Bully Free](#)
- 10) Free Grief Resources  
[Link to free resources](#)

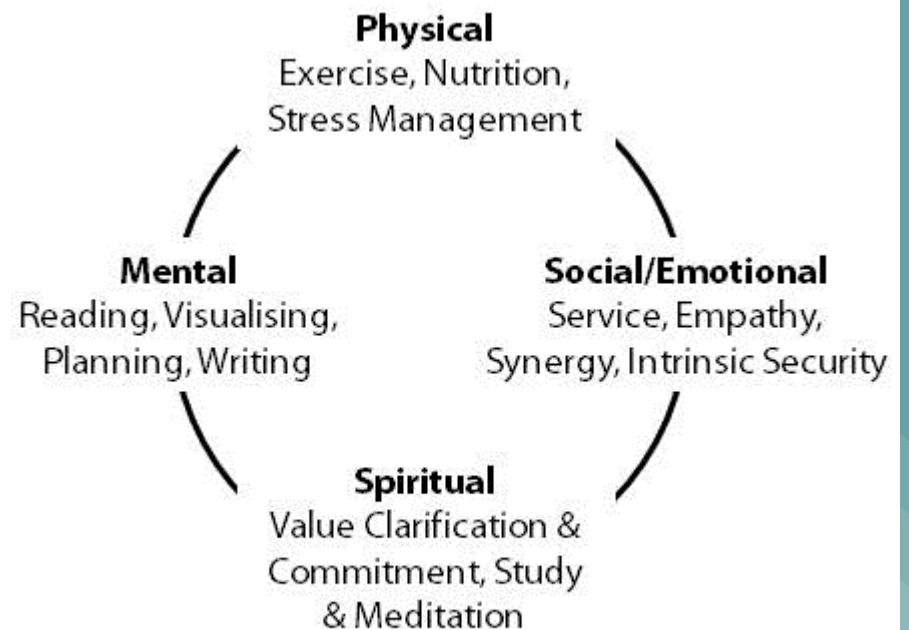
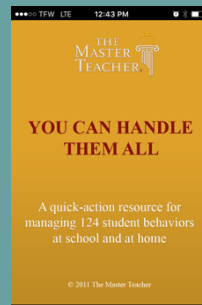
# Proactive Crisis Response

## 10. Bridge to Success

- 50% of students age 14 and up with a mental illness dropout of high school
- Kids coming to program in crisis or hardship
- Provides a flexible environment to cater to individual needs
- [Bridge to Success website - RCSD](#)

# Counselor Self Help

- Leave work at work:
  - Have a family member call you when it is time to leave
  - Set a daily task review at the end of the day
- Unplug on Nights and Weekends
- You Can Handle Them All
- Care for the Counselor



*From 'The 7 Habits of Highly Effective People' – Steven R. Covey*

# Counseling Goal

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# Rankin County School District Student Support Services

- >[www.rcsd.ms](http://www.rcsd.ms)
- >Student Support Services
- >Counseling Leadership Team Resources

Counseling Leadership Team Resources  
<https://www.rcsd.ms/Page/57213>





Wishing you rest and relaxation!  
We think you're the "BOMB"