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
- Canceled dances
- Canceled graduation
- Visiting family
- Change in family traditions
- Meals
- Sleep routines
- Extra curricular activities
- Home environment
- Safety

COVID-19 = CHANGE

Children's Hospital & Medical Center
## Signs of Possible Mental Health Concerns

<table>
<thead>
<tr>
<th>Behavioral/Observable</th>
<th>Cognitive/Emotional</th>
<th>Physical</th>
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<tbody>
<tr>
<td>• tearful</td>
<td>• poor decision making</td>
<td>• change in sleep</td>
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<tr>
<td>• withdrawn</td>
<td>• poor concentration</td>
<td>• headaches</td>
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<tr>
<td>• isolated</td>
<td>• inattentive</td>
<td>• muscle tension</td>
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<tr>
<td>• school refusal</td>
<td>• forgetful</td>
<td>• body aches</td>
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<tr>
<td>• poor performance</td>
<td>• emotional lability</td>
<td>• change in appetite</td>
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<tr>
<td>• disruptive and disrespectful behavior</td>
<td>• hopelessness</td>
<td>• nausea</td>
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<tr>
<td>• risk-taking behavior</td>
<td>• sadness</td>
<td></td>
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<tr>
<td>• poor hygiene</td>
<td>• anger</td>
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<tr>
<td></td>
<td>• irritability</td>
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<td>• low motivation</td>
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</table>

- Physical: 
  - change in sleep
  - headaches
  - muscle tension
  - body aches
  - change in appetite
  - nausea
Resiliency—we gotta bounce back
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](https://www.midss.org/content/screen-child-anxiety-related-disorders-scared)

- CES-D
  - [http://www.chcr.brown.edu/pcoc/cesdscale.pdf](http://www.chcr.brown.edu/pcoc/cesdscale.pdf)

- PHQ-9
Discussion & Questions

Thanks for listening!
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!
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/