What one word would you use to describe school culture & climate on your campus?
Healing-Centered Schools

Transition to Virtual Wellness

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&
Vanessa Nutters, Clinic Supervisor
Our Commitment:

Community, Connection, Resilience

To build relationships that support growth & encourage resilience in young people by fostering connections & strengthening community.

We’ve focused our energy on 3 groups:

- Educators
- Families
- Students
Community is key for Resiliency

Educators

Families

Students
When there is genuine investment, resilience work becomes an integrated piece of school culture.
How did we get here?
“I wish teachers at middle school would know that even though I failed most of their classes, I was doing a lot of healing. Like, I went through helllllllla stuff in middle school that girls shouldn’t ever have to go through and it really messed me up. I had anxiety all the time. Sometimes when I was really anxious I would just leave the class or be rude to them. What they didn’t know was that school didn’t matter to me because it couldn’t matter to me. I was too busy trying to stay alive and not lose my mind. But now, I’ve been going to all my classes, I’m not getting straight As, but I’m for sure gonna graduate. So, tell them even the kids they think aren’t getting anything from them...probably are.”

—9th grader, Oakland, CA
Timeline

Year 1
Relational foundation: build relationships, identify strengths, “Take the temperature”

Year 2
Strategize: Assess, Strategize, & Begin Implementing prototypes

Year 3
Deepen Work: SBHC-led Cohort, Implement across practice & policy, reassess, Prioritize for next year

Year 4
Focus on sustainability: Educator-led cohort, Youth-led MH, Increase Family Engagement, COVID-19

Year 5
Distance Learning: Virtual Adaptation
Assessment Strategies

**Informal**
- Walking Halls & Blacktop
- Relationships with staff
- Observations
- “Reading the Room”

**SHAPE**
- TRS-IA: The Trauma Responsive Schools Implementation Assessment (Free public access tool)

**Trial & Error**
- Iterative Process
- Responsive to feedback & outcomes
TRS-IA

Safety Planning
Prevention Planning
Trauma Programming
Classroom Strategies

Early Intervention
Targeted Trauma-Informed Programming
Staff Self-Care
Community Context
From theory → practice
Educators
The heart of our schools

Wellness
Heal & build relationships

Support
Learn and collaborate

Healing Centered Schools Cohort
A community of staff who meets regularly to implement strategy

Caring for myself is not self-indulgence, it is self-preservation, and that is an act of political warfare.
— Audre Lorde
Staff Wellness (pre-pandemic)

A key piece of creating a purpose driven space that fosters resilience is celebrating one another and the work that we do!

- Staff Wellness Room
- Staff Breakfasts
- Incentivized Wellness Challenges
- Process Groups
- Stipends for extra work and/or training
  - Integrated into training & SBHC activities
Classroom Strategies

Year 2:
● Calm Corner Workshops + Funding
● Use of standing PD time for trauma-focused training (Brief trainings every 6 weeks)
● Individual & Group Educator Consultations with Clinicians

Years 3-4
● Healing-Centered Schools Cohort
  Open to ALL school staff (admin, educators, paras, community partners)
  Monthly deep dive into trauma-informed practice
  Annual full day workshop
● Calm Corners continued
Healing-Centered Schools Cohort

Vicarious Trauma + Staff Wellness integrated into each session to promote healing & connection as an ongoing priority

- Introduction to Trauma + Healing-Centered Practice
- From Chaos-Calm: Strategies for emotion regulation Tier I-III
- Responding to High Impact Events
- Culturally Responsive Education (Full day training facilitated & designed by Tovi Scruggs-Hussein & Shawn Nealy-Oparah)
- Healing-Centered Relationships (Culturally Responsive Teaching & The Brain, Zaretta Hammond)
- Stages of Change & Motivational Interviewing for Education
- Environmental Design
- Creating Sustainability: HCS cohort-led strategizing & prioritizing for next school year
COVID-19: Transitioning to Tele-health & Virtual Wellness
Navigating the Transition

- Cancellation of in Person Services and Engagement Events
- Distance Learning
- Staffing
- Budgets and Funding
- Tele-health
- Outreach Efforts
- Virtual Engagement Between Clinic and Schools
COST: Coordination of Services Team

A strong team of providers and school staff who have stepped up, organizing to navigate distance learning & support some of our most disenfranchised students.

**Members:**
- CSM
- Admin
- Teachers
- Providers
- Support Staff
- Health Center

**Referral System:**
- 1:1 Therapy
- Grocery Gift Cards
- Community Resources
- Clubs & Orgs
- Officer of Day

**Staff Wellness & Connection**
Partnering with one another to create a web of support & best practice
Outreach and Community

Staying Connected to Our Village

Campus Community
- Teachers
- Families
- Admin
- COST Team

Virtual Campus Tools
- Advisory
- Google Classroom
- Bulletin
- Social Media

Partners & Friends
- Oakland In The Middle
- Sogorea Te’ Land Trust
- East Bay Asian Youth Center
- Alameda County Food Bank
- East Side Arts Alliance
- Community & Neighborhood Schools
- Local Colleges
- East Bay Community Law Center
- Oakland Parks and Recreation
- Youth Speaks
- & more
Students Supports
How do we access our students to support their transition, bridge them to resources, and continue cultivating meaningful relationships?

Create virtual space for students to design their experiences & access resources
Adaptations
Navigating Distance Learning & Tele-health

Tele-health
Triage Line
Trauma Therapy Services
Virtual Clinic Tour
Appointment Request Form

Virtual Adolescent Screening Visits
Health Educators guest host zoom classes & talk about our services
Everyone is scheduled for a 30 introductory Tele-health appointment
Adaptations
Navigating Distance Learning & Tele-health

Peer Health Education
Mental Health Ally Project
A small Fall cohort of 6 students continuing to celebrate mental health allies and awareness & build out online platforms.

Distance Gifts
Despite school closure, we want to provide patients some tools for their healing at home.
Mental Health Ally Project

Peer Health Education

Re-allocating Funds from a City Grant to support a school-wide project previously led by our Health Educator

Ally Nominees

A student led campaign to celebrate individuals on campus who embody values of a mental health advocate & champion

Mental Health Club

Kaiser granted us an additional year of funding to support tele-health expansion & mental health services

Alliance HC + Students + Community
Social Media

Campaign to Stay Connected

We are continuing to use the Instagram platform to connect our network of SBHCs and build an online community of students, educators and organizations, where our patients can easily access the resources they need and share information widely.

We are encouraging students to take the lead on curating content and driving the platform forward as our virtual environment expands.
Experts We’ve Learned From

Shawn Ginwright, PhD
The Future of Healing: Shifting From Trauma Informed Care to Healing Centered Engagement

Shawn Nealy-Oparah, Ed.D & Tovi Scruggs-Hussein M.Ed
TrUTH Consulting

Zaretta Hammond
Culturally Responsive Teaching & The Brain

Stephen Rollnick, Sebastian Kaplan, Richard Rutschman
Motivational Interviewing in Schools

Roosevelt Middle School
Oakland, CA
Q&A
Thanks!

Do you have any questions?

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