Covid-19 Pandemic: Affects on Mental Health and Emotional Wellbeing

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Covid-19 Worries and Social Distancing

- Fear
- Anxiety
- Distress
- Depression

The CDC reports that anxiety and depression were already rising in the U.S.
Examples of Student Support

• Using a tiered approach, teachers reaching out to students first for a few times and then sending to academic counselors to reach out to family and student for support/mental health wellness check-in

• Conducting LGBTQ support groups via google hangouts

• Calling/zooming with all students that they saw previous to the dismissal, playing games via zoom with younger kids
Examples of Student Support (cont.)

• Checking in on students they normally see and getting referrals from teachers or self referrals

• Staff proactively reaching out and connecting with students that had a risk assessment or threat assessment

• Students and families provided an opportunity to sign up for a check-in with a counselor
Staff Support

• Some districts are providing staff wellness meetings

• Districts are updating their resource pages on websites to support students, families, and staff

• Employee Assistance Programs

• Clear guidance on how to refer students in need of additional support
Moving Forward

• A focus on deepening relationships “check ins”
• Weaving SEL into curriculum
• Student choice and agency
• Collective trauma, higher anxiety levels and increased stress levels
• Restorative, healing-centered reentry
Moving Forward (cont.)

- Trauma Informed - Preparing for sense of loss
- Establishing a routine and maintaining clear communication
- Prioritizing relationships and well-being
- Creating a sense of safety
- Connectedness
- Encouraging a sense of hope