

## WASD Mental and Behavioral Health Action Plan

The WASD Mental Health Task Force has worked from July 2022 through March 2023 to develop this action plan. The task force was formed to meet strategic goals developed by the WASD School Board of Directors.

### Area of Focus #1 – Mental Health Stigma

Action	Assigned To	Completion Date	Progress
<b>Develop a K-12 menu for in-class mental health breaks – determine age-appropriate times for these to occur</b>	Building-level administrators; OTs; social worker; behavior support specialist	For implementation to start the 24-25 academic year	<ul style="list-style-type: none"> <li>• 23-24 School Year – K, 1, 2 teachers trained in MyTime Yoga</li> <li>• March 2024 - Teacher led peer training on the short-term and long term effects of brain breaks for middle level students</li> </ul>
<b>Consider organizing a community-wide health campaign with community organization</b>	Director of Pupil Services	Fall 2023	<ul style="list-style-type: none"> <li>• March 2023 – Dr. Lengle met with Wyo Public Library to develop plan</li> <li>• April 2023 – worked with local signage company to develop prototype</li> <li>• June 2023 – Funding solidified and order placed</li> <li>• July 2023 – Signs became available to public</li> <li>• October 2023 – Reading Eagle article <a href="https://www.readingeagle.com/2023/10/17/positive-signs-cropping-up-in-wyomissing-and-west-reading/">https://www.readingeagle.com/2023/10/17/positive-signs-cropping-up-in-wyomissing-and-west-reading/</a></li> </ul>
<b>Create opportunities in the K-4 building to normalize mental health services and supports – rebrand eSAP</b>	eSAP team	23-24 academic year	<ul style="list-style-type: none"> <li>• Fall 2023 – WHEC eSAP team developed new logo, new parent referral form, member door signage and building signage</li> <li>• Fall 2023 – developed infographic for staff to better understand when to refer (“Potty PD”)</li> <li>• 23-24 – monthly eSAP updates in principal’s monthly newsletter</li> </ul>

**Area of Focus #2 – Parental Knowledge of Age-Appropriate Behaviors**

Action	Assigned To	Completion Date	Progress
<p><b>Continue partnership with Cook Center to provide mental health education for families</b></p>	<p>Assistant Superintendent; Director of Pupil Services</p>	<p>ongoing</p>	<ul style="list-style-type: none"> <li>• April 2023 – completed last of 5 series virtual parent training</li> <li>• 23-24 Parent Guidance Series               <ul style="list-style-type: none"> <li>September 2023 - Supporting Your Child’s Mental Health</li> <li>October 2023 - Compassionate Parenting and Self-compassion</li> <li>January 2024 - Understanding Video Game Addiction</li> <li>February 2024 - Parenting Through Anxiety and Depression</li> <li>March 2024 - Establishing Healthy Boundaries</li> <li>April 2024 - Building Your Child’s Confidence</li> </ul> </li> <li>• 23-24 academic year – approximately 20 parents participating in free parent coaching</li> </ul>
<p><b>Partner with COCA to host a Strengthening Families Program at WASD</b></p>	<p>Director of Pupil Services</p>	<p>Fall-winter 23-24 academic year</p>	<ul style="list-style-type: none"> <li>• March 2023 – Dr. Lengle met with COCA representative to discuss our commitment to hosting</li> <li>• June 2023 – Meeting to discuss early winter dates</li> <li>• Fall 2023 – COCA notified WASD staffing has changed and we will need to move this program to 24-25 academic year</li> </ul>
<p><b>Run Teens and Technology program annually for students in grade 5-8 and parents in grades K-8</b></p>	<p>eSAP and SAP teams; Director of Pupil Services; building-level administration</p>	<p>ongoing</p>	

<p><b>Increase social media use to advertise parent offerings; consider ways to incentivize participation</b></p>	<p>District Communication Coordinator; Assistant Superintendent; Director of Pupil Services; building-level administration</p>	<p>ongoing</p>	<ul style="list-style-type: none"> <li>• January 2024 – Parent Guidance parent training held in person; families were offered free babysitting and dinner</li> <li>• 23-24 Spartan Sprouts – Parent Coaching and Parent Mental Health series is advertised in person for incoming families</li> </ul>
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**Area of Focus #3 – Bullying and Depression/Suicide**

Action	Assigned To	Completion Date	Progress
<p><b>Expand advertised suicide/mental health hotlines</b></p>	<p>School Counselors; building-level administrators</p>	<p>Fall 2023</p>	<ul style="list-style-type: none"> <li>• Ongoing – JSHS Avedium Club advertises hotlines throughout the building</li> <li>• K-12 school counselors have 988 and 911 listed on all emails</li> </ul>
<p><b>Continue youth mediation program and Hope Squad – work to increase participation</b></p>	<p>Club advisors; Assistant Superintendent</p>	<p>ongoing</p>	<ul style="list-style-type: none"> <li>• 23-24 – 46 Hope Squad member (9<sup>th</sup>-12<sup>th</sup> grades)</li> <li>• 23-24 – Hope Council developed for student leadership</li> </ul>
<p><b>Increase Flight Team membership through participation in PREPaRE trainings offered by NASP</b></p>	<p>Director of Pupil Services</p>	<p>May 2023; ongoing</p>	<ul style="list-style-type: none"> <li>• May 2023 – 3 school counselors attended PREPaRE 2 trainings</li> </ul>

<b>Annually review WASD Crisis Intervention Support and Postvention Manual</b>	School counselors; building-level administrators; Assistant Superintendent; Director of Pupil Services	ongoing	<ul style="list-style-type: none"> <li>• April 2023 – School counseling department chair met with administrative team to review most recent updates</li> <li>• August 2023 – School counseling dept. chair and district-wide administration met to updates all resources</li> </ul>
<b>Provide evidence-based suicide prevention training to school staff</b>	Assistant Superintendent; Director of Pupil Services; school counselors	23-24 academic year	

**Area of Focus #4 – Stress and Pressure**

<b>Action</b>	<b>Assigned To</b>	<b>Completion Date</b>	<b>Progress</b>
<b>Provide parent training on stress and anxiety in children and adolescents</b>	Director of Pupil Services; Assistant Superintendent	23-24 academic year	<ul style="list-style-type: none"> <li>• February 2024 – Parenting Through Anxiety virtual training held; recording on website</li> </ul>

<p><b>Identify at-risk youth through universal mental health screenings at developmental milestones</b></p>	<p>Director of Pupil Services; school counselors</p>	<p>To begin in 24-25 academic year</p>	<ul style="list-style-type: none"> <li>• April 2023 – Dr. Lengle applied for participation in Penn State Health School Mental Health Screening Grant (First grant opportunity denied Nov 2023)</li> <li>• August 2023 – Caron Foundation met with district to discuss S-BIRT implementation</li> </ul>
<p><b>Work with professional agency to ensure K-12 SEL curriculum is comprehensive and spiraling throughout a WASD student’s career</b></p>	<p>Director of Pupil Services; school counselors</p>		<ul style="list-style-type: none"> <li>• March 2023 – School Board of Directors approved contract for partnership with Dr. Arasz</li> <li>• March-April 2023 – Dr. Lengle met with Dr. Arasz and provided extensive data specific to WASD</li> <li>• April – August 2023 – Dr. Arasz met with stakeholder groups for interviews</li> <li>• Fall 2023 – Dr. Arasz gave WASD report with recommendations</li> <li>• Winter-Summer 2024 – School counseling department reviewing curriculum and addressing recommendations</li> </ul>

**Area of Focus #5 – Lack of Access to Mental Health Providers and Resources**

Action	Assigned To	Completion Date	Progress
<p><b>Reorganize social work services 7-12</b></p>	<p>Director of Pupil Services</p>	<p>Summer 2023</p>	<ul style="list-style-type: none"> <li>• October 2023 – behavior support specialist position from the JSHS ES classroom eliminated, allowing for K-6 Student Assistance Specialist position</li> </ul>

			<ul style="list-style-type: none"> <li>October 2023 – Mrs. Lascala, social worker, became full-time at JSHS</li> </ul>
<b>Assign District Homeless Liaison responsibilities to Director of Pupil Services</b>	Director of Pupil Services	July 1, 2023	<ul style="list-style-type: none"> <li>July 2023 – Dr. Lengle received training from state task force to ensure district compliance</li> <li>2023-2024 All Homeless Liaison responsibilities assigned to Dr. Lengle</li> <li>February 2024 – M-V monitoring occurred with PDE</li> </ul>
<b>Continue to promote school-based counseling services – after reviewing enrollment data, consider developing a fund for students who are unable to provide co-pay for services</b>	Building-level administrators; school counselors; social worker; nurses; eSAP and SAP teams; Director of Pupil Services	ongoing	<ul style="list-style-type: none"> <li>April 2023 – EBH added a 2<sup>nd</sup> school-based counselor to provide services to WASD students</li> <li>October 2023 – students receiving school-based counseling: WHEC – 12 WREC – 6 JSHS – 28</li> <li>February 2023 – students receiving school-based counseling: WHEC – 22 WREC – 13 JSHS – 46</li> <li>March 2024 – EBH added a 3<sup>rd</sup> school-based counselor to provide services to WASD students</li> </ul>
<b>Based on training received, identify school staff as ‘Mental Health Ambassadors’</b>	Director of Pupil Services	To begin the 24-25 academic year	

<b>Gather regular input from families and students on behavioral health needs</b>	Building-level administrators; school counselors; social worker; nurses; eSAP and SAP teams; Director of Pupil Services	ongoing	<ul style="list-style-type: none"> <li>• Fall 2023 – PAYS administered in grades 4 (pilot), 6, 8, 10 and 12</li> </ul>
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**Area of Focus #6 – Bias and Cultural Factors**

<b>Action</b>	<b>Assigned To</b>	<b>Completion Date</b>	<b>Progress</b>
<b>Create visual artifacts that convey anti-bias and affirmation for all groups</b>	Administration; club advisors; athletic coaches; teaching staff	ongoing	<ul style="list-style-type: none"> <li>• 22-23 and 23-24 academic years- JSHS special education dept. participated in ‘Spread the Word’ campaign</li> </ul>
<b>Partner with EBH to run intensive groups outside of school hours to promote diversity and affirmation</b>	Director of Pupil Services	ongoing	<ul style="list-style-type: none"> <li>• March 2023 – Dr. Lengle met with EBH Director to review needs identified by our MHTF</li> <li>• Fall 2023 – Dr. Lengle met with Ms. Johnson, EBH employee, to discuss options for 24-25 academic year</li> </ul>

<p><b>Provide high-quality diversity training for all teachers, counselors and administrators – develop specific protocols for responding to hate speech and discrimination</b></p>	<p>Assistant Superintendent; building-level administration</p>	<p>Ongoing; protocols developed by spring 2024</p>	
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**Area of Focus #7 – Poverty**

Action	Assigned To	Completion Date	Progress
<p><b>Continue partnership with Helping Harvest to run Weekender Program in all schools</b></p>	<p>Director of Pupil Services</p>	<p>ongoing</p>	<ul style="list-style-type: none"> <li>• Summer 2023 – ran weekender program for students eligible for summer programming</li> <li>• July 2023 – Applied for participation for 23-24 academic year</li> <li>• 23-24 academic year – approximately 85 students participating</li> </ul>



<p><b>Increase advertisement of community supports</b></p>	<p>District Communication Coordinator; Assistant Superintendent; Director of Pupil Services; building-level administration</p>	<p>ongoing</p>	<ul style="list-style-type: none"> <li>• November 2023 – WHEC eSAP team were present with many community resources for parent-teacher conferences</li> <li>• January 2024 – Dr. Lengle and St. Luke’s presented community resources at Parent Guidance parent training</li> </ul>
<p><b>Provide staff training on ACEs and their impact on student well-being</b></p>	<p>Assistant Superintendent</p>	<p>24-25 academic year</p>	
<p><b>Advertise free/reduced lunch program with more frequency and provide support for families to complete application</b></p>	<p>Director of Food Services; Child Accounting Coordinator</p>	<p>ongoing</p>	<ul style="list-style-type: none"> <li>• Fall 2023 – Director of Food Services changed location of information on district website and utilized social media to advertise free breakfast option for all students</li> </ul>