COVID-19 Guidance and Mental Health Resources for K-12 Schools

Thursday, January 20, 2022
Webinar Agenda

- Webinar Objectives
- Speaker Introductions
- CDC - COVID-19 Update
  - Prevention Strategies
  - Isolation
  - Quarantine
- MHTTC - Mental Health Resources
  - MHTTC Overview
  - Responding to COVID-19
  - Additional Resources
- SchoolSafety.gov Resources
- K-12 School Security Guide (Gen 3) Update
- Q & A
Webinar Objectives

1. Inform school personnel of the latest guidance regarding COVID-19, focusing on isolation, updated quarantine rules, and mealtime in schools

2. Acknowledge the effect COVID-19 has had on mental health, and provide mental health resources aimed at aiding students and school personnel whose mental health has been impacted by COVID-19
Featured Speakers

**Neha Cramer**  
Lead, Guidance and Technical Assistance  
School Support Section (S3)  
State, Tribal, Local, and Territorial Support Task Force  
Centers for Disease Control and Prevention

**Jessica Gonzalez**  
School Mental Health Coordinator  
Mental Health Technology Transfer Center (MHTTC) Network Coordinating Office  
Stanford University School of Medicine

**Ryan Streeter**  
Program Manager – Product Branch  
School Safety Task Force  
Cybersecurity and Infrastructure Security Agency  
Department of Homeland Security
Guidance for COVID-19 Prevention in K-12 Schools

Neha Cramer, MPH
Lead, Guidance and Technical Assistance
School Support Section (S3)
State, Tribal, Local, and Territorial Support Task Force

K-12 Guidance:
www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/k-12-guidance.html
## Prevention Strategies

<table>
<thead>
<tr>
<th>Getting vaccinated</th>
<th>Consistent and correct mask use</th>
<th>Physical distancing</th>
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<tr>
<td>Screening testing to promptly identify cases, clusters, and outbreaks</td>
<td>Improving ventilation</td>
<td>Handwashing and respiratory etiquette</td>
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<tr>
<td>Staying home when sick and getting tested</td>
<td>Contact tracing, in combination with isolation and quarantine</td>
<td>Cleaning and disinfection</td>
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Isolation

- Isolate when you are sick or if you tested positive for COVID-19, even if you don’t have symptoms.
- Stay home and isolate away from other people for at least 5 full days.
- People who have symptoms can end isolation after 5 full days only if they are fever-free for 24 hours without the use of fever-reducing medication and if other symptoms have improved.
- Everyone should wear a well-fitting mask when around others at home and in public for an additional 5 days after ending their isolation.
Students, teachers, and staff who come into close contact with someone with COVID-19 do not need to quarantine if they:
- Are up to date with COVID-19 vaccines OR
- Had confirmed COVID-19 within the last 90 days (tested positive using a viral test).

Schools may consider including students ages 12-17 years in this group if they completed their primary vaccine series but have not yet received all eligible boosters, as long as they do not have symptoms.
Wear a well-fitting mask around others for 10 days from the date of your last close contact with someone with COVID-19 (the date of last close contact is considered day 0).

Get tested at least 5 days after you last had close contact with someone with COVID-19. If you test positive or develop COVID-19 symptoms, follow recommendations for isolation.

If you tested positive for COVID-19 with a viral test within the previous 90 days and subsequently recovered and remain without COVID-19 symptoms, you do not need to quarantine or get tested after close contact.
Who Should Quarantine in K-12 Schools (1/2)

- Students, teachers, and staff should quarantine for at least 5 days if they came into close contact with someone with COVID-19 (even if they don't have symptoms) if they:
  - Are not up to date with COVID-19 vaccines OR
  - Are not vaccinated
Who Should Quarantine in K-12 Schools (2/2)

- Quarantine for a full 5 days after close contact.
- Wear a well-fitting mask around others for 10 days from the date of their last close contact.
- Get tested at least 5 days after having close contact with someone with COVID-19, unless they had confirmed COVID-19 in the last 90 days and subsequently recovered.
- For 10 days after their last exposure to someone with COVID-19, they should watch for fever, cough, shortness of breath, and other COVID-19 symptoms.
Mealtime During Days 6-10

- Schools should have a plan for students and staff to adequately distance from others and ensure they wear their well-fitting masks when not actively eating during days 6-10 of quarantine or isolation.

- What School Nutrition Professionals Need to Know About COVID-19: https://www.cdc.gov/healthyschools/covid/school-nutrition-professionals.html
For more information, contact CDC
1-800-CDC-INFO (232-4636)

The findings and conclusions in this report are those of the authors and do not necessarily represent the official position of the Centers for Disease Control and Prevention.
The MHTTC Network and Response to COVID-19:
School Mental Health Resources

Jessica Gonzalez, MSW
School Mental Health Coordinator
MHTTC Network Coordinating Office
Overview of the MHTTC Network
The MHTTC Network accelerates the adoption and implementation of evidence-based practices for mental health prevention, treatment, and recovery through FREE technical assistance and training.

Visit the MHTTC website at https://mhttcnetwork.org/
MHTTC School Mental Health Initiative

Supplemental funding to address implementation of mental health services in school systems.
National School Mental Health Best Practices: Implementation Guidance Modules for States, Districts and Schools

Available on the MHTTC Website:

- Educators and Student Instructional Support Personnel
- Collaboration and Teaming
- Multi-Tiered System of Supports
- Evidence-Informed Services and Supports
- Cultural Responsiveness and Equity
- Data-Driven Decision Making
Responding to COVID-19
COVID-19 and School Mental Health

The American Academy of Pediatrics, the American Academy of Child and Adolescent Psychiatry, and the Children’s Hospital Association declared that the pandemic-related decline in child and adolescent mental health has become a national emergency (APA, 2020)

We are seeing soaring rates of children and adolescents with depression, anxiety, trauma, loneliness, and suicidality that will have lasting impact (APA, 2020)

Children are exhibiting increased irritability, clinginess, and fear, and issues with sleeping and poor appetite. Poor mental health outcomes resulting from the pandemic may disproportionately affect children of color (Kaiser Family Foundation, 2022)

53% of teachers say they are thinking of leaving the profession more now than they were before the pandemic (CDC Foundation, 2020)

Teachers who report more difficulty focusing on their work now as compared to before the pandemic were more than twice as likely to report mental health distress (CDC Foundation, 2020)
Responding to COVID-19

- Pivoted in-person to virtual training and technical assistance
- Developed listening and support sessions to help states, districts, schools, educators and school mental health providers
- Gauged need for new clinical topics specific to COVID-19
- COVID-19 specific pages on the Network website with MHTTC events and products, and a curated list of resources
COVID-19 Related School Mental Health Resources

• Access COVID-19 related SMH resources on our website, including:
  o Upcoming MHTTC Webinars
  o MHTTC Products
  o Resources from other reputable SMH organizations


![Responding to COVID-19 School Mental Health](image)

**COVID-Related MHTTC School Mental Health Products and Resources**

  - This toolkit is designed to help guide conversations to include a trauma-informed, equitable, and compassionate lens to providing mental health supports to every member of the school community.

- [Back to School: Opening up with Optimism and Connection](https://newenglandmhttc.org/toolkits/back-to-school-opening-up-with-optimism-and-connection)
  - As schools prepare to return to learning—in the classroom and virtually—they can help create a sense of safety that supports staff and student mental health by cultivating a culture of joy and forming positive connections in the school community. Three thought leaders share how their work in the fields of education, recovery-oriented care, and trauma recovery overlap to provide practical strategies to school staff and community members who care deeply about addressing the trauma that will be prevalent this fall.
COVID-19 & School Mental Health Resource Highlights

Tools for Educators During a Public Health Crisis

Back to School After COVID-19: Supporting Student and Staff Mental Health Toolkit

Telehealth Toolbox for School Personnel
COVID-19 & School Mental Health Resource Highlights

Making a Good Connection: Engaging Students and Families in School Tele-Mental Health

Overcoming the Storm: Special Bi-Monthly Training for AI/AN School Communities in the COVID-19 Pandemic

Managing Anxiety & The Return To Schools

Back to School… Promoting Resiliency and Mental Health Wellness in Latino Children
Resources for Educator and School Mental Health
Professional Well-Being

Educator Wellness Series

Well-Being Wednesdays
Taking Care of Teachers Who Take Care of Kids
Webinar series archive available now!

Burnout Busters: The Podcast

Self-Care in Overwhelming Times
Classroom WISE: Well-being Information and Strategies for Educators

• FREE 3-part training package for K-12 educators and school personnel on mental health literacy

• Development process included input from educators, students, and school mental health leaders across the country

• Offers evidence-based strategies to promote student mental health and support students with mental health challenges

Available at [www.classroomwise.org](http://www.classroomwise.org)
Access our Training and Events Calendar and Products and Resources Catalog on our MHTTC website: [www.MHTTCnetwork.org](http://www.MHTTCnetwork.org)
Connect with us!

- Follow us on social media
  
  @MHTTCNetwork

- Subscribe to our e-newsletter **MHTTC Pathways** for access to new COVID-19 school mental health related trainings and resources

Questions? Contact Jessica Gonzalez at jegonzalez@stanford.edu.

www.MHTTCnetwork.org
SCHOOLSAFETY.GOV
RESOURCES
Topic pages contain a definition along with accompanying information regarding the topic, key strategies to consider, and featured resources to support schools and districts.

Resources tend to be how-to or action-oriented guides that inform users on how to implement strategies to address the topics.
Additional Resources

2022: Staying In School In-Person
(Dept. of Education)

Protecting Youth Mental Health
(Dept. of Health & Human Services)

Safe Schools Checklist
(Dept. of Health & Human Services)
Additional Resources

**Starter Kit for Workshop on Reconstituting Operations**
(Dept. of Homeland Security - FEMA)

**Supporting Children Living with Grief and Trauma: A Multidisciplinary Approach**
(Dept. of Justice – OVC TTAC)

**School Closings Present Potential Risk of Child Exploitation**
(Dept. of Justice – FBI)
The guide is organized across three sections that aim to:

- Enhance understanding about layered physical security in a systems-based way;
- Provide information about the various elements of a comprehensive school security system, including physical security strategies at each layer of a school campus; and
- Describe the common challenges that schools face as they plan for and make physical security improvements and strategies that have helped K-12 schools overcome these challenges in the past.
The K-12 School Security Assessment Tool (SSAT) is a web-based program that walks Local Education Agencies and other stakeholders involved in the school security planning process through a complete vulnerability analysis and provides recommendations for improving security at a specific school.

The tool will launch with the K-12 Guide and will:

- Prioritize results and recommend immediate actions
- Provide simplicity in both language and design
- Equally serve users with varying levels of training and experience
- Be highly portable, allowing online and offline access
K-12 School Security Product Suite

Associated Product Suite: Available Starting February 2022


School Security Assessment Tool (SSAT) & Aides

K-12 Guide Training (In Development)

K-12 Guide Train-the-Trainer Toolkit (In Development)
Follow Us on Twitter for Upcoming Events and School Safety News! ⬇️
• @SchoolSafetyGov
• @CDCgov
• @MHTTCNetwork

Click here to sign up for regular updates or scan QR code.

Key Resource Links
• https://SchoolSafety.gov
• https://mhttcnetwork.org/centers/global-mhttc/responding-covid-19-school-mental-health-resources
• https://cdc.gov

Questions, feedback, or ideas?
Please contact SchoolSafety@hq.dhs.gov