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

Thursday, January 20, 2022

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Mental Health Technology Transfer Center Network
Funded by Substance Abuse and Mental Health Services Administration

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

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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
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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
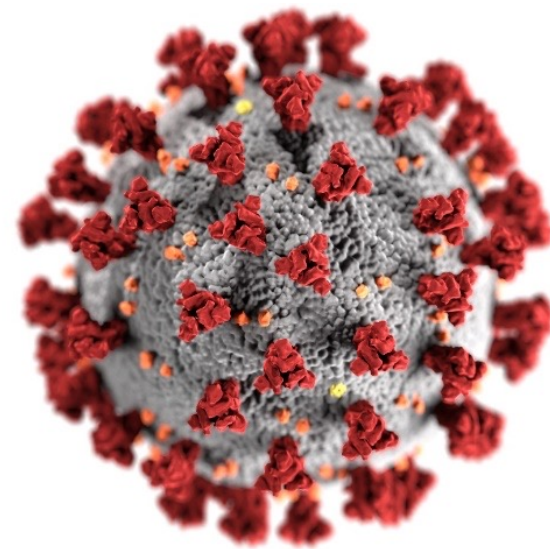
cdc.gov/coronavirus

Prevention Strategies

Getting vaccinated	**Consistent and correct mask use**	**Physical distancing**
Screening testing to promptly identify cases, clusters, and outbreaks	**Improving ventilation**	**Handwashing and respiratory etiquette**
Staying home when sick and getting tested	**Contact tracing, in combination with isolation and quarantine**	**Cleaning and disinfection**

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.

Who Does NOT Need to Quarantine in K-12 Schools (1/2)

- 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.

Who Does NOT Need to Quarantine in K-12 Schools (2/2)

- 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
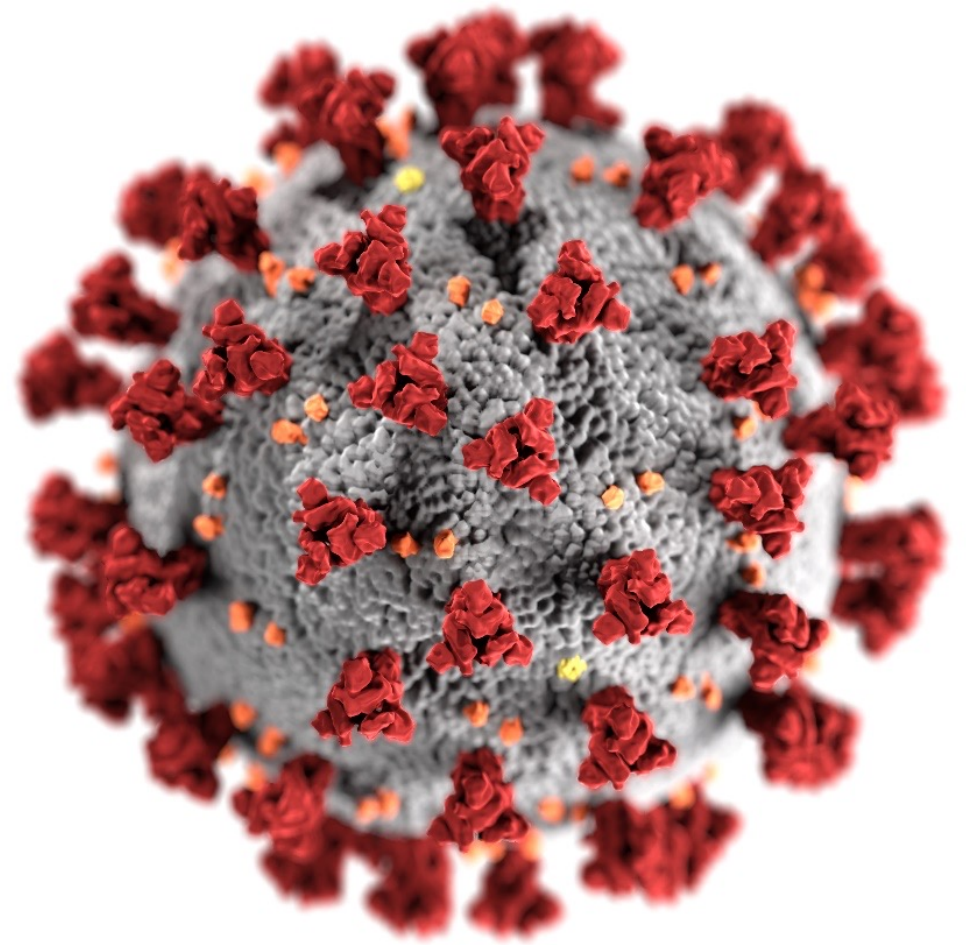
For more information, contact CDC
1-800-CDC-INFO (232-4636)
TTY: 1-888-232-6348   www.cdc.gov

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 Mental Health Technology Transfer Center (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/
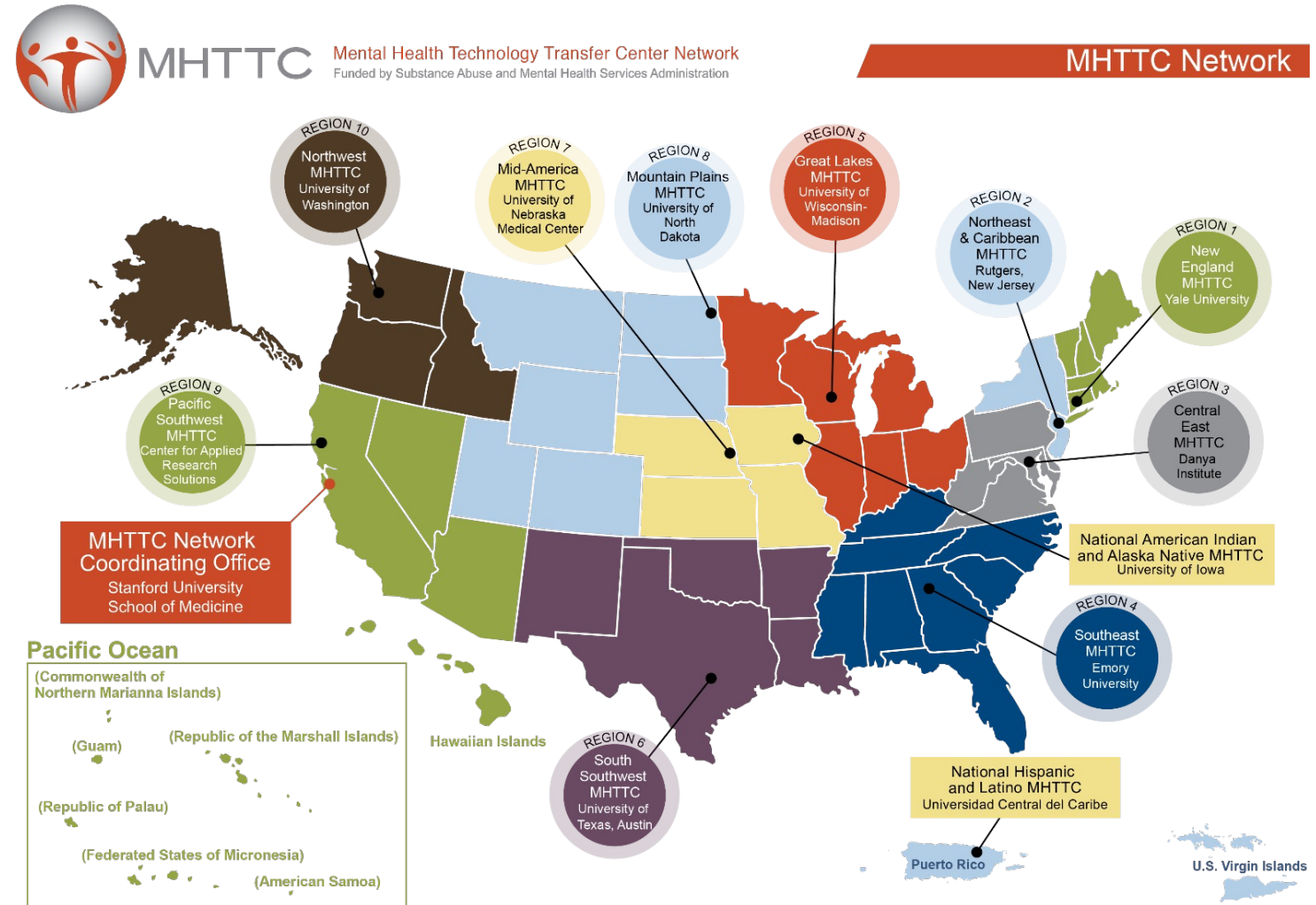
MHTTC School Mental Health Initiative

Supplemental funding to address implementation of mental health services in school systems.

Communicating About School Mental Health - A Graphic Toolkit
Collaborating TTC: Southeast MHTTC
Publication Date: November 12, 2021

VIEW RESOURCE

MHP ACS EDU

Mental Health Stigma Reduction in Rural Schools
Publication Date: November 10, 2021

Developed By: Mountain Plains MHTTC

DOWNLOAD

MHP ACS EDU

Special Topics in Mental Health Services
Wellness Matters: Self-Care for Mental Health Providers

View Description and Enroll

Treating Grief and Loss in Black Children and Youth
Collaborating TTC: Central East MHTTC
Publication Date: October 28, 2021

VIEW RESOURCE

MP MHP OTHER

National School Mental Health Best Practices: Implementation Guidance Modules for States, Districts and Schools

National School Mental Health Best Practices: Implementation Guidance Modules for States, Districts, and Schools

Trainer Manual

National School Mental Health Best Practices: Implementation Guidance Modules for States, Districts, and Schools

Participant Manual

- 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

Available on the MHTTC Website:

http://bit.ly/implementation-guidance-modules

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)

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

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 Impact on Student Mental Health	Grief, Loss, & Bereavement	IPV and Child Abuse
Mental Health Disparities	Educator Wellness	Telehealth Basics
School Mental Health Workforce Retention	Crisis Response	Back to School During COVID-19

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

Public health emergencies such as COVID-19 have a significant impact on students and their families, educators and the school mental health workforce, as well as the school mental health system. Addressing the mental health impact on students, parents, teachers and school personnel has become more important and necessary than ever before. The MHTTC Network recognizes this, and we are available to assist the school mental health workforce by providing training and technical assistance to help during these trying times.

Access a complete list of events & resources related to school mental health and COVID-19 here.

COVID-Related MHTTC School Mental Health Products and Resources

Back to School After COVID-19: Supporting Student and Staff Mental Health Toolkit | New England MHTTC
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 | New England MHTTC
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.

https://bit.ly/mhttc-smh-covid-19

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
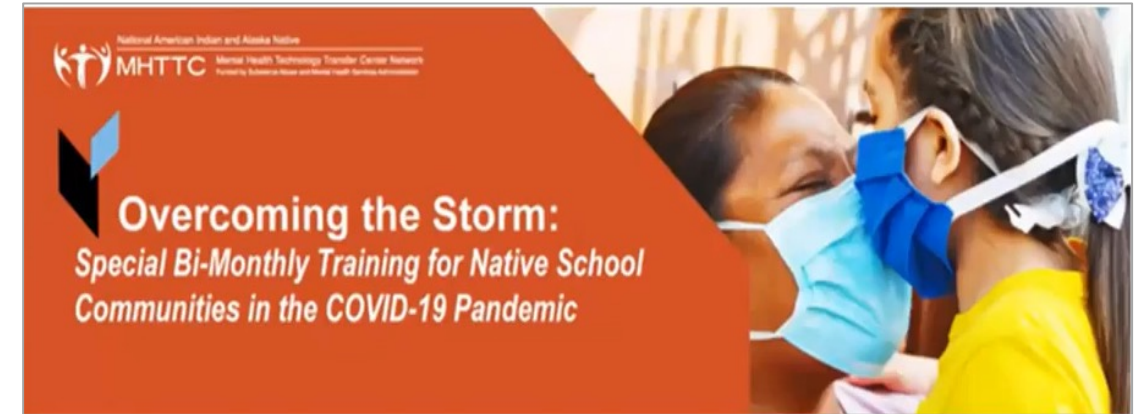
Overcoming the Storm: Special Bi-Monthly Training for AI/AN School Communities in the COVID-19 Pandemic
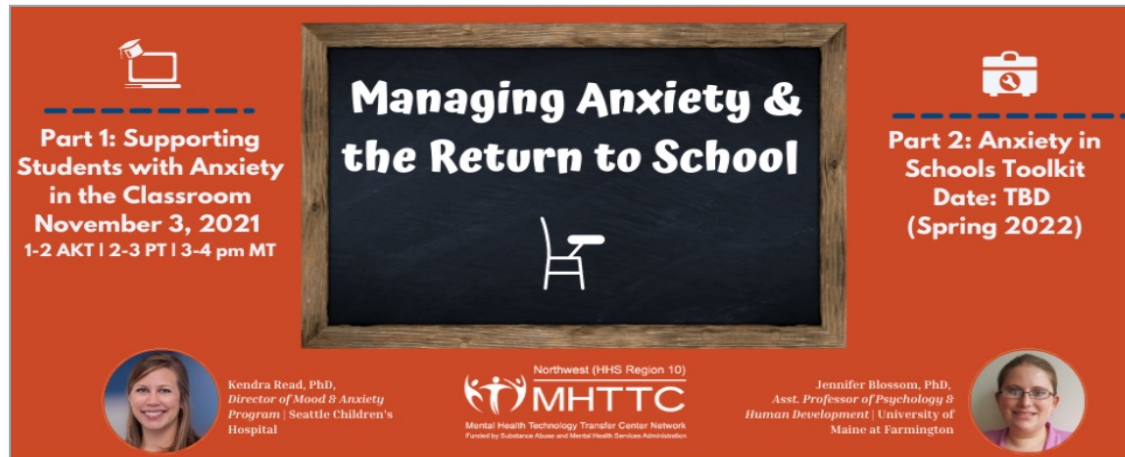
Managing Anxiety & The Return To Schools
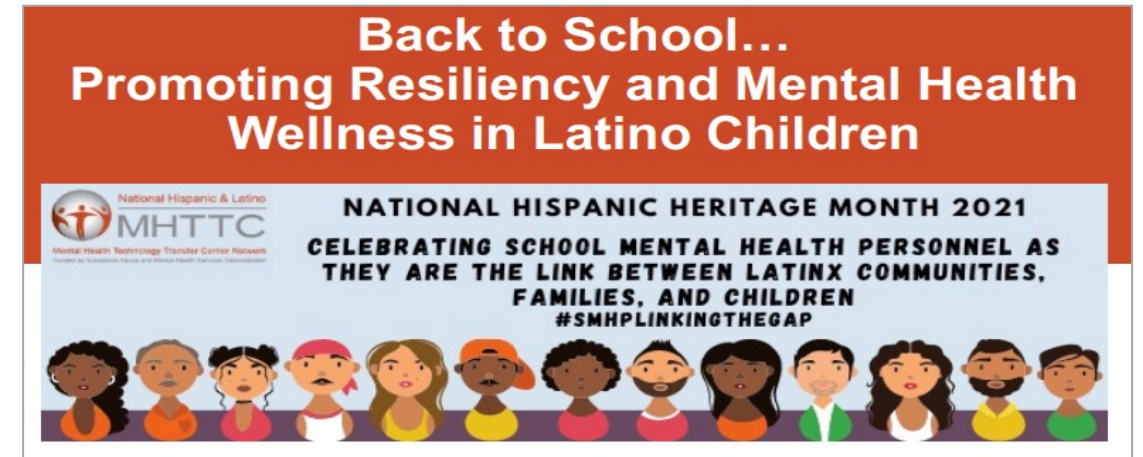
Back to School… Promoting Resiliency and Mental Health Wellness in Latino Children

Resources for Educator and School Mental Health Professional Well-Being

Educator Wellness Series

Burnout Busters: The Podcast

Well-Being Wednesdays: Taking Care of Educators
Who Take Care of Kids

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
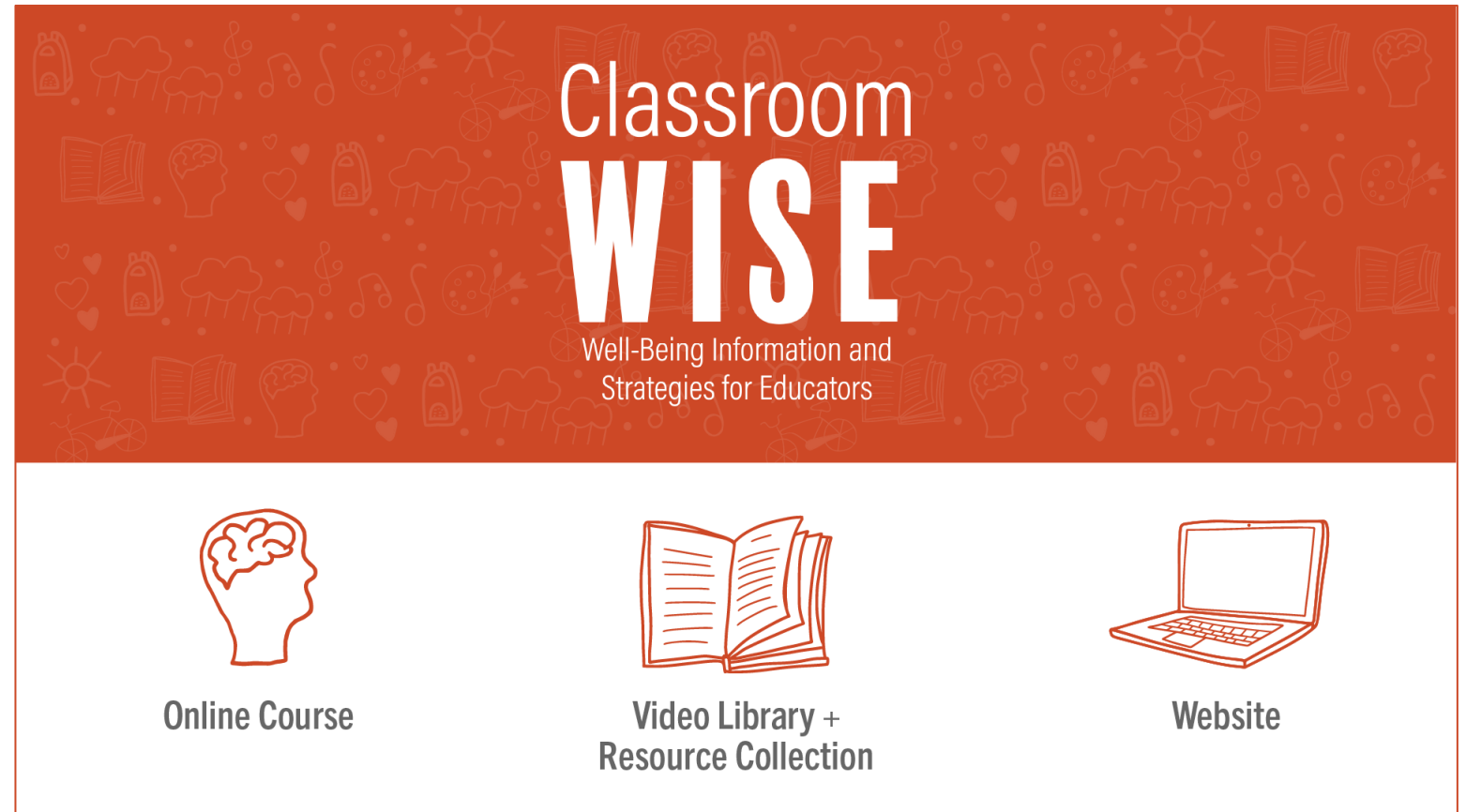
Available at www.classroomwise.org

Additional MHTTC School Mental Health Resources

Access our Training and Events Calendar and Products and Resources Catalog on our MHTTC website: **www.MHTTCnetwork.org**

Connect with us!

www.MHTTCnetwork.org

- 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.

SCHOOLSAFETY.GOV RESOURCES

Topic Pages | SchoolSafety.gov

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.
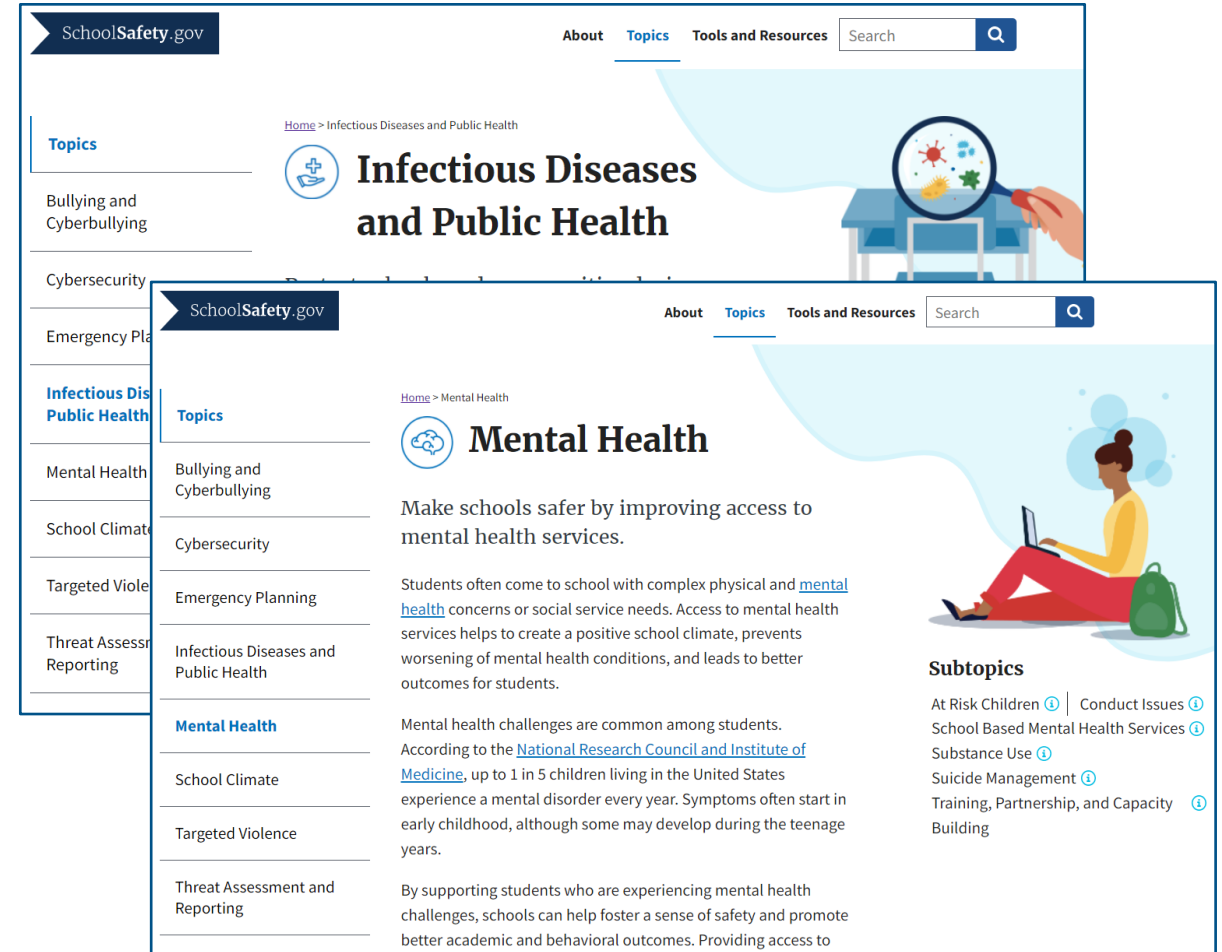
Additional Resources
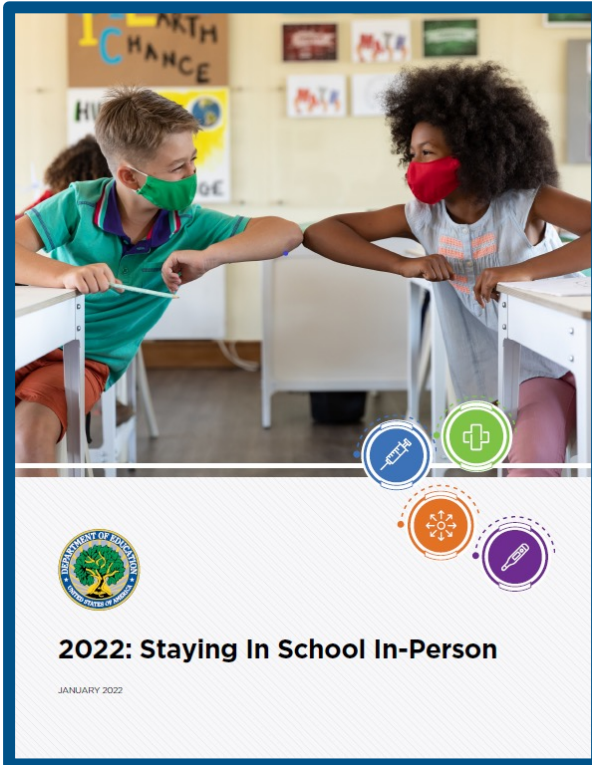
2022: Staying In School In-Person
(Dept. of Education)
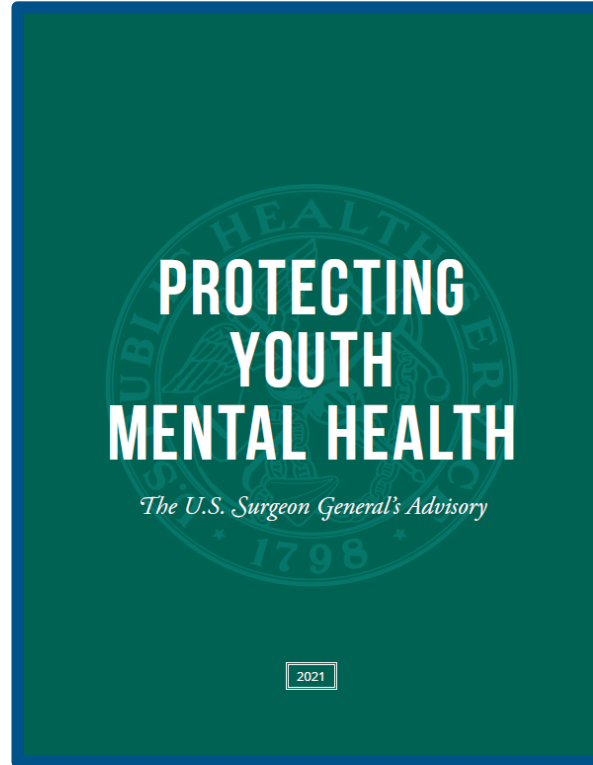
Protecting Youth Mental Health
(Dept. of Health & Human Services)
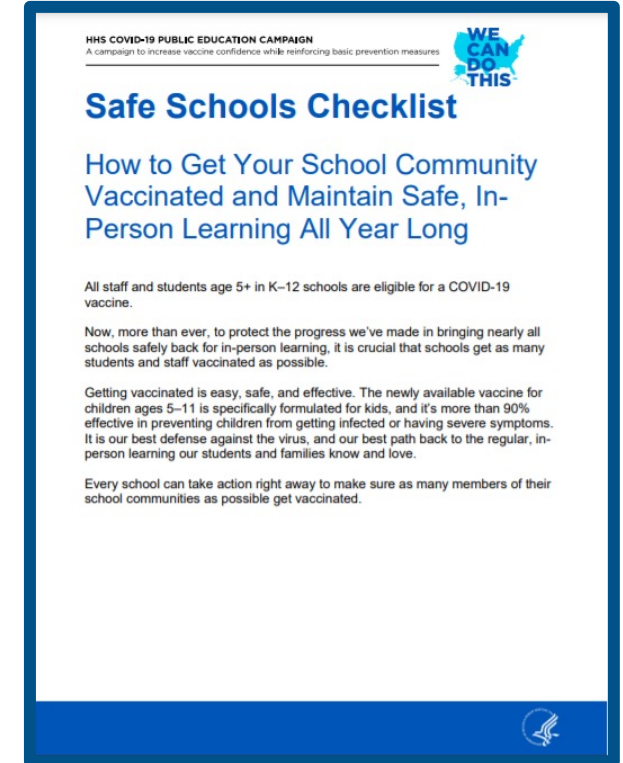
Safe Schools Checklist
(Dept. of Health & Human Services)

Additional Resources

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

Supporting Children Living with Grief and Trauma
(Dept. of Justice – OVC TTAC)

School Closings Present Potential Risk of Child Exploitation
(Dept. of Justice – FBI)

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K-12 School Security Guide Preview

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.

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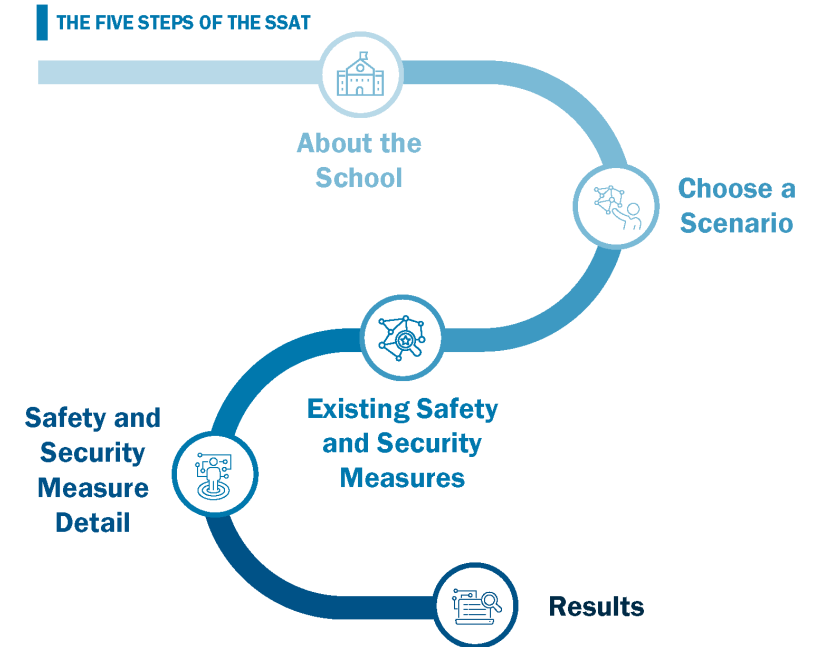Funded by Substance Abuse and Mental Health Services Administration

K-12 School Security Assessment Tool

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

THE FIVE STEPS OF THE SSAT

About the School

Choose a Scenario

Existing Safety and Security Measures

Safety and Security Measure Detail

Results

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K-12 School Security Product Suite

Associated Product Suite: Available Starting February 2022
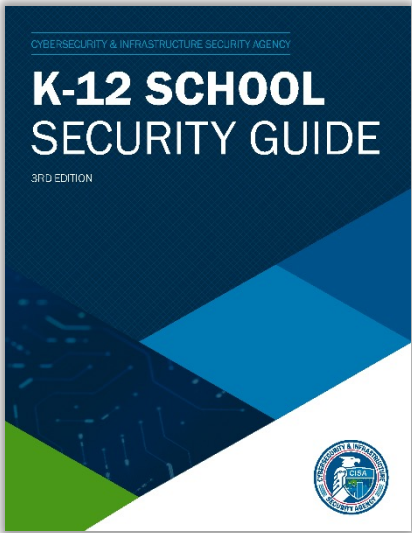
K-12 School Security Guide
(3ʳᵈ Edition)

School Security Assessment Tool
(SSAT) & Aides
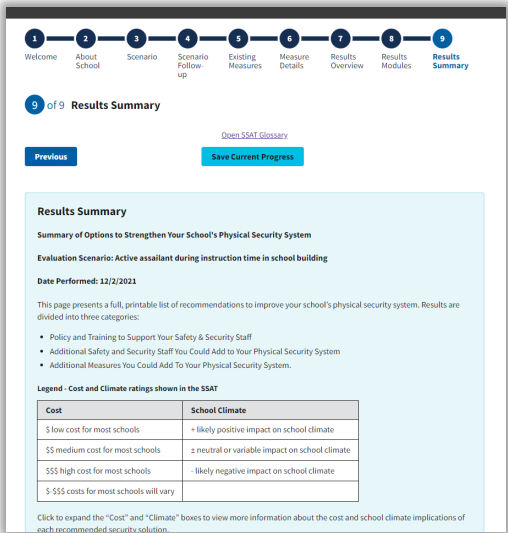
K-12 Guide Training
(In Development)

K-12 Guide
Train-the-Trainer Toolkit
(In Development)

Thank You!

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

SCAN ME

Question & Answer