



National American Indian and Alaska Native

MHTTC

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

Thank you for
joining us for the
3rd Session of the
**MHTTC K-12
Special Series
on School
Reopening!**





Are there any questions
from sessions one or two?

PROJECT AWARE



Project AWARE is 100% funded by SAMHSA

Melissa Isaac
Saginaw Chippewa Indian Tribe of Michigan
Office: 989-775-4505
misaac@sagchip.org



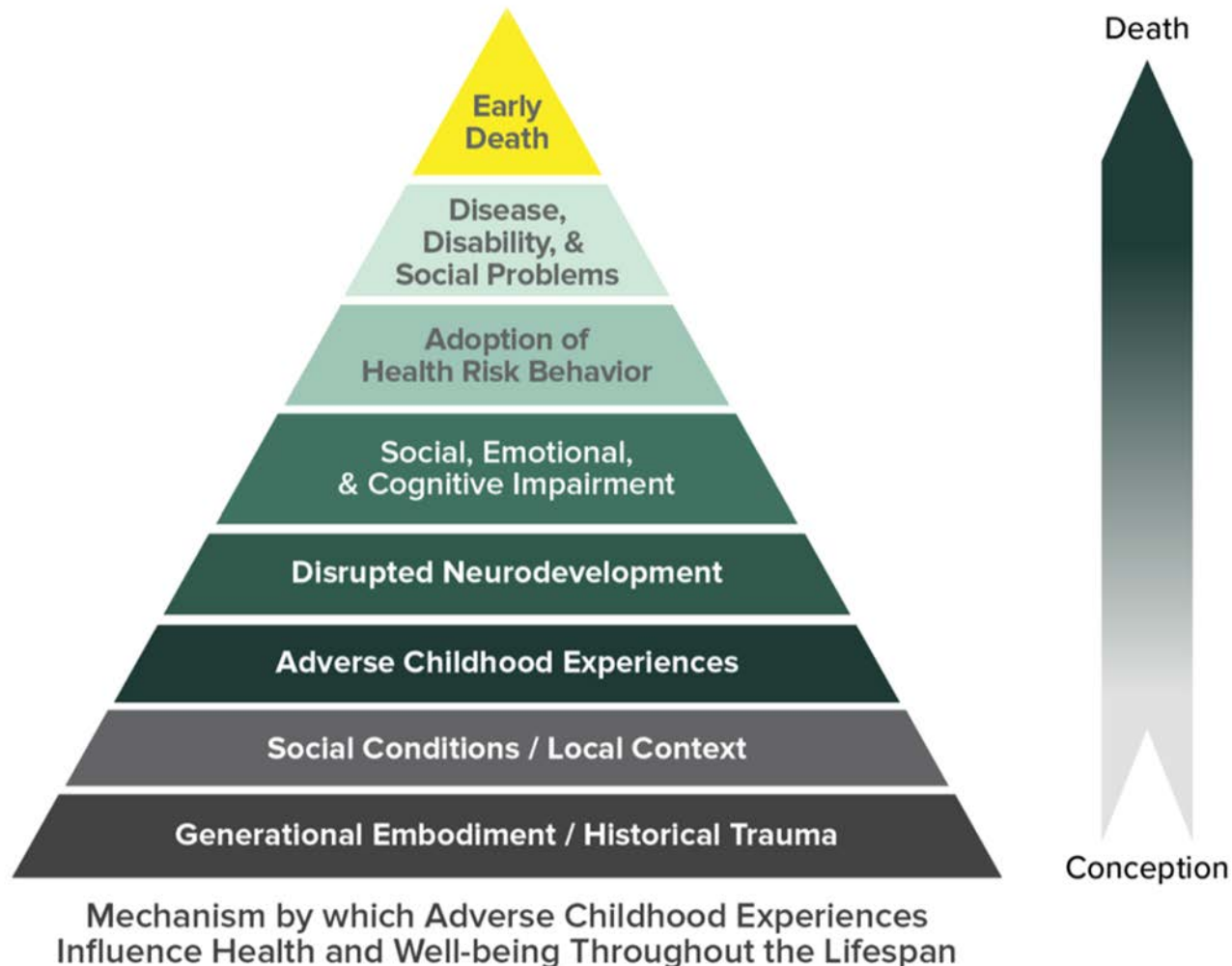
WHY STRIVE TO BE TRAUMA-INFORMED?

Mishiikehn, Niij and our classroom of friends.



We Shall Remain

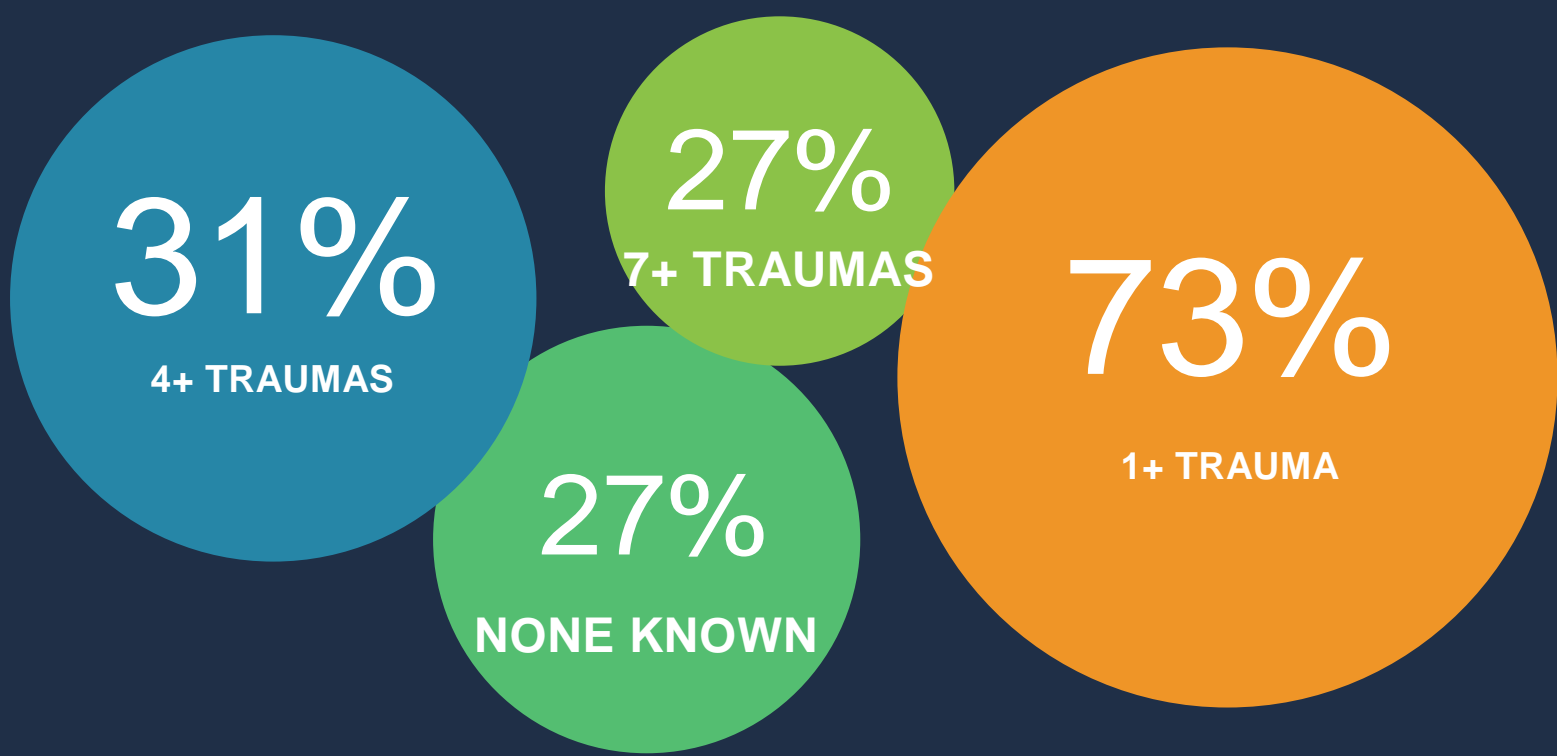
Adults Exposed to ACEs are more likely to: drink, smoke, use drugs, take part in other potentially harmful activities, have chronic health conditions



Centers for Disease Control & Prevention (CDC). 2019. *About Adverse Childhood Experiences*. Accessed 04/16/19.

<https://www.cdc.gov/violenceprevention/childabuseandneglect/acestudy/aboutace.html>; Massachusetts Advocates for Children: Trauma and Learning Policy Initiative In collaboration with Harvard Law School and The Task Force on Children Affected by Domestic Violence. 2005. *Helping Traumatized Children Learn supportive school environments for children traumatized by family violence: A Report and Policy Agenda*. Boston: Massachusetts Advocates for Children.

Tribal Community Impact



10:10-Survivors of Historical Trauma

7:10-The number of students with a known trauma.



TRAUMA & LEARNING

Trauma can interfere with ability to learn/exhibit:

- Language and Communication Skills
- Social and Emotional Communication
- Problem Solving and Analysis
- Organizing Narrative Material
- Cause-and-Effect Relationships
- Taking Another's Perspective
- Attentiveness to Classroom Tasks
- Regulating Emotions



Different students may exhibit different behaviors:

- Reactivity and Impulsivity
- Aggression
- Defiance
- Withdrawal
- Perfectionism

Centers for Disease Control & Prevention (CDC). 2019. *About Adverse Childhood Experiences*. Accessed 04/16/19.
<https://www.cdc.gov/violenceprevention/childabuseandneglect/acestudy/aboutace.html>.

Massachusetts Advocates for Children: Trauma and Learning Policy Initiative In collaboration with Harvard Law School and The Task Force on Children Affected by Domestic Violence. 2005. *Helping Traumatized Children Learn supportive school environments for children traumatized by family violence: A Report and Policy Agenda*. Boston: Massachusetts Advocates for Children.

What is Project AWARE?

5-Year \$9-Million Grant fully funded by SAMHSA
(Substance Abuse and Mental Health Services Administration)

Centered on Partnerships & Collaboration

Saginaw Chippewa Indian Tribe

Mount Pleasant Public Schools

Shepherd Public Schools

MAIN Aims:

- Increase mental health **AWAREness and access** to mental health related services for youth and their families
- Foster **collaboration between agencies to better serve youth** with mental health needs and their families, and connect them with additional services.
- Improve **data driven understanding** of youth mental health needs
- Our approach focuses on **addressing trauma** through trauma-sensitive schools: teaching, counseling, support, services, etc. AND **fostering resilience**

EVERY YEAR OF PROJECT AWARE:



SCA
Indigenized
Calming
Corner

MPPS Feel
Good
Wellness
Tailgate



SPS AWARE
Team at SPS
Homecoming
Parade

- Counselors in Schools
 - 2 SCA, 3 SPS, 5 MPPS
- EAGALA Therapy at HopeWell Ranch
- Calming Corners Upkeep
- Counselor & educational supplies to support trauma informed instruction & school culture change
- Trauma Informed Schools (TIRS) Training
- AWAREness Events
- Strategic Action Plan (Development and/or Updates)

YEAR 1 SPARS DATA SUMMARY

SPARS Indicator	Annual Goal	Number Reported	% Of Goal Reached
PD1	2	2	100%
WD2	857	858	100.1%
PC1	3	11	366.7%
TR1	857	2985	348.3%

PD1 – The number of policy changes completed as a result of the grant.

WD2 – The number of people in the mental health and related workforce trained in mental health related practices/activities that are consistent with the goals of the grant.

PC1 – The number of organizations that entered into a formal written inter/intra-organizational agreements (e.g., MOUs/MOAs to improve mental health related practices/activities that are consistent with the goals of the grant.

TR1 - The number of individuals who have received training in prevention or mental health promotion.



**Although we started behind,
we exceeded our
SAMHSA/SPARS indicator
measures!**

UNIQUE CHALLENGES OF FY2020

- Transitioning training & events
- Transitioning Counseling Services
- Uncertainty about Back-to-School Plans
- School staff extra work-load
- Increased stress & anxiety for everyone
- Planning model is Community/Group Based: Can't meet in groups

FY2020 SHARED TRAINING ESTIMATE SUMMARY

Training	SCIT	MPPS	SPS	Total
Trauma Informed MTSS	15	6	4	25
STARR Practicing Resilience	53*	328	156*	537*
STARR Resetting for Resilience	57*	420*	176*	653*
TOTALS:	125	754	336	1215

*These are enrollment numbers, as trainings are still underway

MPPS Project AWARE Summary (FY2020)

• Training Numbers (since Sept 2019)

- **7 counselors** trained in suicide risk assessment
- **12 staff** CPI crisis prevention training
- **70 paraprofessionals** trained in QPR suicide prevention
- **200 staff** trained in Restorative Practices

Total: 289

• Number of Trauma Informed Services Provided to Students: **6,388**

- Includes: **Individual & group counseling, Mindfulness, In-class lessons/presentations from, counselors/social workers, Second Step SEL**

• Events

• **Consensus Workshop**

January 14, 2020

• **Youth Mental Health First Aid:**

March 2020

- 41 Elementary Paraprofessionals Trained
- 9 Community Members trained

• **Intentional Book Club for Educators**

Ongoing

- Hosted by MPMS/WAY Project AWARE Counselor Stephen Wheeler

• **104 Resources Developed**

SPS Project AWARE Summary (FY2020)

- **Training Numbers (since Sept 2019)**

- **Mental Health First Aid** Odyssey Staff - 5
- **Winn Staff Training** (Full Heart, Emotional Management for Kids, Self-Care Tapping Out technique, Promoting Kindness in the Classroom,) - 131

Total: 136

- **Number of Trauma Informed Services Provided to Students: 6,799**

Includes: relationship building techniques, Cognitive Behavioral Therapy (CBT), self-esteem building, parent divorce counseling, social skills, positive behavior, depression, anxiety, dealing with loss, calming corners and Mindfulness)

- **Events**

- **Consensus Workshops:**
February 24, 2020
- **Tree, Trunk or Treat at Odyssey**
October 2019
 - Mental Health Organization information provided
- **“Love is A Work Of Heart” Mental Health Wellness/Self-Care Event**
February 14, 2020
 - Mental Health/Wellness Service Provider Resource Booths with information distribution
- **Back to School Bash**
August 18 & 19, 2020
 - 327 school supplies kits given with Mental Health Resources

- **336 Resources Developed**

SCIT Project AWARE Summary (FY2020)

Additional Training Numbers

- **37 SCA, Project AWARE & Ed. Admin staff** trained in **Indigenous Restorative Practices**- August 17 & 18, 2020
- **2 SCA Counselor's** trained online in **Mindfulness Fundamentals**
- **2 SCA Counselors** in process of training in **Mindful Educator Essentials**

Total: 41

Number of Students Receiving Trauma Informed Instruction:

ALL SCA Students last school year: 86!

Includes: Counseling, In-class social Emotional Learning lessons/presentations, HopeWell Ranch Equine Therapy

Events

- **Masquerade Pow-Wow:** November 20, 2019
 - Resilience focused Tribal Dept. booths & information distributed: Culture & strong Anishinaabe identity is prevention & builds resilience!
- **SCA Consensus Workshop:** November 27, 2019
- **K-12 Graduation Parade:**
 - Distributed Mental Health Resources
- **Summer Mindfulness Camp:**
 - 11 Students ages 6-10
- **Back-To School Drive Through Supply Distribution:** August 20, 2020
 - Hosted by K-12: mental health signs & resources distributed with school supplies
- **SCA Kindergarten Registration:**
 - Information on SEL Dogs distributed

SCA Consensus Workshop, Ziibiwing Center November 27th, 2019

What do we need to become a more trauma informed resilient school?

STRATEGIC IMPLEMENTATION OF TRAUMA INFORMED TRAINING	DEMONSTRATE EMPATHY IN STUDENT INTERACTIONS	FOSTER EFFECTIVE COLLABORATION	EXPAND COMMUNITY AND CULTURAL PARTNERSHIPS	CULTURALLY APPROPRIATE SCHOOL-WIDE EXPECTATIONS
STAFF COMMITMENT AND ACCOUNTABILITY	ACCESS TO RESOURCES	OPEN AND EFFECTIVE COMMUNICATION	AWARENESS OF THE IMPACT OF TRAUMA	IDENTIFIED NEXT STEPS

Project AWARE Contact Sheet



All Project AWARE staff are available from 8am - 5pm Monday-Friday.

Project AWARE/SCA Counselor
Tahsheenah Foley
 989-444-8182
 TahFoley@sagchip.org

Project AWARE/SCA Counselor
Michelle Klingensmith
 989-444-8319
 MKlingensmith@sagchip.org

Project AWARE Coordinator
Kehli Henry
 989-444-9367
 KHenry

Project AWARE Co-Coordinator
Trisha Bassett
 989-824-0035

MPPS C Project Alexis
 989-8
 AlSyrett

May/June 2020 Snapshot

Due to COVID-19, Project AWARE staff is working remotely, but can still be reached via email at khenry@sagchip.org

SNAPSHOT OUTLINE:

1. Stress Quiz	pg. 1
2. APA's Stress in America Findings	pg. 1
3. Ways to Manage Stress	pg. 2
4. 10 FREE Mobile Apps for Positive Mental Health	pg. 2

You have likely experienced some stress in your life. Go through the short quiz below to evaluate your stress level.

Instructions: For each question, reflect on your feelings and thoughts over the past month and decide where you fall on the scale.

- In the last month, how often have you felt that you were unable to control the important things in your life?
 0= Never 1= Almost Never 2= Sometimes 3= Fairly Often 4= Very Often
- In the last month, how often have you felt confident about your ability to handle your personal problems?
 0= Never 1= Almost Never 2= Sometimes 3= Fairly Often 4= Very Often
- In the last month, how often have you felt that things were going your way?
 0= Never 1= Almost Never 2= Sometimes 3= Fairly Often 4= Very Often
- In the last month, how often have you felt difficulties were piling up so high that you could not overcome them?
 0= Never 1= Almost Never 2= Sometimes 3= Fairly Often 4= Very Often

Scoring:

Questions 1 and 4:	Question
Never= 0 Points	Never= 4
Almost Never= 1 Point	Almost N
Sometimes= 2 Points	Sometim
Fairly Often= 3 Points	Fairly Of
Very Often= 4 Points	Never= 0

How did you do? If you scored especially during uncertain times, see the second page for some helpful ways to manage stress.

MENTAL HEALTH FOR CHILDREN

Introduction to the Children's Mental Health Series:

1. What does children's mental health mean?

"**Mental Health** in childhood means reaching developmental and emotional milestones, learning healthy social skills and how to cope when there are problems" (Centers for Disease Control and Prevention, 2020).

- Mental health is important to the overall health of your child throughout every stage of their life (American Psychological Association, 2009).
- Mental health or wellness helps children function well at home, in school, and in their communities.

1 in 6 U.S. children aged 2-8 years (17.4%) had a diagnosed mental, behavioral, or developmental disorder
 (Children's Mental Health: Data and Statistics on Children's Mental Health, 2020).



our child can depend on healthy relationships for overall health and.



APA's Stress in America Findings:

According to the American Psychological Association's (APA) Report: **STRESS IN AMERICA 2020**. Covid-19 is impacting American stress levels, so if you are extra stressed, you are not alone!

The report used data from adult survey respondents in May 2020:

70%

Said the **ECONOMY** is a significant source of stress (vs. 46% in 2019)

70%

Said **WORK** is a significant source of stress (vs. 64% in 2019)

46%

Of parents said their **STRESS LEVEL** IS HIGH

For most children it is a significant source of stress

Mental Health Services for SCIT Employees

Employee Assistance Program

The employee assistance program is available to employees and their families. The EAP works with Central Michigan Professional Counseling Associates to provide individual outpatient counseling to employees and children of employees under the age of 18.

Employees are able to receive **10 FREE** sessions.

Central Michigan Professional Counseling Associates is located at:
 307 East Michigan Street
 Mount Pleasant, MI 48858
 PH: 989-772-5833

For more information go to:
<https://www.cm-pca.com/eap>

CIGNA

To register:

- Go to <https://www.cigna.com/>
- Click on 'Register'
- **Employee ID will be: sagchip**
- Choose 'EAP Benefits Only'
- Once you are registered look at all the services and providers that are free to you

As an employee of the SCIT, an EAP is also available through CIGNA insurance. They offer counseling on a variety of different issues. They also offer a referral service for pet care, elder care, childcare, adoption or even home repairs. ANYONE living in your household at your address can access these services with CIGNA.

Meritain Health

providers: your out of pocket deductible is met and on medical need

<https://www.meritain.com/> and after logging in click 'find care.'

Out-of-Network Providers:
 - Covered at 60% after your deductible is met

Supporting your Mental Health During the COVID-19 Pandemic

Take Care of Your Body
 Take deep breaths, stretch, or meditate. Try to eat regular, well-balanced meals; get some physical activity every day; give yourself time to get a full night's sleep; and avoid alcohol and drugs.

Set Goals and Priorities
 Decide what must get done today and what can wait. Priorities may shift to reflect changes in schedules and routines and that is okay. Recognize what you have accomplished at the end of the day.

Take Breaks from the News
 Set aside periods of time each day during which you close your news and social media feeds and turn off the TV. Give yourself some time and space to think about and focus on other things.

Connect with Others
 Talk with people you trust about your concerns and how you are feeling. Digital tools can help keep you stay connected with friends, family, and neighbors when you aren't able to see them in person.

Make Time to Unwind
 Try to engage in activities and hobbies you enjoy. Engaging in these activities offers an important outlet for pleasure, fun, and creativity."

Source: <https://www.nimh.nih.gov/news/2020/supporting-mental-health-during-the-covid-19-pandemic.shtml>

Taking Care of Your Mind and Body

Research shows that mindfulness can have a positive impact in certain areas of mental health including stress reduction, emotion and attention regulation, and reducing mild to moderate depression and anxiety.

activity you can try at home:
 r is most comfortable to you, urbreath for one minute.
 ily watch your breath, focusing f awareness on its pathway as it body and fills you with life.
 h with your awareness as it works up and out of your mouth and its pates into the world.
 or follow this link for more mindfulness exercises:
<http://www.mindful.org/categories/directions/faith-practices/>

Resource Development

🐾 Social Emotional Learning Dogs 🐾

Meet Joy and Noojimoo

Through Project AWARE and 2% grant funding through MPPS and SPS, SCA will be welcoming two furry little friends into the school later this year. These pups, also known as Social Emotional Learning dogs, will come from a certified trainer who trains dogs to work in schools with children.

A Social Emotional Learning dog can help students and teachers with:

Classroom lessons

Traumatic/stressful events

Building relationships

Learning about emotions



Noojimoo



PROJECT
AWARE

Empowering Youth • Healing Communities



Joy



Tier 3

Intensive Systems of Support (Collaborative interventions)

Referral: More intensive services.

Engage and support parents as part of their child's healing process.

Re-evaluate model

Staff: Crisis Support for vicarious/secondary trauma.

Facility-based, trauma specific, individual, group, and family therapy services including Traditional Healer and Ceremony.



Tier 2

Reactionary Systems of Support

(Interventions for identified students and families)

-Supportive Team Meeting for individualized plan including student, family, staff, administrator, Traditional Healer and Youth Counselor

-Cultural and skill building interventions for student, family, and staff. (Specific to individual and their circumstances-Round Dance and Grief)

-Reevaluate discipline policies, procedures, and alternatives to non-participation in programming.

-Staff: Wellness support



Tier 1

Proactive Systems of Support (Every student, family, and staff member)

-A Trauma Informed Staff & Facility

-Indigenous Restorative Practices Model (Repair the “harm” and not “exile” or “banish.”)

-A safe environment (culturally and emotionally)

-Policies and procedures reflective of trauma sensitive approach (attendance: Mental Health Day)

-Well-trained staff members (Director to Janitor)

-Physical environment: conducive to learning utilizing sensory approach (flexible seating, outdoor classroom, etc)

-Cultural based strategies for student, staff, and parent well-being (smudging, singing, etc.)

-Students: Personal Wellness Goals -Staff: Personal/Professional Wellness Goal

-School-wide support and interventions (PBIS, development of wellness curriculum, include wellness, culture and language curriculum)

-Students and Staff: Wellness support



Questions?

PROJECT AWARE

Project AWARE is 100% funded by SAMHSA

Miigwetch!!



New Technical-Assistance Opportunity through MHTTC K-12 Program

- Melissa Isaac will be offering 1-on-1 consultation for school staff working to develop their own reopening plan
- This consultations will be delivered at no cost
- Please reach out to MHTTC K-12 Program Manager, Teresa Brewington, if you are interested in learning more
 - Email: Teresa-Brewington@uiowa.edu
 - Phone: 641-854-1178

