

## Student Mental Health Support Efforts

*Sonoma County Office of Education (SCOE)'s efforts to support students' mental health after the fires have focused on training school administrators, counselors, and teachers in how to support students' mental health. They include the following efforts, which are listed in chronological order:*

- **October 2017:** SCOE's school psychologists helped coordinate a mental health response to the crisis across numerous school districts through the System of Support (SOS) network. SOS is a multi-agency team led and coordinated by SCOE that responds to immediate crisis caused by a student or staff fatality (not intended for long term supports, but immediate help and planning). [More here: \(https://www.scoe.org/pub/htdocs/safe-schools.html\)](https://www.scoe.org/pub/htdocs/safe-schools.html)
- **October-November 2017:** Train-the-Trainer Crisis Response: SCOE hosted general and site/district-specific Crisis Response Trainings for school counselors, school psychologists, site/district administrators and their designees. The trainings were designed to equip the counselors/psychologists to lead their respective staffs in a training of how to best care for themselves and their students.
- **November 2017 - May 2018:** Restorative Culture Collaborative Cohort 2: Originally created to address the expansion of Restorative Practices in Sonoma County, the collaborative broadened in 2017-18 to include efforts related to addressing the social-emotional needs of students/clients, promoting equity and access, and building and nurturing thriving schools and communities. The Restorative Culture Collaborative Cohort 2 focused intensively on training educators on trauma-informed practices and expanded collaboration with mental and behavioral health organizations as a response to the North bay fires. This effort is a collaboration between the Sonoma County Office of Education, Sonoma County Department of Human Services, Sonoma County Department of Health Services (Behavioral Health and Public Health), Child-Parent Institute, and First 5 Sonoma County.
- **January 2018:** Dr. David Schonfeld, director of the National Center for School Crisis and Bereavement at USC and nationally renowned expert on helping schools recover from disasters, presented a workshop for Sonoma County school district superintendents and other school leaders on Wednesday, January 10 at the Sonoma County Office of Education (SCOE). The presentation was part of a three-day visit to Sonoma County to consult with school districts and

SCOE experts and help Sonoma County schools recover from the North Bay Firestorms. [More here.](#)

- **February 2018:** SCOE issued [podcasts](#), [editorials](#), and [other publications](#) designed to help teachers and parents support student mental health.
- **August 2018:** SCOE will use a \$100,000 grant from The Medtronic Foundation to host a multi-day training for up to 60 school psychologists, counselors, and community mental health organizations in Cognitive Behavioral Intervention for Trauma in Schools (CBITS). CBITS is designed to reduce symptoms of post-traumatic stress disorder (PTSD), depression, and behavioral problems in students while improving functioning, grades and attendance, and peer and parent support. The training will begin in August and will include a follow-up session later in the school year. In addition to covering the cost of the training, the funds will provide stipends to those attending in order to reduce barriers to attendance. [More here.](#)
- **Ongoing:**
  - Technical assistance is available by SCOE school psychologists to districts upon district request.
  - SCOE School Psychologists will provide professional development upon request by impacted school sites.
  - SCOE coordinates the School Counseling Network, which provides quarterly professional development and a time to coordinate and share
  - SCOE and the Sonoma County Special Education Local Plan Area (SELPA) have been and continue to provide trainings on restorative practices, which support positive school culture and student mental health
- **2018-19:** \$60,000 in grant funds will be used support the Equity, Empathy, and Engagement (E3) Initiative, which supports teams of educators working to implement and spread these values within their school sites. Additional Medtronic Foundation funds will be used to host a follow up CBITS workshop on Dec. 6, 2018. The training will focus on Bounce Back, a school--based group intervention for elementary students exposed to traumatic events.