

NOTES



**Social & Emotional Wellness
for All Children**



October 13, 2016

Panelists

- ◆ **Michael Orth**, Deputy Commissioner of Community Mental Health - Westchester County
- ◆ **Jan Fisher**, Director of Public Affairs – Westchester Jewish Community Services
- ◆ **John McCabe**, Lower Hudson RSE –TASC
- ◆ **Arlene Seymour**, Program Director, Putnam Family and Community Services

District Presentations

- ◆ **Valhalla UFSD** - Dr. Brenda Myers, Superintendent
How do we know about the social emotional health of our students? Let's ask them.
One strategy for understanding the social and emotional health of our students is to administer a well-developed and research-based survey. In this presentation we will highlight some of our findings based on the "Communities That Care" survey.
- ◆ **Scarsdale UFSD** - Eric Rauschenbach, Director of Special Education and Students Services
Youth Services Project - A Long Standing Collaborative Approach
The Scarsdale School District, the Village of Scarsdale and Scarsdale Edgemont Family Counseling have a longstanding agreement to provide students and parents access to mental health and parenting advice. The Youth Services program has leveraged the benefits of school based intervention and a family systems approach to maximize the impact on students. Further, the collaborative structure provides a conduit of information about the mental health and wellness issues facing both school and wider communities allowing for more comprehensive approaches.
- ◆ **Ossining UFSD** - Raymond Sanchez, Superintendent
The Ossining Basics
The Ossining Basics Campaign is inspired by the fact that 80% of brain development happens in the first three years of life. During this period, skill gaps between socio-economic, racial, and ethnic groups become clearly apparent. Everyday interactions between children, their parents, and other caregivers provide abundant opportunities to give children from every background a more equal start in life.

The Ossining Basics are five evidence-based parenting and caregiving principles that encompass much of what experts find is important for children from birth to age three. Every child from every background can benefit from routinely experiencing these learning experiences. Therefore, we work through a broad range of institutions to ensure that every parent and caregiver is fully supported by family and friends to use the Ossining Basics practices in everyday life.

- ◆ **Byram Hills CSD** - Christopher Walsh, HS Principal
Flexible Support Program - Partnering with the University of Michigan Depression Center
Byram Hills High School created a flexible support program for students with emotional needs by partnering with a generous benefactor and a world class university.
- ◆ **Peekskill City SD** - Dr. David Fine, Superintendent
Student and Family Support: Margaret's Place
Margaret's Place at Peekskill Middle School is administered through WJCS in partnership with The Joe Torre Safe at Home Foundation. Provide education and support services across the school community to prevent interpersonal violence, intervene in the cycle of domestic violence and promote healthy relationships. There are "Safe Rooms" within schools for students to discuss violence-related issues with a professional counselor.
- ◆ **Briarcliff Manor UFSD** - James Kaishian, Superintendent
Youth Mental Health First Aid Training
This year, the Briarcliff Manor School District joined forces with the Westchester Jewish Community Services to provide teachers and staff with Youth Mental Health First Aid Training. This collaborative and highly successful training has turned out to be "just what the doctor ordered" in a time of increased pressure on students to perform. Our work together has provided at least one caring school community with the knowledge, strategies and confidence to identify students under mental distress so that struggling students may be connected with the resources they need to work through their difficulties.
- ◆ **Pelham UFSD** - Dr. Peter Giarrizzo, Superintendent
Building Inner Resources to Embolden Success
Developing mindful behaviors among our students has been a key objective of our five-year strategic plan. Students are under overwhelming pressure to perform academically, participate in outside activities, and manage complex social relationships. The School Yoga Project is being implemented to assist the Pelham Public Schools with engaging students in mindful strategies through yoga and other strategies in intentional ways to maximize the growth of the whole child.