

THE CHARTER INSTITUTE AT

# ERSKINE

School Leaders Meeting  
October 12, 2022



# WELCOME



Cameron Runyan  
Superintendent

# UPDATES

- **Federal Programs Updates** - *Jeanie Glover, Chief of Federal Programs* – [jglover@erskinecharters.org](mailto:jglover@erskinecharters.org)

**Virtual Office Hours for Grant Planning/Questions**

Thursday, October 13th 10:00 – 10:30 and/or 2:00 – 2:30.

Link: [Click Here](#)

**New Title I Administrators Training**

Tuesday, October 18<sup>th</sup> at 10:00 – 11:30 and 12:30 – 2:00. Sessions will be recorded.

Link: [Click Here](#)

**Training on Running Reports in SmartFusion**

October 24<sup>th</sup> 10:00 – 11:00 and 1:00 – 2:00

Sessions will be recorded.

Invitations will be sent today with links. Feel free to forward to those who might benefit

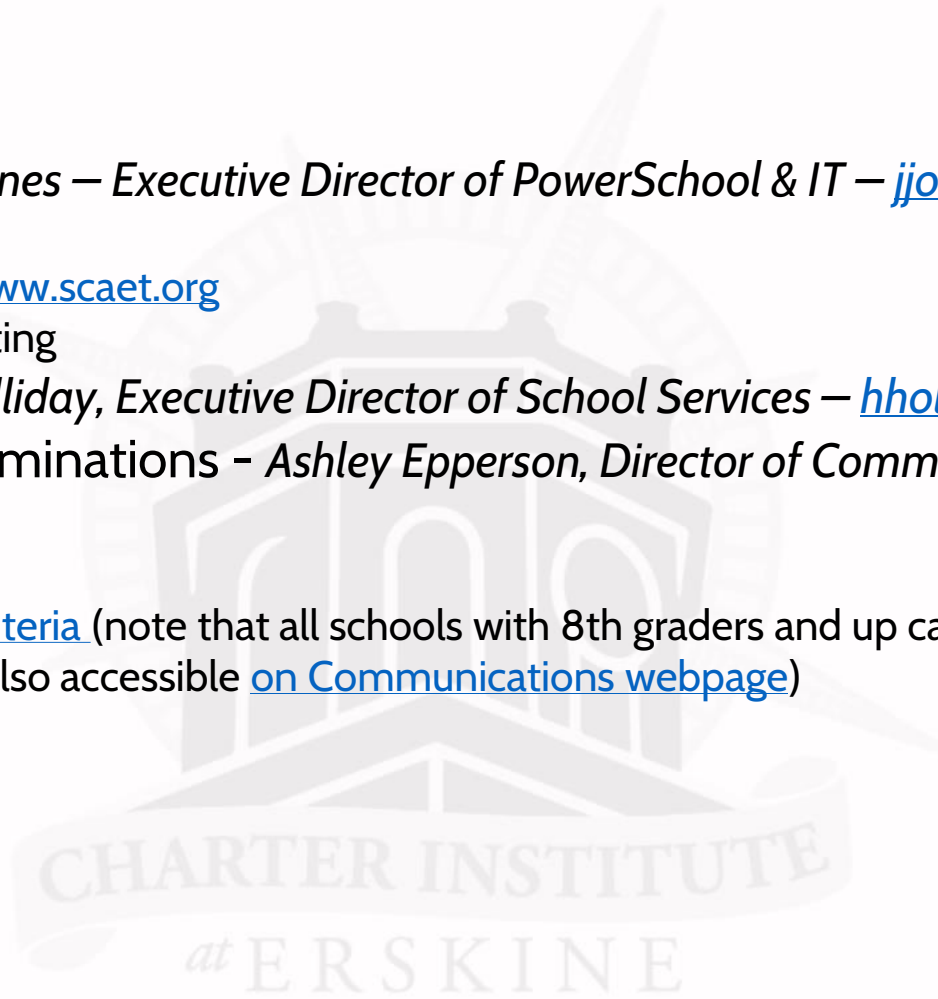
- **Student Services Updates** - *Laura Merrick, Chief of Student Services* – [lmerrick@erskinecharters.org](mailto:lmerrick@erskinecharters.org)

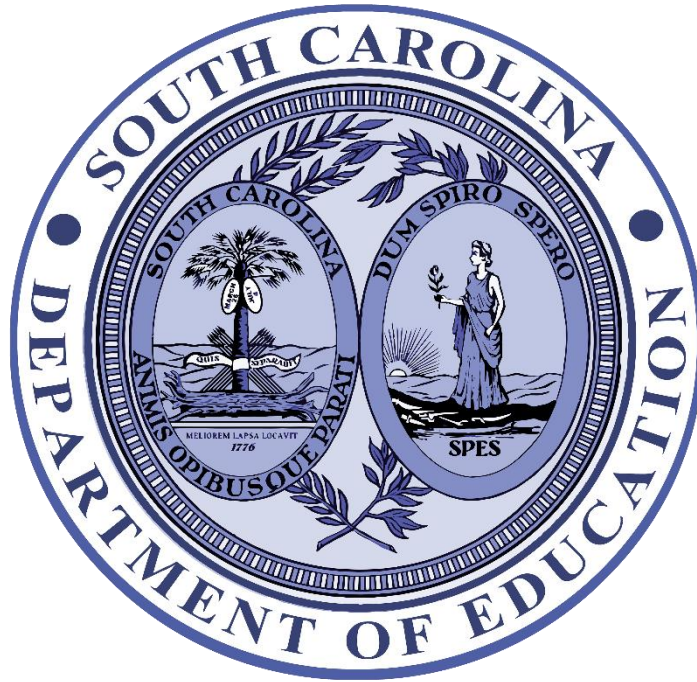
The Institute would like to offer each school an opportunity to train one staff member to become a CPI

Instructor. This training typically costs around \$4500 and is being offered to schools for free. Having a CPI Instructor on staff would enable each school to provide both initial and refresher trainings to all school employees at various times throughout the year. If you would like to participate in the opportunity, please complete [this form](#) identifying the candidate for this training by 10/12.

# UPDATES

- PowerSchool Updates – *Jason Jones – Executive Director of PowerSchool & IT – [jjones@erskinecharters.org](mailto:jjones@erskinecharters.org)*
  - Oct. 20 – PS Monthly webinar
  - Oct. 26-28 EdTech Conference [www.scaet.org](http://www.scaet.org)
  - Nov. 15 – Onsite PS Monthly meeting
- State Report Cards – *Heather Holliday, Executive Director of School Services – [hholliday@erskinecharters.org](mailto:hholliday@erskinecharters.org)*
- Charter School Ambassador Nominations – *Ashley Epperson, Director of Communications – [aepperson@erskinecharters.org](mailto:aepperson@erskinecharters.org)*
  - Due Friday, October 14
  - [Click here to access nomination criteria](#) (note that all schools with 8th graders and up can participate this year)
  - [Click here to nominate students](#) (also accessible [on Communications webpage](#))





# School Mental Health Resources, Updates and Trainings

October 12, 2022  
Suzanne Snyder, LPC  
Mental Health Program Manager

Molly M. Spearman  
State Superintendent of Education

# Agenda

- The importance of supporting your students and staff
- Resources
- Trainings available
- Updates on School Based Mental Health Services in South Carolina
- SC School Behavioral Health Academy
- Q&A



# Mental Health Issues Affect Businesses and Their Employees

- Poor mental health and stress can negatively affect employee:
  - Job performance and productivity.
  - Engagement with one's work.
  - Communication with coworkers.
  - Physical capability and daily functioning.
- Mental illnesses such as depression are associated with higher rates of disability and unemployment.

[Mental Health in the Workplace \(cdc.gov\)](https://www.cdc.gov/workplace/mental-health/)





# 9 VALUES ORGANISATIONS SHOULD PROMOTE TO ENHANCE WELLBEING



## AUTONOMY

Ensure that staff have a level of control over what they do



## RELATIONSHIPS

Encourage all staff to regularly connect with each other



## MEANING

Use your values, mission and purpose to ensure staff are connected to a deeper sense of meaning and purpose



## BELONGING

Create a strong sense of belonging among teams



## WELLBEING

Support staff to actively work on looking after their mental and physical health during work



## MASTERY

Ensure there are opportunities for staff to learn, grow and progress



## TEAMWORK

Ensure everyone understands their role and responsibility in contributing towards building positive wellbeing



## COMPASSION

Being kind, care and supportive can fill people with the confidence to talk openly about how they are feeling



## CREATIVITY

Provide staff with the opportunity to be creative, test things out and learn from mistakes

**BELIEVE  
PERFORM**

 @BELIEVEPHQ



<https://believeperform.com/>



# Supporting your students and staff starts with you!



- Getting ready for work
- On the way to work
- On the way into the school
- In your office
- Grounding techniques

# Ways to support staff with self care

- Daily check in and check out (CICO)
- Encourage self care activities
- Encourage taking a lunch
- Boost morale
- Show appreciation
- Model
- Examples?



# HOW TEACHERS CAN SUPPORT EACH OTHER'S MENTAL HEALTH

 @BELIEVEPHQ



Check in with your colleague on a regularly basis. Ask them how they are feeling



Get some feedback from your colleagues on how they are coping with their workload



Work towards developing a mental health friendly environment



Work together to reduce stress and pressure



Spend some time to develop your coping skills as a team



Praise and encourage teachers to talk about their thoughts and feelings



Make sure your colleagues are looking after their physical wellbeing (Sleep, food, exercise)



If a colleague is struggling with their mental health offer to work with them to get the right help and support in place



<https://believeperform.com/>



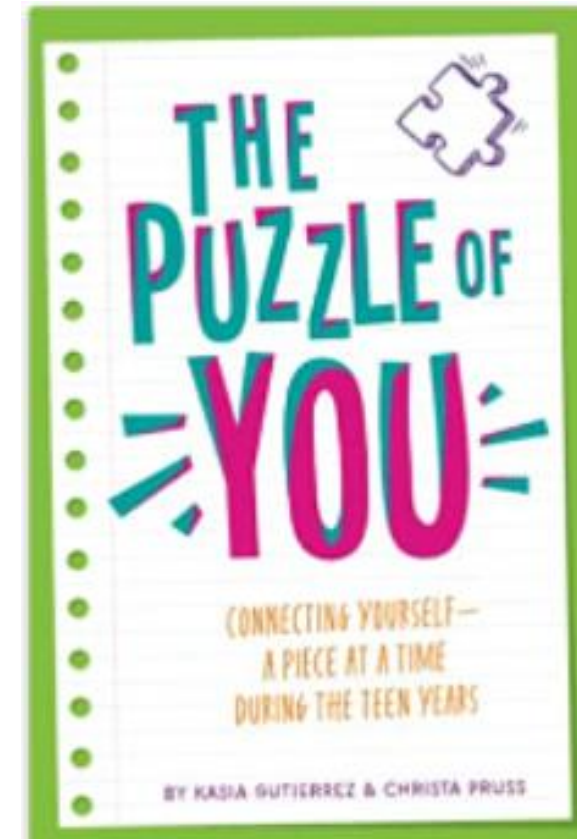
# What Student Intervention Services can do for you

- Mental Health First Aid
- Signs Matter through DMH
- ACEs Training through Children's Trust of South Carolina
- Ending the Silence and Refresh and Reclaim-SC NAMI
- Trainings
  - Mental Health 101
  - Improving School Based Mental Health Services
- Offer trainings virtually or in person
- Support with school based mental health services



# Statewide Book Club for middle and high schoolers

- “The Puzzle of You” book club for students and Educators for 6<sup>th</sup> graders thru 10<sup>th</sup> grade
- Statewide classroom sessions to work on character building skills, self regulation, self assessment, academic performance.
- Email Suzanne Snyder for the lesson plans and recording and books!
- [ssnyder@ed.sc.gov](mailto:ssnyder@ed.sc.gov)
- <https://www.confidencecoaches4kids.org/>







# Mental Health and Wellness Guide



## Mental Health and Wellness Guide

This guide is designed to help you learn about mental health and wellness, and how to improve well-being in your personal and/or professional life.

- Wellness tips
- Stress management
- Anxiety and overcoming panic
- Anger management
- Depression symptoms
- Understanding suicide
- Local resources

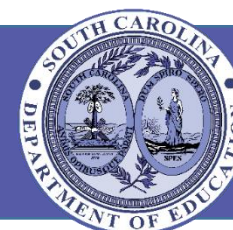


Photos used for illustrative purposes only; the people shown are not linked to the topic.



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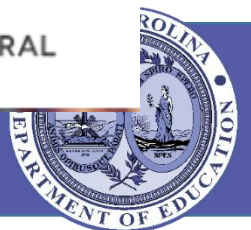
# Updates to School Based Mental Health Services

- February 2022: Executive Order to review School Based Mental Health Services by Governor McMaster
- July 1, 2022: DHHS updates Rehabilitation Behavioral Health Services (RBHS): all districts can use RBHS to bill Medicaid for mental health services.
- How do we hire more mental health staff?
- How do we give all school staff the tools to recognize mental health issues and what to do?



# SC School Behavioral Health Academy

- The SBHA will train personnel in creating safe schools, responding to crises, science-based approaches to counseling, whole-school approaches to preventing mental health and behavioral problems, among many other topics. Training experiences and coaching will evolve based on the preferences and needs of SC communities, which are being assessed through a statewide needs assessment.



# SC SBHA PROGRAM VISION, OUTPUTS, AND KEY ACTIVITIES

## SBHA Goals



- Create mental health literacy content in an online format for all school staff and community stakeholders
- Provide coaching support to targeted school districts
- Develop a school mental health community of practice
- Encourage licensure for school mental health clinicians and provide CE opportunities for maintenance
- <https://scshba.org>



## LEARN & EARN



### "All Hands on Deck: How I can Help Schools Navigate the Mental Health Crisis"

Length: 90 minutes

Upon completion of this course learners will:



### "Core MTSS"

Length: 8 Hours

In Progress. More details coming soon.



### "Tier 1"

Length: 8 Hours

In Progress. More details coming soon.



### "Tier 2"

Length: 8 Hours



### "Tier 3"

Length: 8 Hours



# Certificates and CEU's

## CERTIFICATES

### School Behavioral Health Competency

To achieve this certificate, individuals must complete the Overview and two other courses out of this list (Core MTSS, Tier 1, Tier 2).

### School Behavioral Health Advanced Competency

To achieve this certificate, individuals must complete all five courses (Overview, Core MTSS, Tier 1, Tier 2, Tier3).

## CEUS

### The Overview

Will receive a certificate of completion (1.5 contact hours)

### Core MTSS

Will receive a certificate of completion (8 contact hours – .8 CEUs)

### Tier 1

Will receive a certificate of completion (8 contact hours – .8 CEUs)

### Tier 2

Will receive a certificate of completion (8 contact hours – .8 CEUs)

### Tier 3

Will receive a certificate of completion (8 contact hours – .8 CEUs)



- *Please take responsibility for the energy you bring into this space.*
- *Your words matter. Your behaviors matter. Our members and our teams matter.*
- *Take a slow deep breath and make sure your energy is in check before entering.*
- *We are trying to build a healthy spirit, mind and body for all!*
  - *Thank you.*





Q&A

# QUESTIONS



# Contact

- Suzanne Snyder
- Mental Health Program Manager
- [ssnyder@ed.sc.gov](mailto:ssnyder@ed.sc.gov)
- 803-734-4033 office
- Email me to get on my email list!

THANK  
YOU



*THE CHARTER INSTITUTE AT*  
**ERSKINE**



CREATIVE MINDS  
INNOVATIVE SCHOOLS  
EFFECTIVE RESULTS

