

Using the LBUSD FRC Model to Promote Wellness & Mental Health at School Sites

Presenters:

Dr. Erin M. Simon, Assistant Superintendent of School Support Services, LBUSD; ACSA President-Elect Samson “Will” Safotu, School Counselor, LBUSD
Thomas J. Sopp, School Psychologist, LBUSD

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Stakeholder Engagement



Community Education Forum recommendations:

- “Families need special interventions for middle school students”
- “Hire additional FRC to serve more students.”
- “Maintain telehealth services for students in distance learning.”



FRC Staffing & Funding



Staffing:

15 Pupil Personnel Service (PPS) providers

Assignment:

32 school sites

Funding:

School Climate LCAP/LCFF Funding Bucket





FRC Vision

*"Empowering students and families to move forward
and thrive"*



In short, what we do!

- Provide social, emotional, and behavioral health related support to students within clusters of LBUSD schools.
- Connect students and their families to community resources such as mental health referrals, housing referrals, food, immigration services, Medi-Cal, etc.
- Provide resources to staff and parents on social-emotional learning.

FRC support is complementary to existing services!



Interdisciplinary Staff: School Counselors, School Psychologists & School Social Workers

- Specialist in school systems
- Specialist in counseling children
- Specialist in providing comprehensive School-Based Mental Health Services
- Specialist in enhancing school/ family/ community agency connections





FRC Student Services

Tom Sopp, School Psychologist



Agenda

- Student Services
- Parent Services
- Staff Supports
- Virtual Supports



Referral Sources

- School Staff
- Parent/Guardian
- Student



Empowering students and families
to move forward and thrive

LBUSD Family Resource Centers (FRC) Referral Form 2020 - 2021

The Family Resource Center (FRC) does not provide emergency services. If you are experiencing an emergency situation, please speak with a trusted adult or contact 911.

* Required

Please select which best applies to you - the person completing this form: *

- I am a PARENT/GUARDIAN
- I am a STUDENT
- I am a LBUSD STAFF MEMBER



Student Services Provided: PreK-12

Tier 1:

- Collaboration to support universal SEL programs
- Staff Professional Development and Parent workshops

Tier 2:

- Short-Term Group Counseling
- Parent Trainings/Process Groups
- Class SEL Presentations/Guidance

Tier 3:

- Short-Term Individual Counseling
- Bridging students to more intensive supports/outside agencies



Counseling Strategies and Programs



Tier 3: Individual Counseling

- Cognitive Behavior Therapy (CBT)
- Solution-Focused Brief Therapy (SFBT)
- Dialectical Behavior Therapy (DBT)
- Trauma Informed Practices

Tier 2: Group counseling

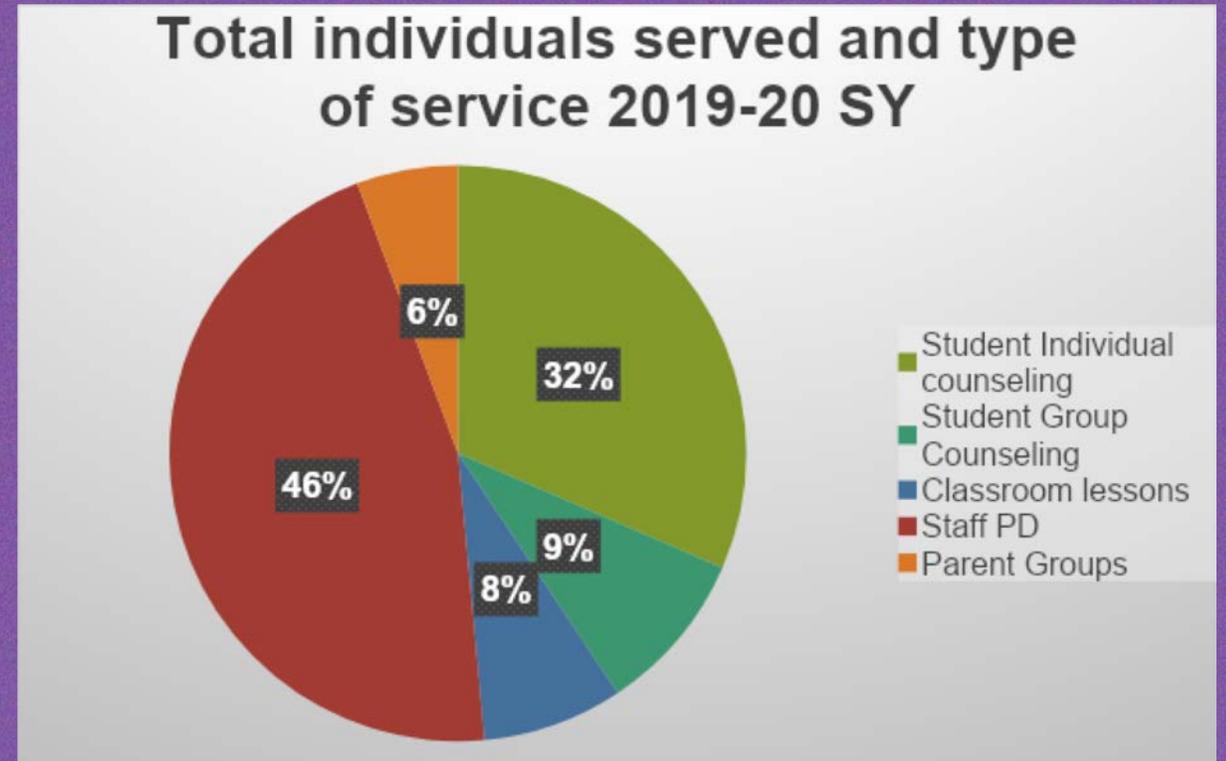
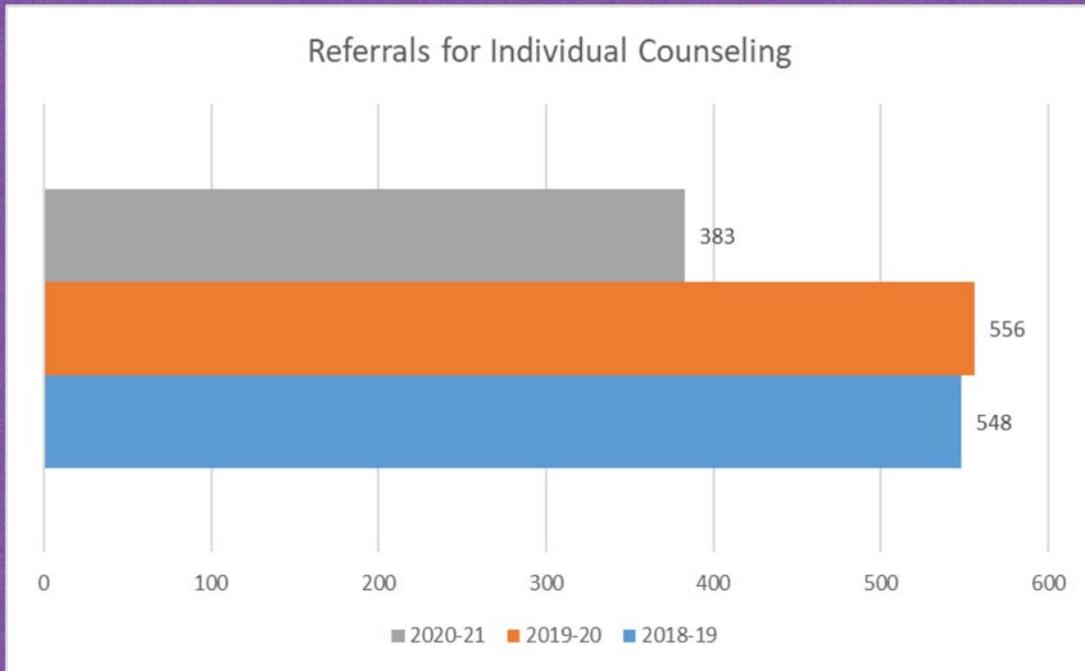
- Anxiety, Social Skills, etc.
- Self-Regulation Tools/Mindfulness Practices
- Coping Skill Building Techniques

Tier 1:

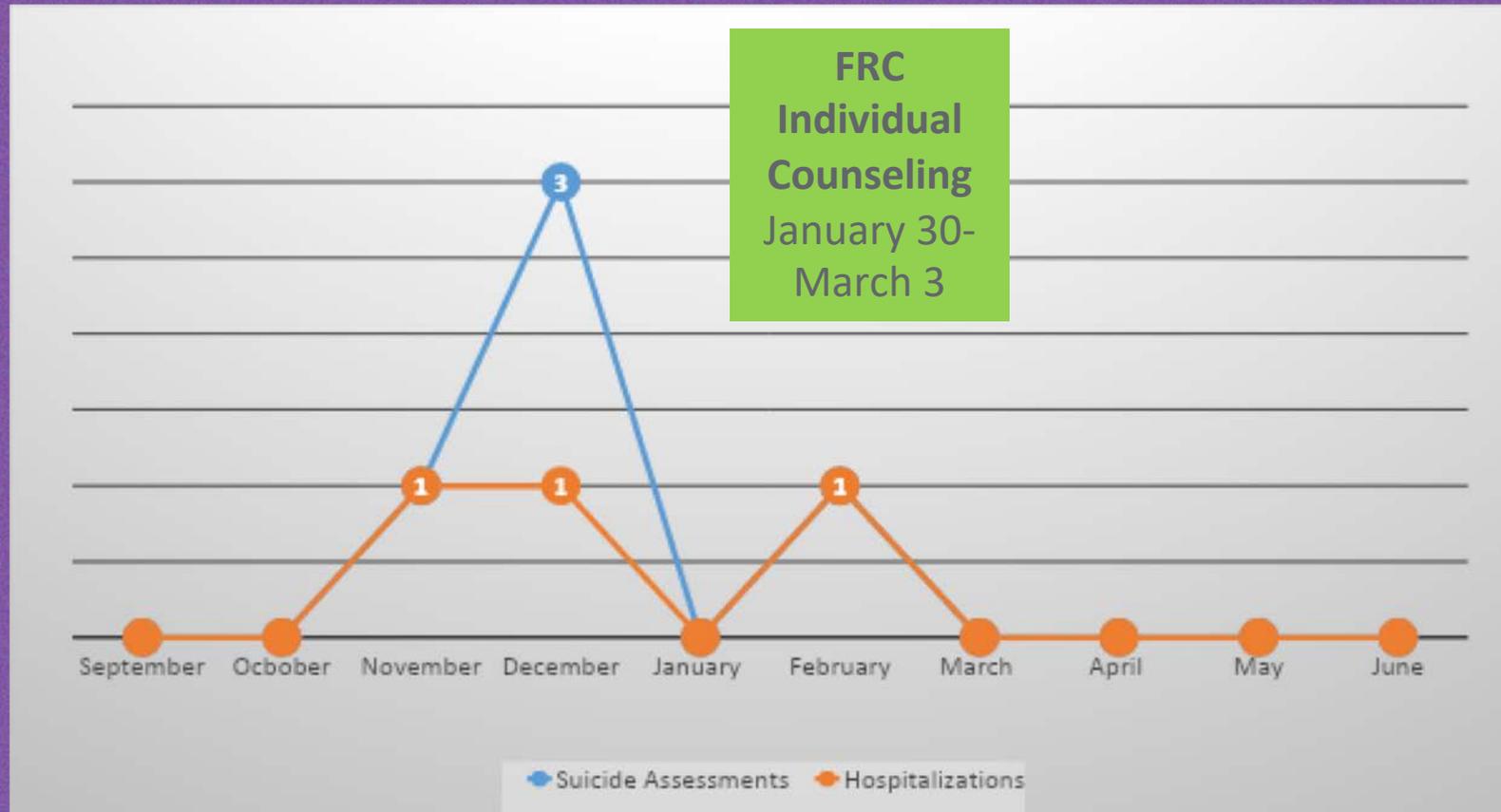
- Collaboration to support universal SEL programs (Zones of Regulation Program)



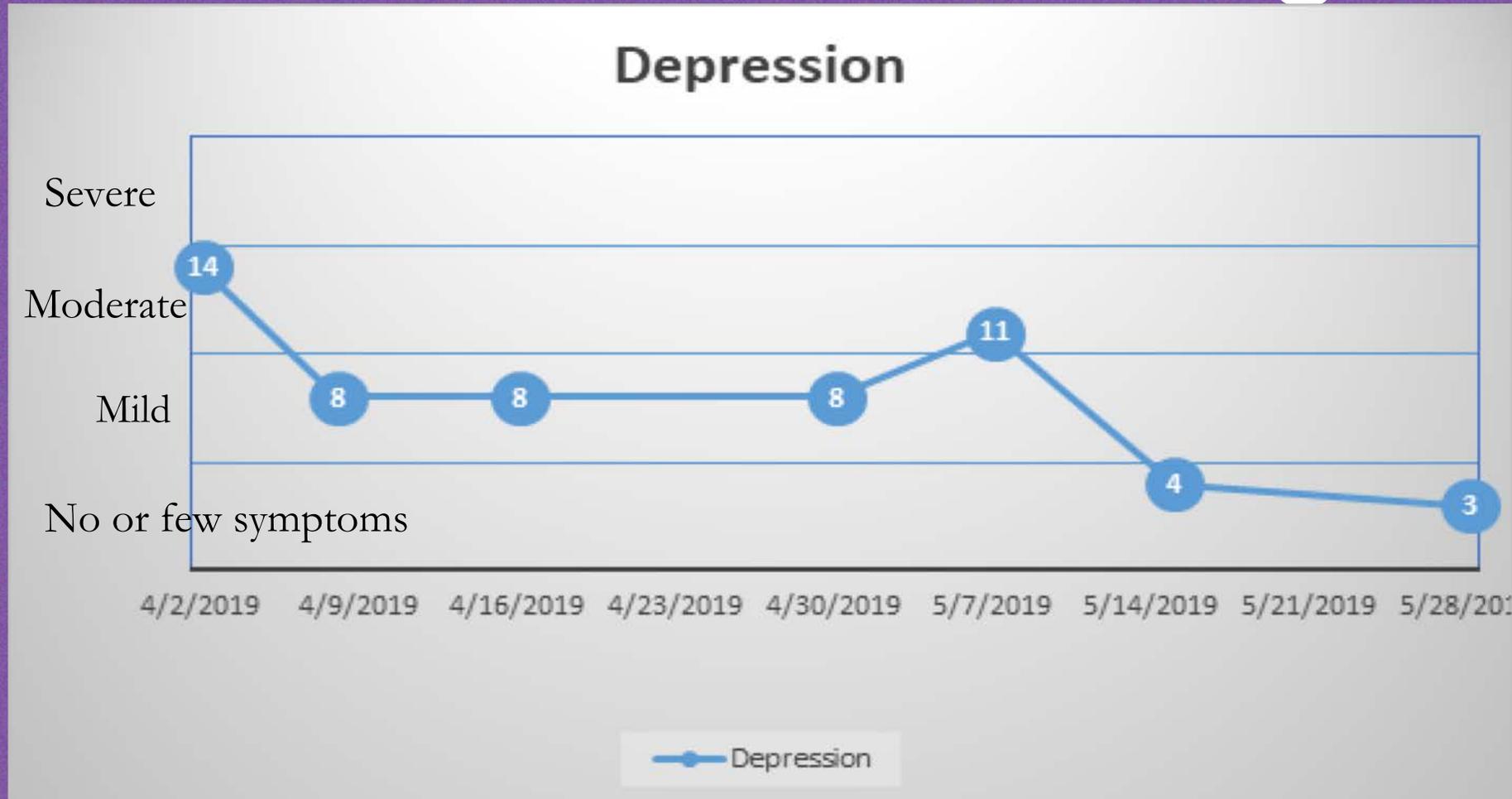
Referral Data & Services



Case Example: Reduce Suicide Assessments & Hospitalization



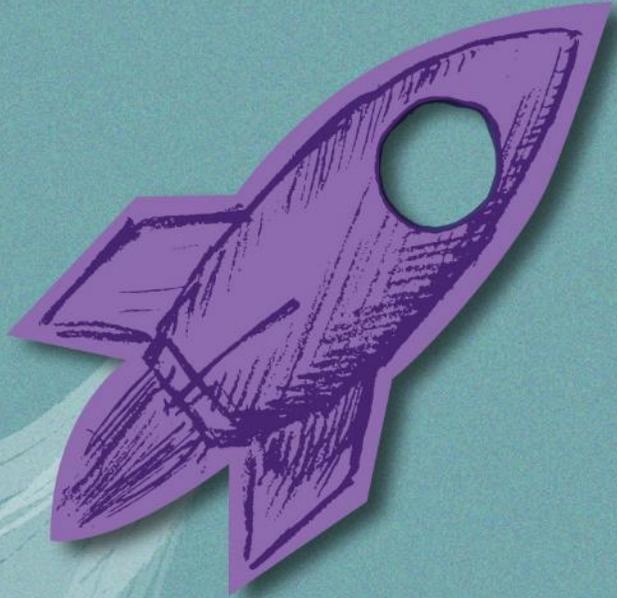
Case Example: Individual Counseling





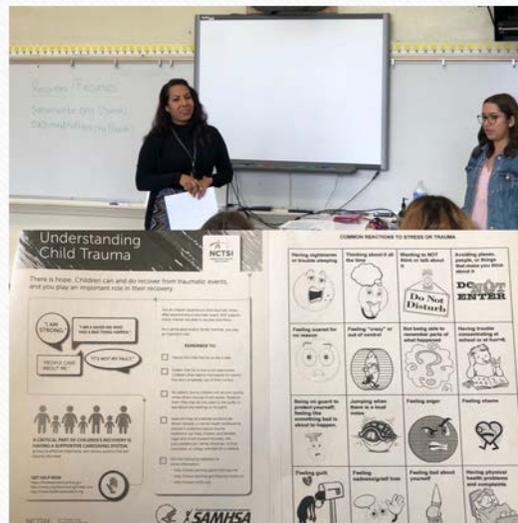
FRC Parent Services through an MTSS Lens

Will Safotu, School Counselor



Tier 1 - Outreach

- First Day of School/ Welcome Back Info Table
- Back-to-School Night & Open House - Community Partnership Presence & , FRC SWAG, interactive Activities
- Disseminate Info at Stakeholders Meetings (i.e. ELAC, Coffee with the Principal, etc.)



Tier 1 - Family Resources

Indirect Services

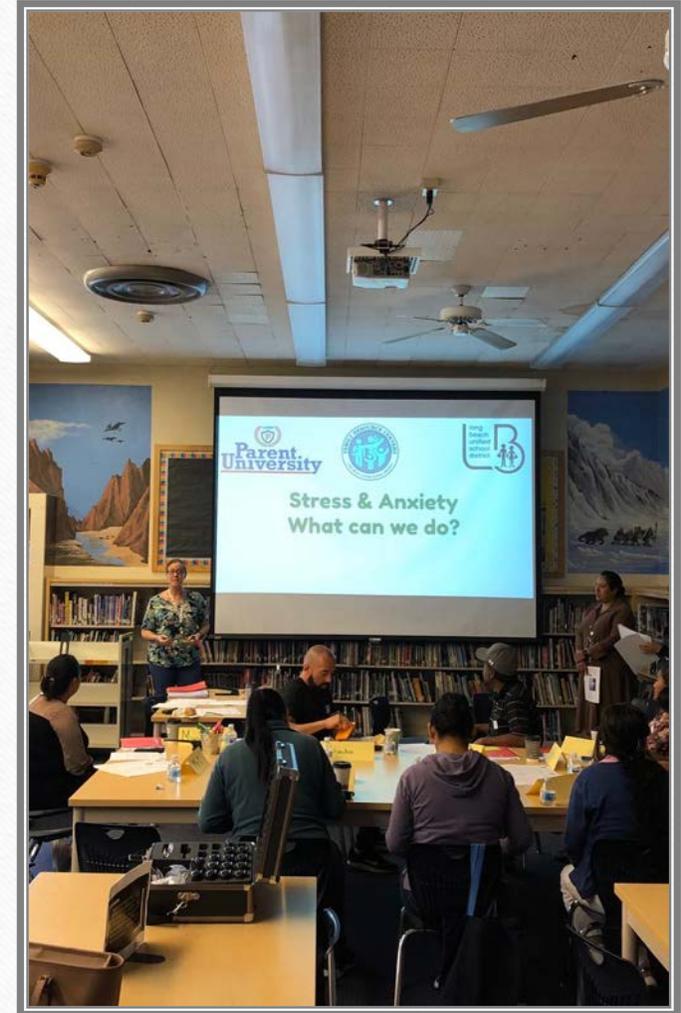
- Community Referrals to Local Agencies; Collaboration with Long Beach Youth Services Network
 - i.e. Food, Housing, Uniform, Supplies, Medi-Cal, etc.



Tier 1 - Parent Services

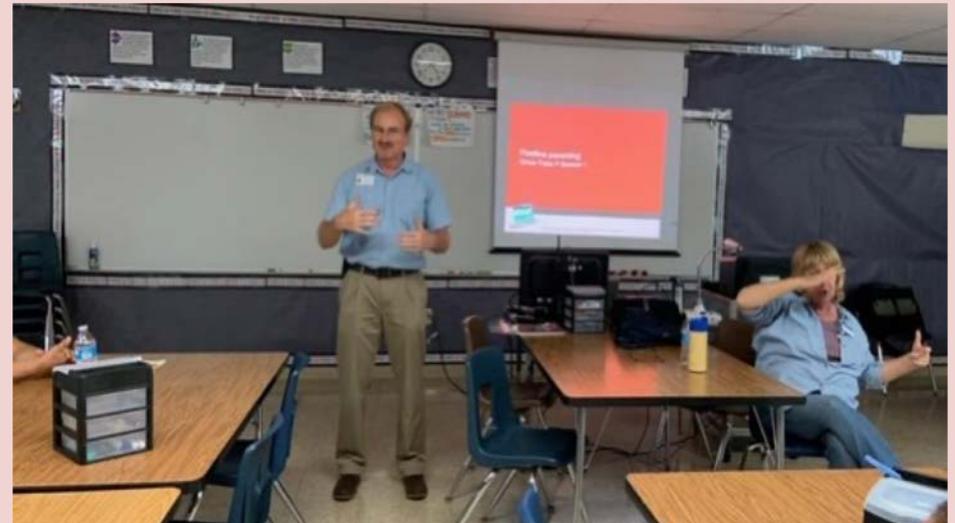
Direct Services

- Parent Workshops
 - Topics: Positive Discipline, Anger Management, Bullying Prevention, Understanding Anxiety in Children & Teens, Self-Care & Stress Reduction



Tier 2: Parent Counseling/Training Groups

- Self-Care Group
- Triple P: Positive Parenting Program
- Mindful Parenting Series





FRC YouTube Playlist

Family Resource Centers Webinar Series
6 videos • 43 views • Last updated on Feb 25, 2021

- 1 Parenting During a Pandemic - Self-Care During COVID-19
LBUSD - Long Beach Unified School District
49:52
- 2 Crianza de Los Hijos Durante Una Pandemia - Auto-Cuidado Durante COVID-19
LBUSD - Long Beach Unified School District
20:42
- 3 Parenting During a Pandemic - Communicating With Your Child During COVID-19
LBUSD - Long Beach Unified School District
55:28
- 4 Crianza de Los Hijos Durante Una Pandemia-Cómo Comunicarse Eficazmente Con Su Hijo Durante COVID-19
LBUSD - Long Beach Unified School District
20:48
- 5 Positive Discipline - Strategies to Promote Positive Behavior in Your Child
LBUSD - Long Beach Unified School District
49:52

WELCOME
PARENT WELLNESS WEBINAR
Understanding Anger & How to Manage It
Tuesday, March 16, 2021
11:30am
WEBINAR WILL BEGIN SHORTLY...

Family Resource Centers Webinar Series • 8/16

- Español - Entender el enojo y cómo manejarlo
LBUSD - Long Beach Unified School...
38 views • 2 months ago
- English - Understanding Anger & How to...
LBUSD - Long Beach Unified School...
193 views • 2 months ago
- Winter Wellness Workshop - Understanding Anxiety in Children a...
LBUSD - Long Beach Unified School...
41 views • 1 week ago
- Comprensión De Los Síntomas De Ansiedad Y Depresión En Niños...
LBUSD - Long Beach Unified School...
17 views • 2 weeks ago
- Ansiedad En La Infancia
LBUSD - Long Beach Unified School...
14 views • 2 weeks ago

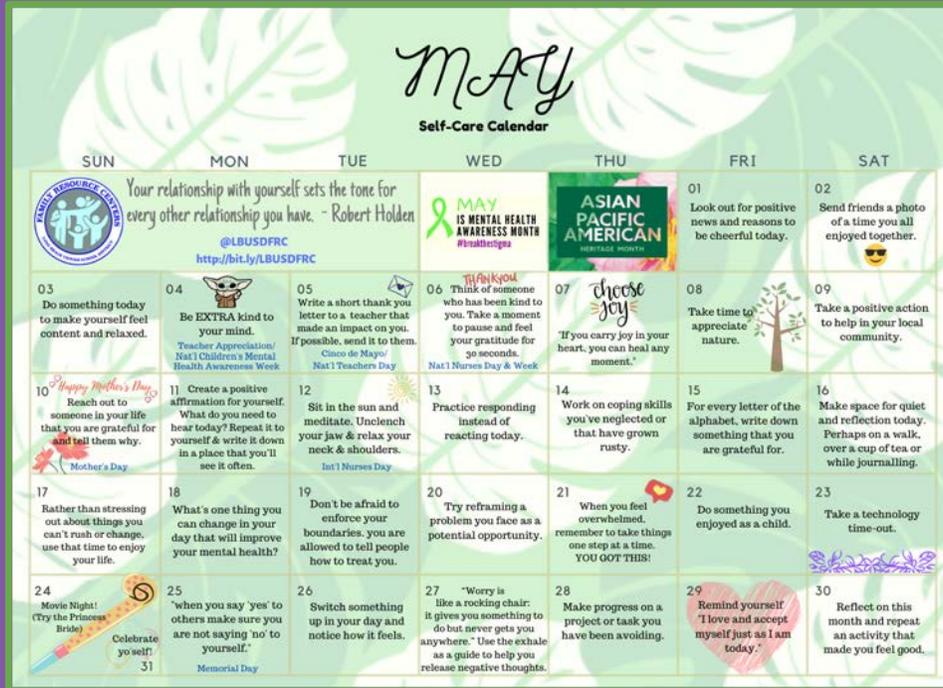
Watch On Demand!
The LBUSD YouTube Channel offers many community resources and the Family Resource Centers Parent Webinar Playlist is one of them!
9 Topics to help encourage and empower families to move forward and thrive!
Click on the phone for direct access!

For easy access to FRC Resources:
<https://linktr.ee/LBUSDfrc>

FRC PARENT WELLNESS WEBINAR SERIES PLAYLIST
LONG BEACH UNIFIED SCHOOL DISTRICT
YOUTUBE CHANNEL FEATURING

FAMILY RESOURCE CENTERS
LONG BEACH UNIFIED SCHOOL DISTRICT





The Social Media platform will engage with the online community by streamlining SEL links, promoting self-care, and connecting them to community resources. Instagram will share daily (M-F) self-care tips through the monthly self-care calendar and/ or daily wellness themes on the feed/stories. LinkTree will be utilized and updated to connect audiences to all our current content with just one link.



@LBUSDFRC

Register here for FREE Parent Webinar - May 18th, 2021

Regístrate aquí para webinar de padres GRATIS - 18 de Mayo 2021

LBUSD Family Resource Centers District Web Page

FRC Parent Webinar YouTube Playlist

LBUSD FRC You Matter! Weekly Newsletters

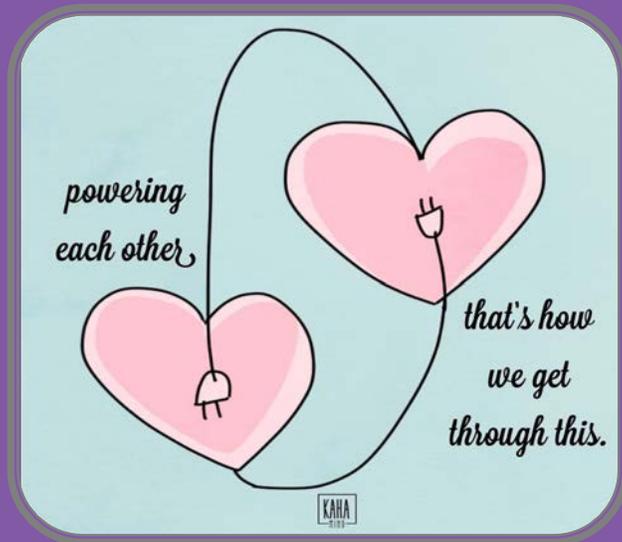
Empower & Thrive Handouts

FRC Student Post Cards

May Self-Care Calendar 2021

FRC Regions

Relationships + Resources = Resilience



- Space for *listening* and time for *connection* with ALL
- *Parent Engagement*
- *Cohesiveness & Innovation* to provide resources and support
- Build *on existing strengths to develop a transition/ action plan*



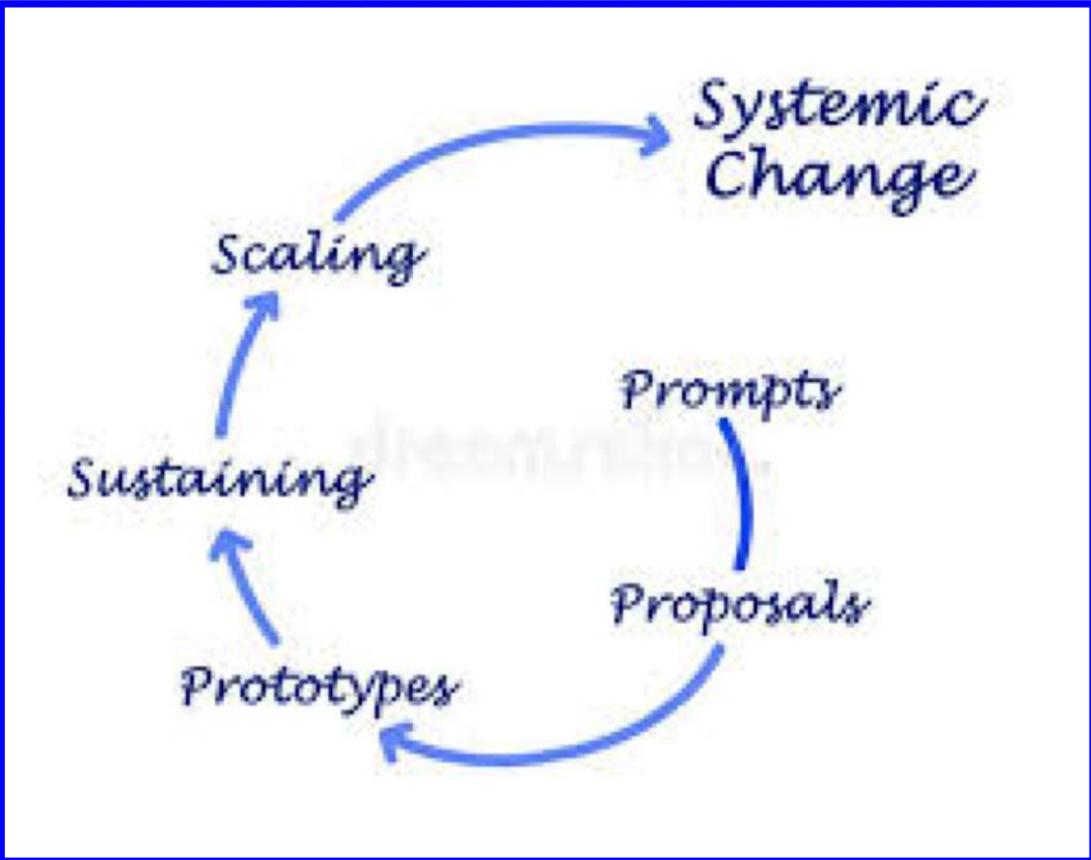


FRC Staff Services

Tom Sopp, School Psychologist



Staff Services



Staff Professional Development



- Universal support strategies
- Self-care for Educators
- Mindfulness in the classroom
- Depression in Children
- Suicide Prevention
- Trauma informed classroom
- Teaching Self-Regulation skills to children
- Behavior reinforcement strategies



Mental Health & MTSS

“School mental health services are best provided within a MTSS framework.”

***A Guide to Increase
Mental Health Services for Students,
Project CalWell, June 2018.***



How do we work with school teams/systems?

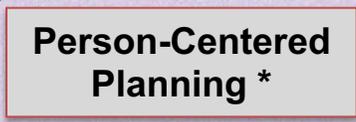
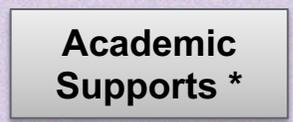
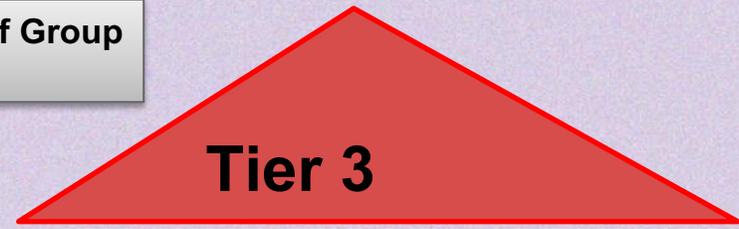
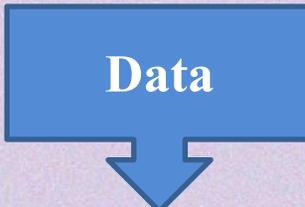


- Collaborative model
- Educate site staff on FRC services
- Case manage FRC referrals with school site staff
- Consult with school staff on classroom climate
- Assist with building tiered supports (MTSS)



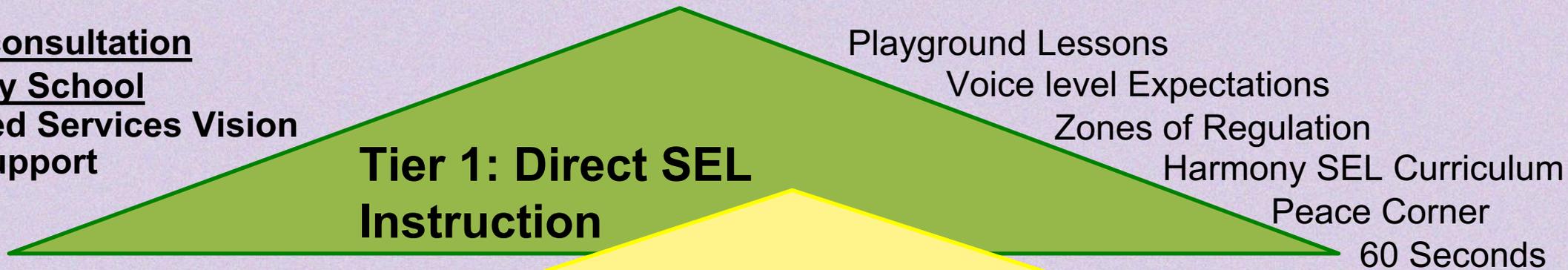
**Elementary School 2018-19:
Multi-Tiered Services for
SEL support**

Playground Lessons
Voice level Expectations



** Could include 504 or Special Education Assessment/Planning*

Systems consultation
Elementary School
Multi-Tiered Services Vision
for SEL Support



Data

Check-In, Check-Out:
 (Academic, Attendance, Behavior)
 Sch Psych

Data

12 Most (Behavior)
 AP & Princ

12 Most (attendance)
 Sch Coun

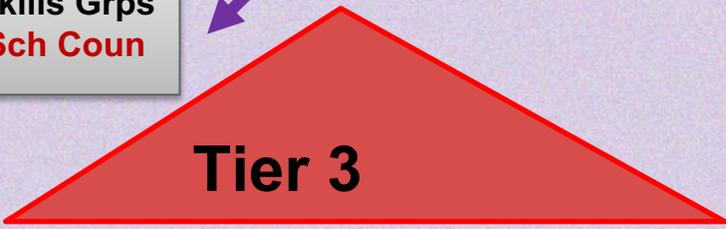
Social Skills Grps
 Sch Coun

Grief /Loss Groups
 Sch Coun

Parent training
 FRC Staff

Brief Problem Solving
 (Student Support Team)

Data



Data

Academic Supports

Individualized Support
 (Behavior, Attendance)
 Sch Psych & FRC Psych

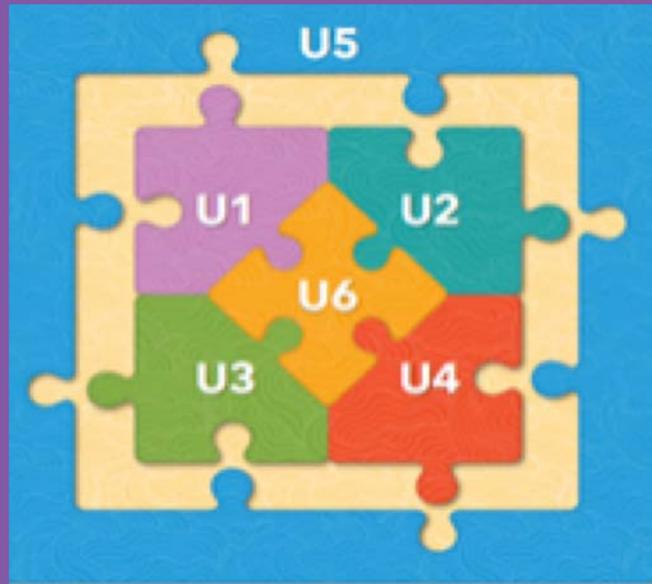
Individual Counseling
 FRC Staff

Person-Centered Planning *

* Could include 504 or Special Education Assessment/Planning



District Wide Initiative: Classroom Climate



LBUSD Understandings Continuum (U6)

Cultivating a classroom atmosphere, where teachers deliberately balance caring relationships with high expectations and supports for student success, provides a foundation for a safe learning environment that values diversity, trust, and respectful communication.



Tier 1: Self Regulation Skills

- Zones of Regulation
- Establish Peace Corner
- Model Teaching coping skills
- Trauma/Mindfulness Methods



Peace Corner Data

I did was used the Brething Ball and
brethd in and Brethd out For I
can Fociseo



Tier 1: Trauma Informed Intervention

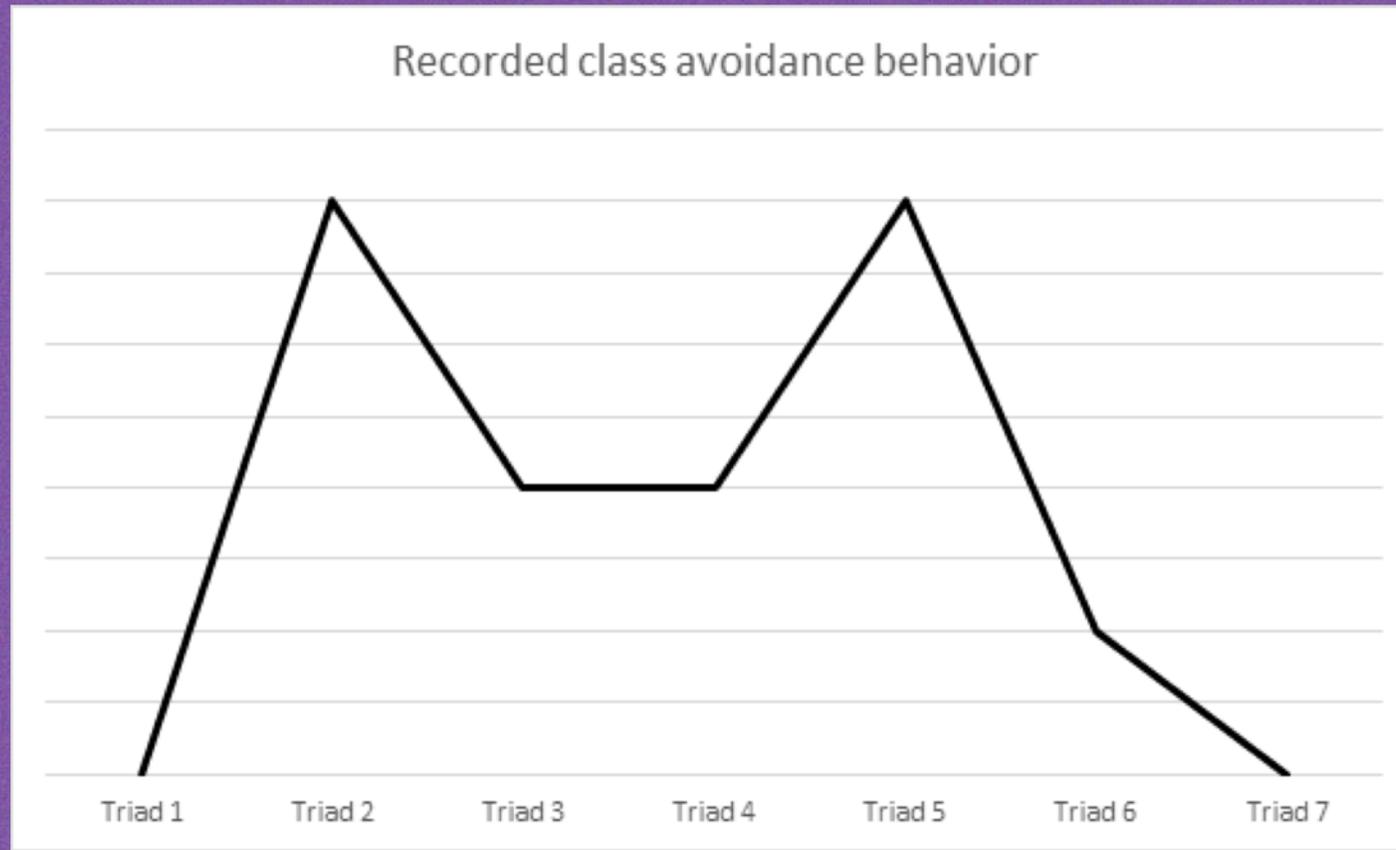
60 Seconds

1. Feel your feet on the ground.
2. Take in the support of your chair.
3. Breathe in through your nose.
4. Visualize yourself in a safe, beautiful place.
5. Notice what is happening inside your body.
6. Focus only on the pleasant, comfortable sensations that arise.
7. If thoughts or unpleasant sensations enter into your awareness, simply go back to the beginning of the exercise and do the steps again, as many times as need be.

- 60 Seconds
- [Brain Charge Curriculum](#)
- Teach students to use the method independently



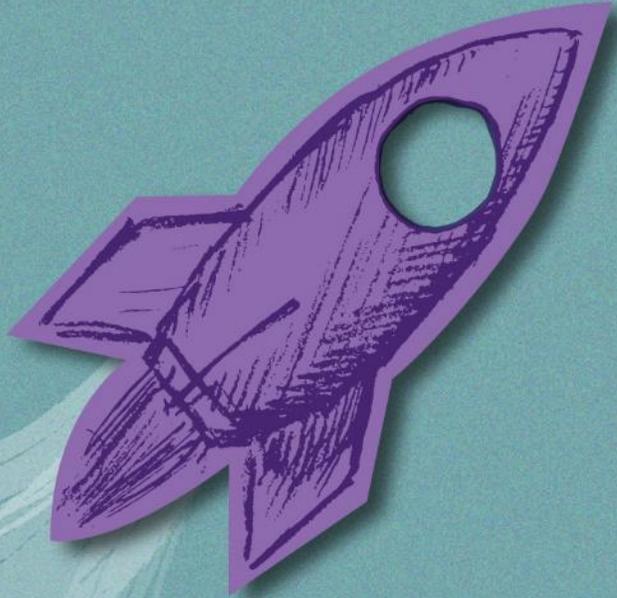
Case Example: Trauma affecting school attendance





FRC Hybrid Support: Virtual & Reentry

Will Safotu, School Counselor

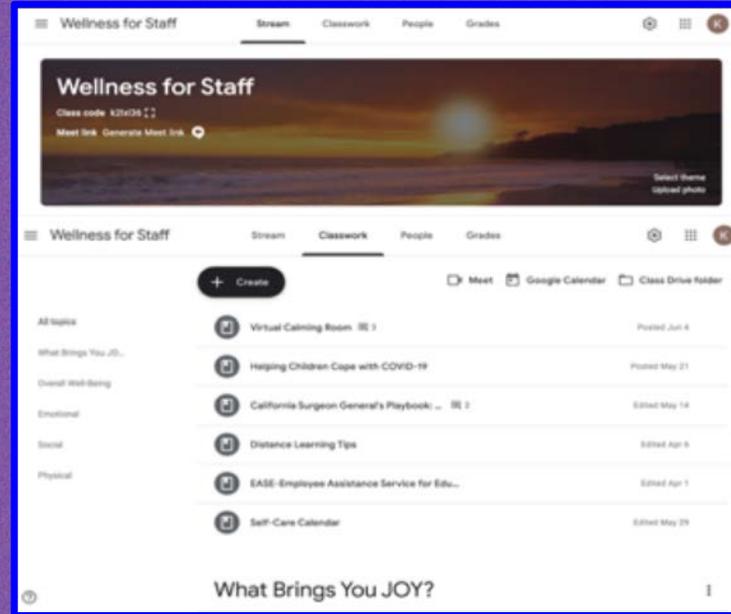
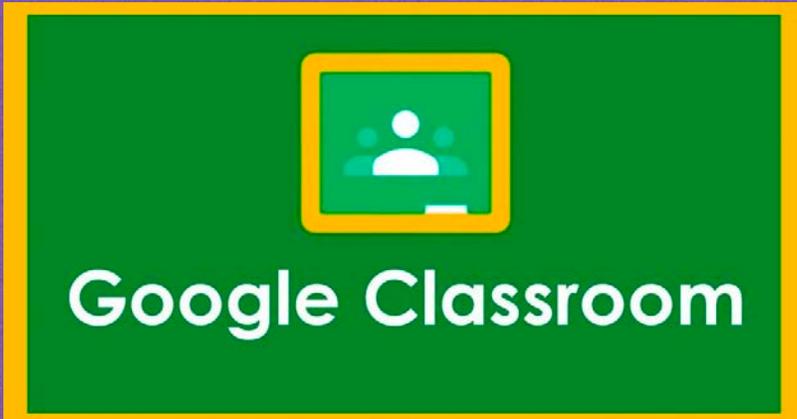


COVID-19 Community Resource Guide

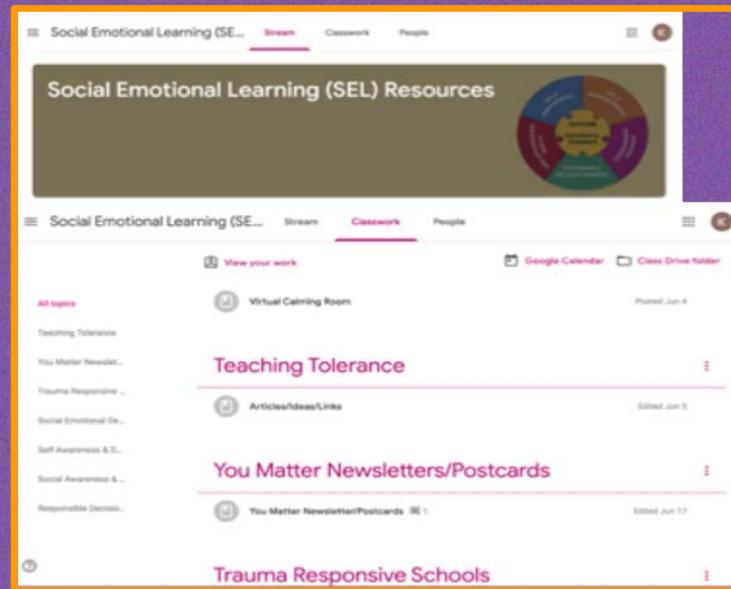
The Division of Student Support Services will continue to serve students and families during school closures. This document was created by staff who are committed to helping students and families amid the Coronavirus (COVID-19) outbreak. We believe the resources will help LBUSD's students and families during this difficult time.



LBUSD Staff SEL/Wellness Resources



Wellness for Staff Google Classroom for teachers to use to help promote mental wellness for LBUSD Staff.



SEL Resources Google Classroom for LBUSD teachers to use for their classroom.



The FRC Student Postcards/ E-Cards will share SEL strategies that are **targeted for K-12 students** to help them navigate through challenges at home and school. It is also shared with parents/guardians/ caregivers as a resource to reinforce the skills shared. They are available in English & Spanish.

donut worry!
We have tips for you 😊

When I feel alone...
Say something kind to myself
Call or text family & friends
Journal your feelings
Give yourself a BIG hug

When I feel angry...
Listen to music
Go for a walk
Take deep breaths
Use positive self-talk
take a deep breath

When I feel bored...
Have a dance party
Read a good book
Watch a funny movie
Play a board game
(Do not give yourself diy bangs)

When I feel stressed...
Create a gratitude list
Squeeze a stress ball
Get 8-10 hours of sleep
Visualize your favorite place

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FEELING ANXIOUS
MIGHT BE A REMINDER TO:

- Reduce your screen time
- Focus on what is within your control
- Remember that not all thoughts are true
- Tackle your responsibilities
- Say something nice to yourself
- Take a few (or many) slow, deep & focused breaths
- All feelings are normal

p.s. Color the mandala in your favorite colors

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To Resolve a Conflict, I CAN...

Follow us on @LBUSDFRC

- Calm Down First**
- Ask for Help**
- Find a Compromise**
- Talk it out & Listen**
- Apologize**
I AM SORRY
I LOAF YOU
- Stop, Think & Act**
Stop. Think. Act!

YOU'RE RAD
WE'VE MADE IT THIS FAR!

This week let's practice gratitude prompts.

1. A funny memory I'm grateful for is...
2. A school memory I'm grateful for is...
3. Something that makes me happy that I'm grateful for is...
4. Something that makes me smile that I'm grateful for is...
5. Someone I'm grateful for is... **THANK YOU**
6. Something money cannot buy that I'm grateful for is...

Share your answers with someone or draw pictures:)

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Summer Support

FRCs are Offering Sessions During Summer 2020

The LBUSD Family Resource Centers (FRC) are excited to announce that we will be providing free short-term individual counseling support to students experiencing social, emotional, and behavioral health-related needs. We will also be partnering with families for the purpose of connecting them to community and school-based services. If you are interested, please complete the FRC Summer Contact Form using the link below.

What	Who	When
<ul style="list-style-type: none">✓ Phone check-ins with students✓ Telecounseling services for open cases✓ Consultations with school personnel for open cases✓ Linkage to community resources✓ Suicide assessments for at-risk students✓ Parent support groups/trainings via a virtual platform	<ul style="list-style-type: none">✓ All K-12 students currently enrolled in any LBUSD school✓ Student must be present in the state of California to receive services✓ Students 12 years or older can self refer✓ Services will be provided by LBUSD School Psychologists and School Counselors✓ Medi-Cal/insurance not needed	<ul style="list-style-type: none">✓ June 22-July 24, 2020 (Closed July 3)✓ Hours of Operation: Monday - Friday 8:00 AM - 6:00 PM

Summer Contact Link

English: <https://tinyurl.com/frcsummercontactform>
Spanish: <https://tinyurl.com/frcsummercontactformspanish>

For More Information

Cabrillo High School (562) 951-7741 • (562) 951-7736	Millikan High School (562) 415-7441 ext 4309 • ext 4160
Jordan High School (562) 413-1471 ext 2121 • ext 2122	Polytechnic High School (562) 591-0581 ext 5140 • ext 5895

Positive Remarks

- Thankful for the guidance in linkage to resources
- Appreciated time for consultation
- Seamless Access to Telecounseling
- Positive Support with Community Referrals
- Establishing connection with students and providing coping skills

Challenges

- Basic Needs – Employment, Food & Shelter
- Technology Literacy
- Social-Emotional Health - Grief/ Loss, Managing Emotions
- Cost for Therapy; Lack of funds



From Brick & Mortar to Distance Learning



*Telecounseling/ Online Counseling:
counseling service for students
provided by PPS personnel on a
digital platform*



Family Resource Center - Downto...
FRC Downtown/Central Region

Click on your
Counselor/Psychologist animal
below
to start your ZOOM Meeting:



mr. safotu's
zoom

ms. roxyl's
zoom

ms. jeremia's
zoom



From Brick & Mortar to Distance Learning

**Modified Suicide Assessment Plan:
LBUSD's Action Steps for Helping
Students Remotely in Emotional
Pain - for Teachers, Nurses, School
Counselors, School Psychologists**



The “You Matter!” Newsletter is a SEL resource to help *students, staff, and families* with *encouraging* coping skills & mindfulness strategies. Our hope is to *bring a moment of calm* through brain break challenges, a little pun, and humoring comics.

long beach unified school district

“YOU MATTER!”
WEEKLY NEWSLETTER #24
 For our Students, Staff, & Families
 Division of Student Support Services
 Family Resource Centers (FRCs)

Week of December 14, 2020

Family Resource Centers

@LBUSDFRC
www.bit.ly/LBUSDFRC

Follow us on Instagram | Follow us on Twitter

PEACE OUT 2020

COPING SKILLS

“♪ CLAP ALONG IF YOU FEEL LIKE HAPPINESS IS THE TRUTH. ♪”

when you feel HAPPY

MINDFULNESS

“KINDNESS ALWAYS WINS!”

A LITTLE PUN

“WORKING TOGETHER IS LIT!”

WE SHINE BRIGHTER TOGETHER!

CRAFT CHALLENGE

“♪ MAKERS GONNA MAKE, MAKE, MAKE, MAKE. ♪”

START A CREATIVE PROJECT TODAY (TRY COLLABORATING WITH SOMEONE VIRTUALLY!)

Approved by Dr. Erin M. Simon, Assistant Superintendent of School Support Services

long beach unified school district

“YOU MATTER!”
WEEKLY NEWSLETTER #36
 For our Students, Staff, & Families
 Office of School Support Services
 Family Resource Centers (FRCs)

Week of November 1, 2021

Family Resource Centers

@LBUSDFRC
www.bit.ly/LBUSDFRC

Follow us on Instagram | Follow us on Twitter

DE-STRESS

COPING SKILLS

“HOW YOU DOIN’?”

STRESS MIGHT LOOK LIKE...

MINDFULNESS

“DON’T BELIEVE ME? JUST WATCH.”

How to get out of a funk

Keep a gratitude journal

Watch your favorite funny movie

Clean your surroundings

Go for a walk

Call up a friend and ask how they're doing

LAUGHT OUT LOUD

NO CANCELLATIONS.

HEALTHY HABITS

PLAN & CHECK OFF WHAT YOU DID.

ROUTINES FOR DIFFERENT PRIORITIES

<p>HEALTH</p> <ul style="list-style-type: none"> • Exercise 3 times per week • Eat at least 5 fruits & veggies • Drink 8 glasses of water • Get 7-9 hours of sleep 	<p>CAREER</p> <ul style="list-style-type: none"> • Update resume • Network • Apply for jobs • Interview
<p>FINANCES</p> <ul style="list-style-type: none"> • Create budget • Pay bills on time • Save money • Track expenses 	<p>RELATIONSHIPS</p> <ul style="list-style-type: none"> • Spend time with loved ones • Show appreciation • Communicate • Listen

The “Empower & Thrive” Handout will share SEL Strategies to promote *resilience for adults* who may play a role in a student’s life (i.e. parents/ guardians/ caregivers). The handouts will be available in English, Spanish, & Khmer.



PARENT SUPPORT DURING DISTANCE LEARNING:

CAN I BE A PARENT & A TEACHER?



Tip #1 How to set up a learning environment

- Create a comfortable learning space in a well-lit area
- Help your child stay organized by having all the materials in the same spot (i.e. box, backpack, cart, etc.)
- When possible, keep the background noises low



Tip #2 Distractions

- Have your child clear their workspace (i.e. put games and toys away)
- When accessible, have your child use headphones
- Turn off other technology gadgets (i.e. game consoles, cell phone, television)



Tip #3 Motivation

- Post a daily schedule - allow for breaks that include physical movement and brain breaks
- Keep a consistent routine
- Have your child set a daily goal (i.e. participate in class)
- Incorporate daily positive self-talk



Tip #4 S.T.A.R.

- **Schedule** - Make one visible
- **Technology** - Have student login 10 minutes before class
- **Accountability** - Have student log in to all their classes daily
- **Routine** - Encourage your child to wake up an hour before class (i.e. eat breakfast, brush teeth and get dressed)



Tip #5 Me time (Self-Care)

- **Physical** - Go for a walk, get fresh air, workout
- **Emotional** - Ask yourself how you are feeling
- **Social** - Schedule time to safely socialize with others
- **Personal** - Make time to do something that makes you happy

Empower & Thrive Handout # 2



Quick Tips: Prepping Your Student to Return to In-person Learning

REMEMBER!



Start a conversation with your child about

- New school procedures - temperature checks, testing, etc.
- Mask etiquette - how to properly wear it all day
- Encourage proper hygiene- hand washing
- Keep conversations open

DON'T FORGET

Explain what school will look like when they return

- Not all classmates or friends are going to be at school
- Classroom set up - fewer children in the classroom, desks are further apart
- Social distancing - during break time, class time, etc.
- Encourage your child to practice keeping their hands to themselves

TO DO

Establish a routine

- Set up a regular sleep and wake up schedule
- Pick out a school outfit the night before and have school bags ready
- Establish a morning routine - wake up early, eat breakfast, prep for the day
- Check-in with your child for any signs of illness

IMPORTANT!

Model positive coping skills

- Take deep breaths, use positive statements
- Allow space for your child to voice any concern
- Empathize with your child - try to see it from their point of view and let them know you hear what they are saying before you try to problem solve
- Watch for any changes in your child's behavior

YOU GOT THIS!

Approved by Dr. Erin Simon, Assistant Superintendent of School Support Services



The Virtual Wellness Center is a place for students, families and staff to find resources for managing emotions, feelings, and building resilience. In the Virtual Wellness Center, you will find videos and activities to help enhance your overall well-being. Take some time to enjoy, explore, and relax!



What are the advantages of the FRC model?

Provide comprehensive social/emotional services.

Integrated into the school system.

Program development.

Reduced stigma for mental health services.

Linguistic match (Spanish)

Access to services regardless of insurance, both General Education & SPED programs (Exception: DIS Counseling via the IEP),

Stable funding (LCAP).

Student access to services (faster, less intrusive, self-refer).



Final Questions



Thank you!

Contact Information:

Dr. Erin M. Simon - ESimon@lbschools.net

Will Safotu- SSafotu@lbschools.net

Tom Sopp- TSopp@lbschools.net



@LBUSDFRC



CSBA's 2021 ANNUAL EDUCATION CONFERENCE AND TRADE SHOW

