

School Mental Health Advisory Council



April 29, 2021

Call to order

Roll Call

Approval of Agenda and Minutes

Agenda: April 29, 2021

Minutes: February 25, 2021

Poll questions will allow the votes to be public information but will not reveal how individuals vote.



Public Comment

- Guidelines for Testimony
 - Prior to start of the School Mental Health Advisory Council meeting, be sure to email Pat Bone, <u>pbone@ksde.org</u> expressing desire to speak during public comment.
 - All comments will be taken under advisement by the council.
 - Any response from the Council to public comments will come at a later date.
- Verbal Public Comment
 - Verbal comments are limited to three minutes.
 - Cue will be given one minute before time expires.
- Written Testimony
 - Written input must include the name, address and county of residence of the person submitting comment.
 - Written comments can be submitted via email to Pat Bone <u>pbone@ksde.org</u>



Required Trainings Update

Myron Melton, Shanna Bigler





Required Trainings Updates

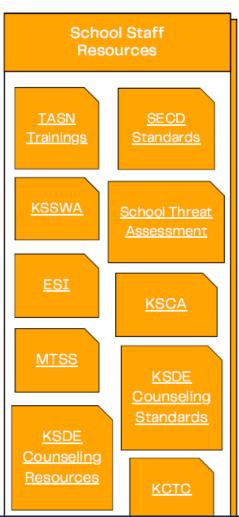
- Website
 - https://www.ksde.org/Agency/Division-of-Learning-Services/Student-Staff-Training
- Pamphlet
- Mental Health page prototype
- Collecting/vetting trainings process
- Suicide Toolkit review

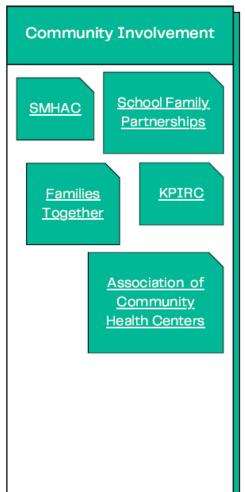


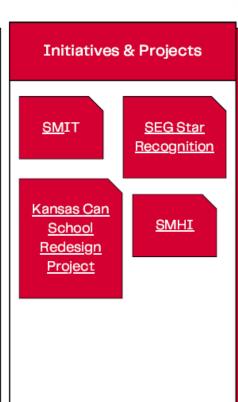
Mental Health In Kansas Schools













Acronyms

- •TASN: Technical Assistance System Network
- KSSWA: Kansas School Social Workers Association ESI: Emergency Safety Interventions
- •MTSS: Multi-Tiered System of Supports KSDE: Kanas State Department of Education
- KCTC: Kansas Communities that Cares Survey
- KSCA: Kansas School Counselors Association
- •SECD: Social-Emotional & Character Development
- SMHAC: School Mental Health Advisory Council
- KPIRC: Kansas Parent Information Resource Center SMHI: School Mental Health Initiative
- SEG: Social Emotional Growth
- ACEs: Adverse Childhood Experiences SE: Social-Emotional
- SEL: Social-Emotional Learning
- SMIT: School Mental Health Intervention Team

IDEA State Personnel Development Grant



Kerry Haag and Amy Gaumer-Erickson



Kansas IDEA Part D 84.323A State Personnel Development Grant Proposal

Executive Summary (Draft 4/16/2021) October 1, 2022 – September 30, 2027

Handout





BREAK – 15 minutes

Member Reports





Member Reports

- Families Together Jane Groff and Leia Holley
 - Bullying Resource
- Others



Bullying What You Need to Know



Verbal Bullying

Saying or writing mean things

- teasing or taunting inappropriate

Physical Bullying

Hurting a person's body or possessions

- · making mean or rude hand gestures
- taking or breaking someone's property

Cyberbullying



Bullying by use of any electronic communication device including mobile phones, online games and websites

- spreading rumors about neonle online
- or IMs to someone
- sending mean texts, emails

sending inappropriate pictures or videos

Social Bullying

Sometimes referred to as relational bullying, involves hurting someone's reputation or relationships

- leaving someone out or ignoring on purpose
- be friends with someone
- embarrassing a student in front of others

Students are at risk if they

- · appear to have low self-
- have difficulty getting along with others
- are viewed as different based on:
 - clothes they wear
 - their weight or
 - · being new to the school
 - · a disability
 - sexual orientation



Bullying is when a student, staff member, or parent does one or more of these things repeatedly to someone offline or online hurting a person emotionally or physically. The act must be severe, unwanted, and occur over a period of time creating an intimidating, threatening, or abusive educational environment.



Families Together, Inc.



Kansas Parent Information (866) 711-6711

The TASN School Mental Health Initiative (SMHI) is funded through a grant from the U.S. Department of Education (#H323A17006) and is administered by the Kansas Department of Education. The contents do not necessarily represent the policy of the U.S. Department of Education and endorsement by the Office of Special Education Programs should not be assumed. The SMHI does not discriminate on the basis of race, color, national origin, sex, disability, or age in its programs and activities. Inquiries regarding non-discrimination policies should be sent to: Deputy Director, Keystone Learning Services, 500 E. Sunflower Blvd., Ozawkie, KS 66070; 785-876-2214

- Defines and provides examples of the different types of bullying
- Provides a list of students who are at risk



create an atmosphere where your

child can communicate openly

model how to treat others

needs and strengths

· if your child has a disability, help

learn about your school's social-

emotional learning activities

peers understand their unique

encourage kids to do what they love

What do you do if your child is being bullied?

1. Focus on your child. Be supportive and gather information about the bullying

- · Never tell your child to ignore the bullying. What the child may hear is that you are going to ignore it. Often, trying to ignore bullying allows it to become more serious.
- Don't blame the child who is being bullied. Don't assume that your child did something to provoke the bullying. Don't say, "What did you do to bother the other child?"
- Listen carefully to what your child tells you. Ask him or her to describe who was involved and how and where the



Learn as much as you can about the when and where the bullving happe children or adults who may have see

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help to

- Tell your child that bullying is wrong glad he or she had the courage to te or she thinks can be done to help. A about what needs to be done and w
- If you disagree with how your child handled the bullying situation, do
- Do not encourage physical retaliation ("just hit them back") as a solu likely to end the problem, and it could get your child suspended or ex
- A parent's protective instincts stir strong emotions. Although it is diff and consider the next steps carefully

2. Contact your child's teacher or principal

- Parents are often reluctant to report bullying to school officials, but to help of adults
- Keep your emotions in check. Give facts about your child's experience what when where and how
- . Emphasize that you want to work with the staff at school to find a so stop the bullying, for the sake of your child as well as other students.
- . Do not contact the parents of the student(s) who bullied your child. I usually a parent's first response, but sometimes it makes matters wo School officials should contact the parents of the child or children wh bullying.
- . Expect the bullying to stop. Talk regularly with your child and with sci to see whether the bullying has stopped. If the bullying continues, contact your school principal again.

3. Help your child become more resilient to bullying

- · Help to develop talents and interests of your child. Suggest and provide music, athletics, and art activities. Doing so may help your child be more confident with other students.
- Encourage your child to make contact with friendly students in his or her class. Your child's teacher may be able to suggest students with whom your child can make friends, spend time, or work on school projects together.
- · Help your child meet new friends outside of the school environment. A new environment can provide a fresh start for a child who has been bullied repeatedly.
- Teach your child safety strategies. Teach him or her how to ask for help from an adult when feeling threatened. Talk about same as tattling.
- ask the teacher about the bullying prevention program the school is whom he or she should go to for help and role-play what he or using she should say. Tell your child that reporting bullying is not the
- . If your child has a disability, it's important to work with the school to help your child learn self-advocacy skills and to develop strategies to help prevent bullying. A team approach can foster peer relationships, and help all students develop empathy and build resiliency.

How do you work with your child's school to solve the bullying problem?

If your child tells you that he or she has been bullied or if you think your child is being bullied, what can you do?

- Keep a written record of all bullying that your child reports to you. Record the names of the children involved, where and when the bullying occurred, and what happened.
- Immediately ask to meet with your child's classroom teacher and explain your concerns in a friendly, non confrontational way.
- Ask the teacher about his or her observations:
 - Has he or she noticed or suspected bullying?
 - How is your child getting along with others in class?
 - Has he or she noticed that your child is being isolated, excluded from playground or other activities with students?
- Ask the teacher what he or she intends to do to investigate and help to stop the bullying.
- . If you are concerned about how your child is coping with the stress of being bullied, ask to speak with your child's school counselor or another school-based mental health professional.
- Set up a follow-up appointment with the teacher to discuss progress.
- . If there is no improvement after reporting bullying to your child's teacher, speak with the school principal.
- · Keep notes from your meetings with teachers, principals, and others.

Images courtesy of pngwave

Strategies to prevent bullying Provides strategies for parents to help kids understand bullving

- use if their child is being bullied
- work with the school to resolve problems related to bullying
- build resiliency in their child



Encouraging

Empowering

Educating

What are the effects of bullying?

Kids who are bullied can experience negative physical, social, emotional, academic, and mental health issues. Kids who are bullied are more likely to experience:

- depression and anxiety
- · changes in sleep and eating patterns
- · loss of interest in activities they used to enjoy
- health complaints
- decreased academic achievement

Kids who are bullied are more likely to:

- · miss, skip, or drop out of school, or
- think about suicide

What causes bullying?

There is no single reason that explains why bullying happens. Children and adults can be bullies for a number of reasons.

- struggle expressing anger or frustration related to problems at home or school
- · were bullied in the past
- are in a position of power without skills to use it wisely
- attention seeking
- tendency toward aggressive behaviors, combined with physical strength or weakness



For more information visit the Kansas State Department of Education's

- Implementation Guidance for Bullying Taskforce Recommendations - https://bit.ly/3td0TXX
- Kansas Blue Ribbon Task Force on Bullying Final Report https://bit.ly/3rUnAA0
- Bullying Awareness and Prevention http://bit.ly/3trtPvD

For additional information contact Families Together, Inc. at (785) 233-4777 or www.familiestogetherinc.org or the Kansas Parent Information Resource Center at (866) 711-6711 or www.ksdetasn.org/kpirc

How do I know if my child might be a

If one or more of the items below apply to your child, he or she may need your help to correct patterns of bullying behavior. The more of these that apply, the more serious the issue of bullying may be for your child.

- doesn't care about hurting others' feelings
- · shows disrespect for authority and rules
- shows disrespect for the opposite sex and people of different racial, ethnic, or religious backgrounds
- enjoys fighting
- doesn't trust others
- · won't admit mistakes
- believes "everything should go my way"
- · lies frequently to get out of trouble
- deliberately hurts pets or other animals
- · uses anger to get what he or she wants

How do I help my child stop bullying behaviors?

Home is the best place for children to learn the values and attitudes necessary for healthy peer relationships. Children look to their parents as role models for appropriate behavior. Positive social skills aren't so much taught as they are "caught" when children observe them in practice in their parents' behavior.

Resources

stopbullying.gov

Center for Parent Information & Resources www.parentcenterhub.org/bullying

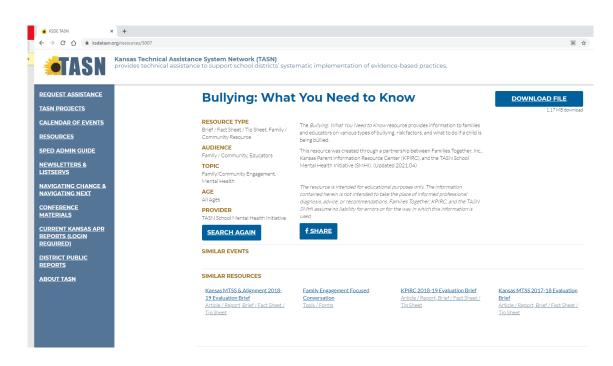
Teens Against Bullying www.pacerteensagainstbullying.org

Kids Against Bullying www.pacerkidsagainstbullying.org

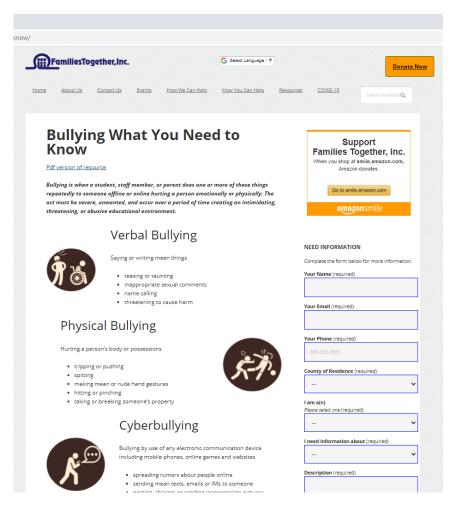
Explores

- the effects of bullying
- causes of bullying
- what to do if your child might be a bully
- resources for parents and schools





https://www.ksdetasn.org/resources/3007





https://familiestogetherinc.org/bullying-what-you-need Kansas leads the world in the success of each student.

Council Membership

2021-2022 Potential Member list (Handout)

Implementing our By-Laws (handout) around membership and rotation

- Discussion
 - Process for recruiting new members



Teacher Preparation on Suicide Prevention-Discussion

Kathy Busch, Jean Clifford, Catherine Chmidling (TLA)





Lunch Break – 45 minutes 12:00 – 12:45

Suicide Prevention Data

Kent Reed, Kelly Peak, Rachel Phillips

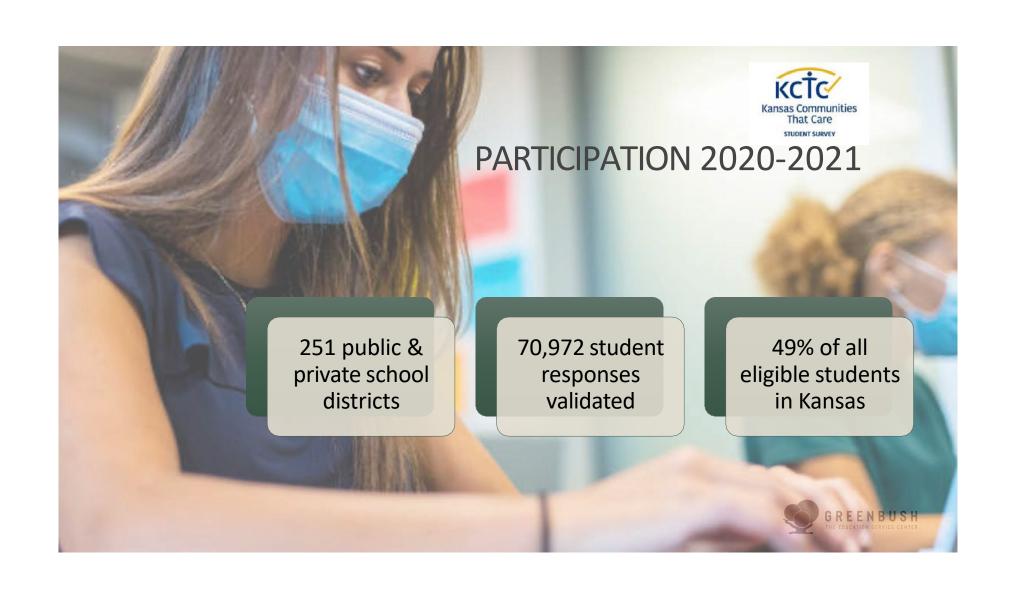


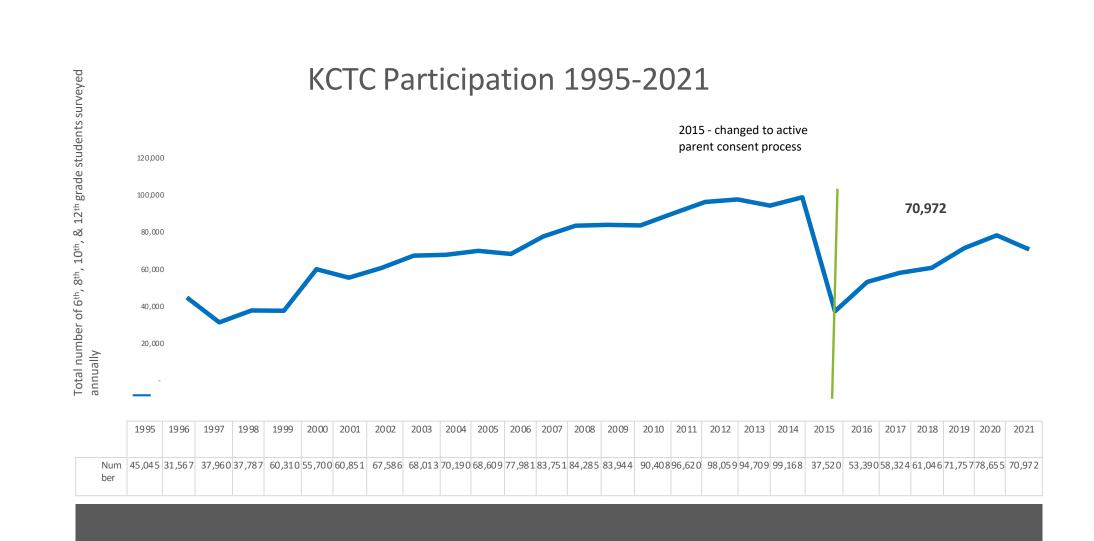




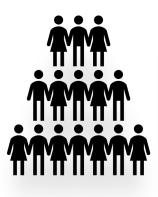


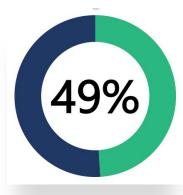




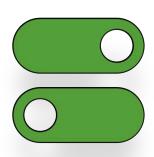


2021 KCTC Administration









nearly 71,000 students surveyed

49% of eligible 6th, 8th, 10th & 12th graders 35% of students completed the survey remotely

> 90% of schools used both optional modules

MORE THAN 90% OF SCHOOLS USE BOTH OPTIONAL MODULES

KCTC Participation

| | Core Survey Participation | | | Depression/ Suicide Module | | | Family Domain Module | | |
|-------------|---------------------------|--|---------------------------------|------------------------------|-------------------------|------------------|------------------------------|-------------------------|------------------|
| School Year | # of USDs | # of Private School | # of Students | # of USDs | # of Private Schools | # of Students | # of USDs | # of Private Schools | # of Students |
| 2018-2019 | | S | | 216 | 7 | 52,370 | 206 | 9 | 51,060 |
| | 232 | 9 | 71,757 | | ipating schools | , | 89% of participating schools | | |
| 2019-2020 | 246 | 8 | 49% of eligible students 78,655 | 228 | 7 | 58,783 | 227 | 8 | 62,172 |
| | 2.5 70,033 | | | 93% of participating schools | | | 93% of participating schools | | |
| 2020-2021 | 242 | 51% of eligible students 242 9 70,972 | | 230 94% of parti | 6 cipating schools | 59,596 | 225 93% of particip | 8 pating schools | 60,232 |
| | | | 49% of eligible students | | | | | | |
| | | | | | | | | | |
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^{*}The Depression/Suicide Module questions were added to the KCTC Student Survey in 2016



CHANGES IN 2020-2021 STUDENT SURVEY









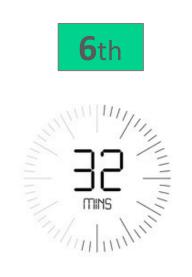
CHANGES IN 2020-2021 STUDENT SURVEY

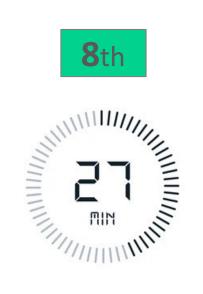
- Remote Administration
- Embedded information& resources
 - Video instructions for administration
 - Prompts to seek help based on responses to depression & suicide questions
 - Information to guide all students where to seek help

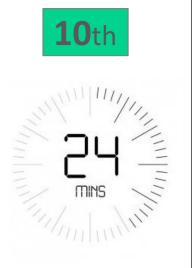


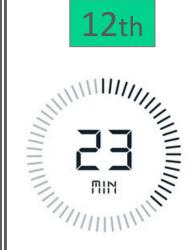
AVERAGE TIME TO COMPLETE

2020-2021









AVERAGE TIME BY GRADE

2022 KCTC Student Survey Update

2022 Survey was published in April 2021

@kctcdata.org



Sexual Orientation & Gender Identity Demographics Questions

Replace SOCIAL SKILLS scale

Integrate changes based on analysis of pilot with modified verbiage

Demographics for Sexual Orientation



Which of the following best describes your sexual orientation?

- ☐ Straight, that is, not gay
- ☐ Gay or lesbian
- **□** Bisexual
- ☐I'm not sure yet
- ☐ Something else

Demographics for Gender Identity



What gender were you assigned at birth, even if you are not that gender today (that is, what is the gender on your birth certificate)?

- □Male
- **□** Female

What is your current gender identity, even if it is different than the gender you were assigned at birth?

- **□** Male
- ☐ Female
- ☐I do not identify as either male or female
- ☐I'm not sure yet

Emotional Regulation Scale

| | Not at all | Slightly | Somewhat | Quite | Extremely |
|---|------------|----------|----------|-------|-----------|
| When you are feeling pressured, how easily can you stay in control? | () | () | () | () | () |
| When everybody around you gets angry, how relaxed can you stay? | () | () | () | () | () |
| When things go wrong for you, how calm are you able to remain? | () | () | () | () | () |

How often are you able to...

| | Almost never | Once in a while | Sometimes | Often | Almost always |
|---|-----------------|-----------------|-----------|-------|------------------|
| pull yourself out of a bad mood? | () | () | () | () | () |
| control your emotions when you need to? | () | () | () | () | () |
| get yourself to relax once you get upset? | () | () | () | () | () |

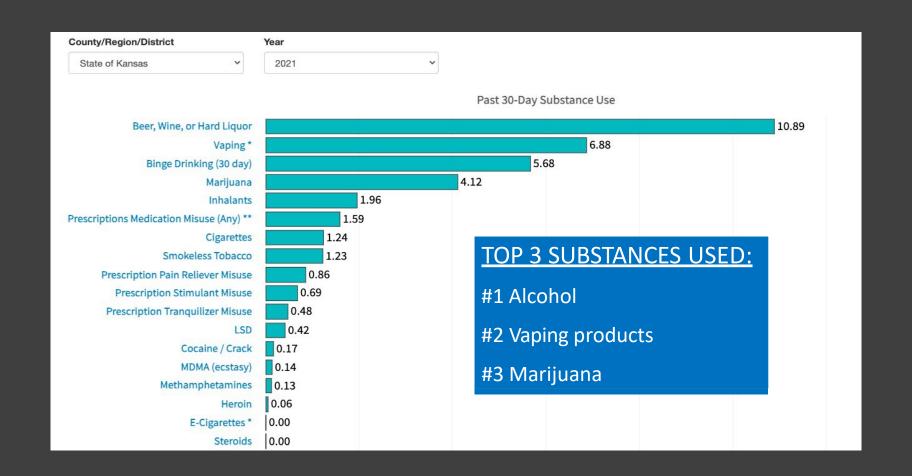
REPLACEMENT for Social Skills Scale

Pilot Questions

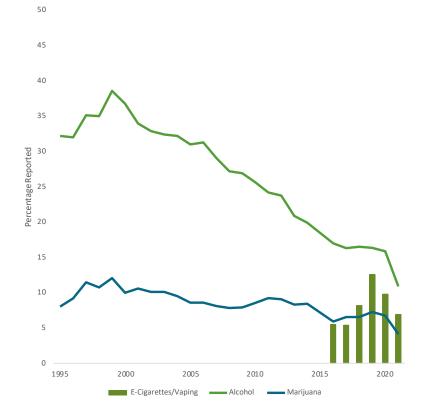


Analysis & Recommendations For 2022 KCTC Student Survey



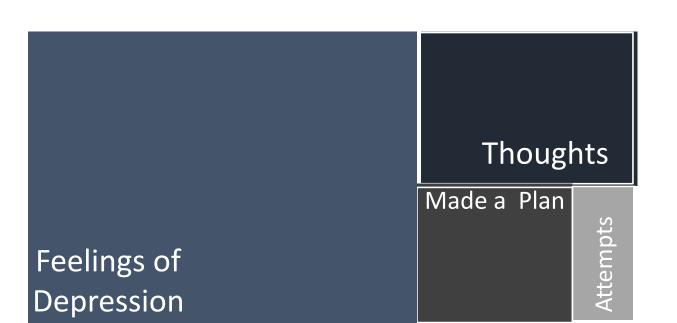


Past 30 Days Substance Use for top 3 substances used by Kansas kids



Trends in substance use

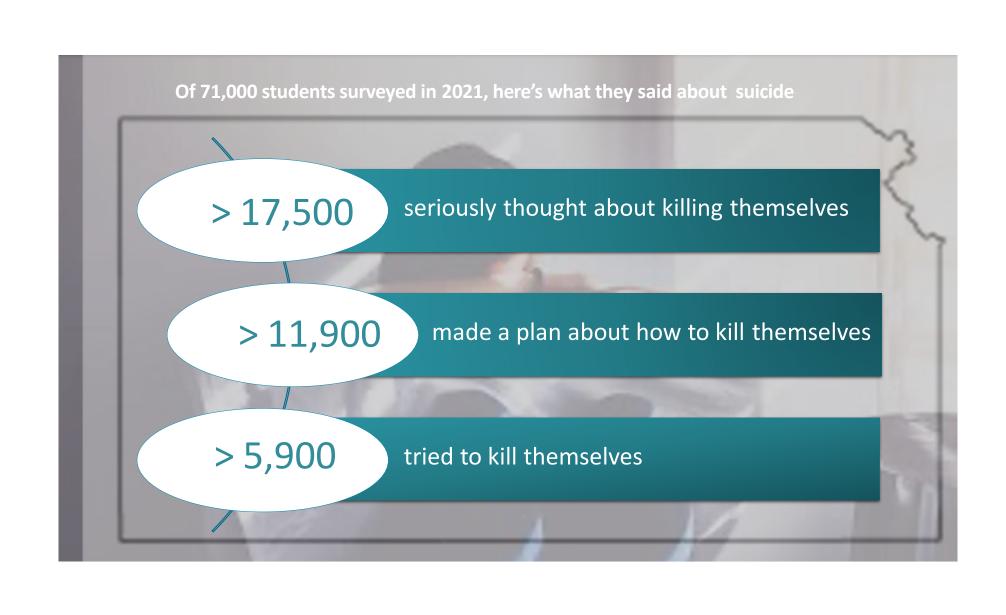
alcohol • vaping • marijuana



Of the 2,800+ Kansas kids who reported they have tried to kill themselves:

- 298 did not report feelings of depression
- 225 **did not** make a plan

DEPRESSION + SUICIDE THOUGHTS, PLANS, & ATTEMPTS





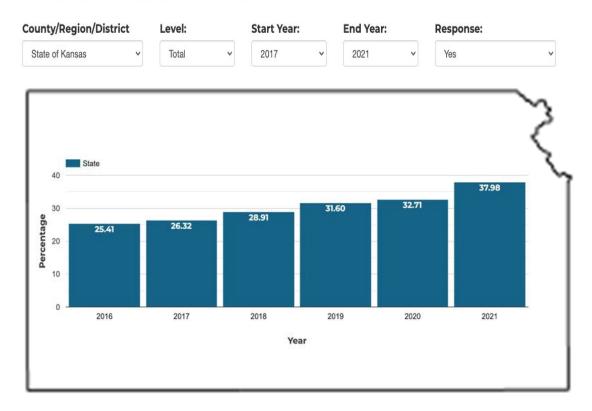
Kansas kids who report feelings of depression has been steadily increasing since we began asking kids about it on KCTC in 2016.

The average percentage point increase from year-to-year has been 2.5.

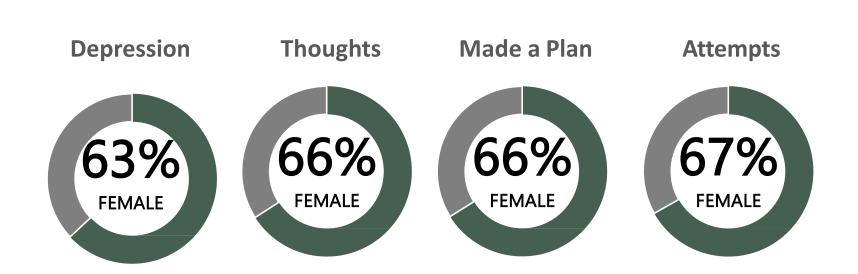
This increased by 5 percentage points from 2020 to 2021.

Depression/Suicide View County Map

During the past 12 months, did you ever feel so sad or hopeless almost every day for two weeks or more in a row that you stopped doing some usual activities?



Depression + Suicide by Gender





OVERVIEW OF DISTRICT & BUILDING REPORTS

Password protected portal for local results

QUESTIONS?



STUDENT SURVEY



Legislative Updates

Laura Jurgensen Legislative Council Members





School Mental Health Advisory Council April 29, 2021

Kansas leads the world in the success of each student.

FFY 2020–25 SPP/APR: New Requirements





FFY 2020–25 SPP/APR Changes at a Glance

| FFY 2020-25 Part B SPP/APR changes | Part B indicators | | | | | | | | | | | | | | | | |
|---|-------------------|---|---|---|----------|---|---|---|---|----|----|----|----------|----|----|----|----|
| | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 |
| No changes | | | | | | | ✓ | | | | ✓ | ✓ | | | ✓ | ✓ | |
| Minor changes and/or clarifications | | | | ✓ | ✓ | | | | ✓ | ✓ | | | ✓ | | | | ✓ |
| Changes to response rate and representativeness | | | | | | | | ✓ | | | | | | ✓ | | | |
| Change to data source | ✓ | ✓ | | | | | | | | | | | | | | | |
| New components | | | ✓ | | | ✓ | | | | | | | | | | | |

NOTE: There are additional reporting requirements for stakeholder involvement that may affect each indicator.

Stakeholder Input

• For FFY 2020–2025, States' description of stakeholder input on the States' targets in the SPP/APR must include:

• The number of parent members and a description of how the parent members of the State Advisory Panel, parent center staff, parents from local and statewide advocacy and advisory committees, and individual parents were engaged in target setting, analyzing data, developing improvement strategies, and evaluating progress;

• Description of the activities conducted to increase the capacity of diverse groups of parents to support the development of implementation of activities designed to improve outcomes for infants and toddlers with disabilities and their families;

- The mechanisms and timelines for soliciting public input for target setting, analyzing data, developing improvement strategies, and evaluating progress; and
- The mechanisms and timelines for making the results of the target setting, data analysis, development of the improvement strategies, and evaluation available to the public.



Timeline

- KSDE is currently preparing to gather stakeholder input.
- KSDE will gather stakeholder input from late June through August.
- KSDE must decide on new state targets and changed processes in September to prepare for the February 1, 2022, SPP/APR submission.



Contact Information



Bert Moore Director Special Education and Title Services (785) 296-4949 bmoore@ksde.org Laura Jurgensen Assistant Director Special Education and Title Services (785) 296-5522 ljurgensen@ksde.org

The Kansas State Department of Education does not discriminate on the basis of race, color, national origin, sex, disability or age in its programs and activities and provides equal access to the Boy Scouts and other designated youth groups. The following person has been designated to handle inquiries regarding the nondiscrimination policies: KSDE General Counsel, Office of General Counsel, KSDE, Landon State Office Building, 900 S.W. Jackson, Suite 102, Topeka, KS 66612, (785) 296-3201.



Wrap-Up Comments





Kathy Busch Chair Pat Bone Sr. Administrative Specialist Special Education and Title Services (785) 291-3097 pbone@ksde.org

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