



Parent University December 2020

Mental Health Resources from BCPS and Community Partners

Marisa Kinney, LCSW

Task Assigned Director,
Student Services Department

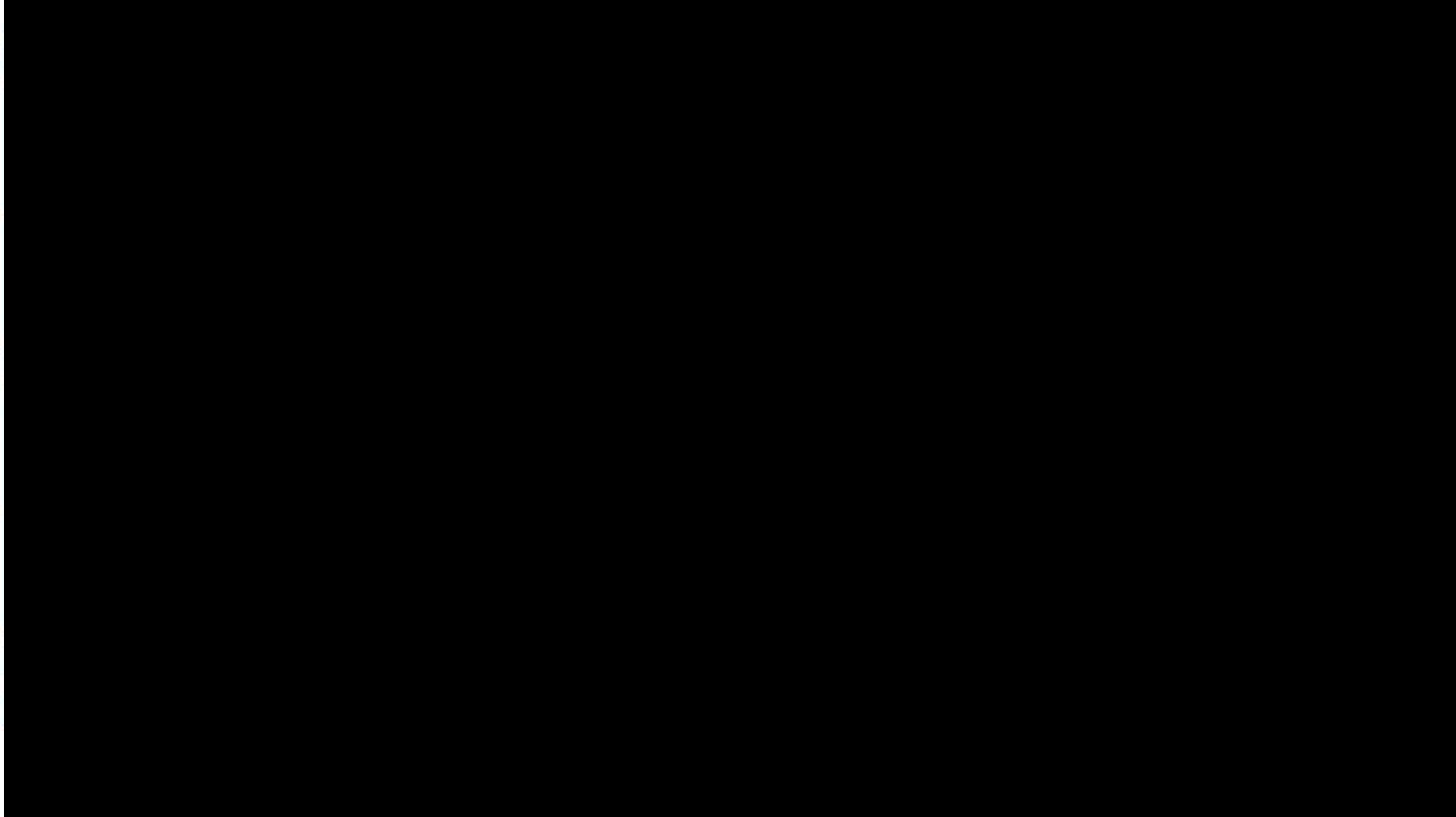
Susan N. Vialpando, LCSW

Supervisor, Family Counseling Program
Student Services Department

Chauntea S. Cummings, Ed.S

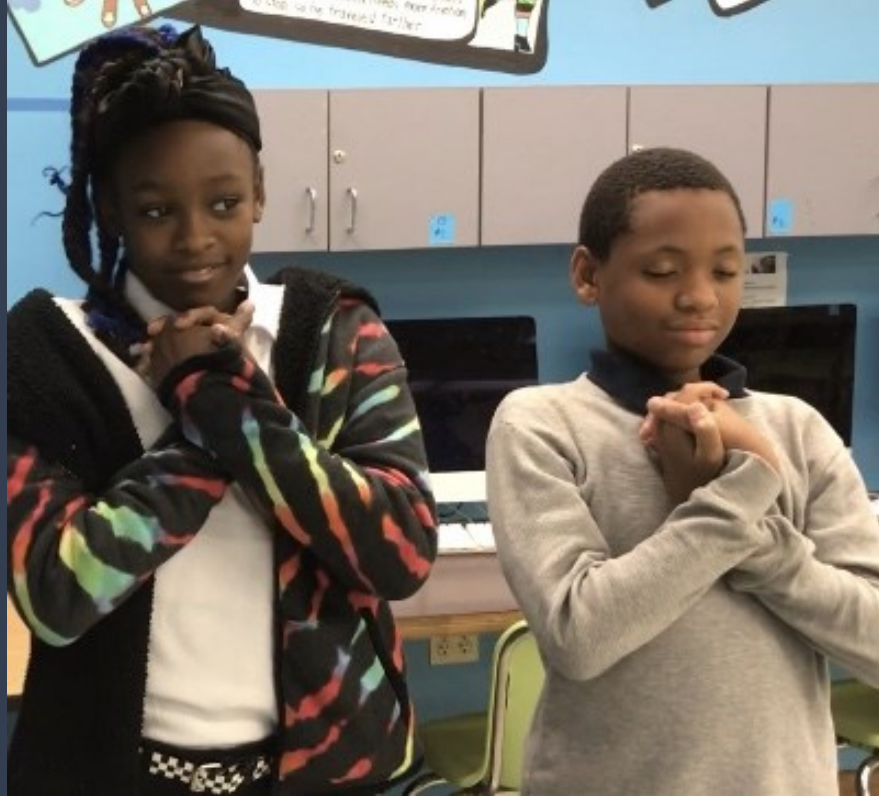
SEDNET Project Coordinator/ESE Counseling
Exceptional Student Learning Support

Superintendent Runcie





Dr. Antoine Hickman, Chief



Conversations on Mindfulness: Student Panel

Bianca Cirigliano – Fort Lauderdale HS
Jonathan Mungal - Fort Lauderdale HS

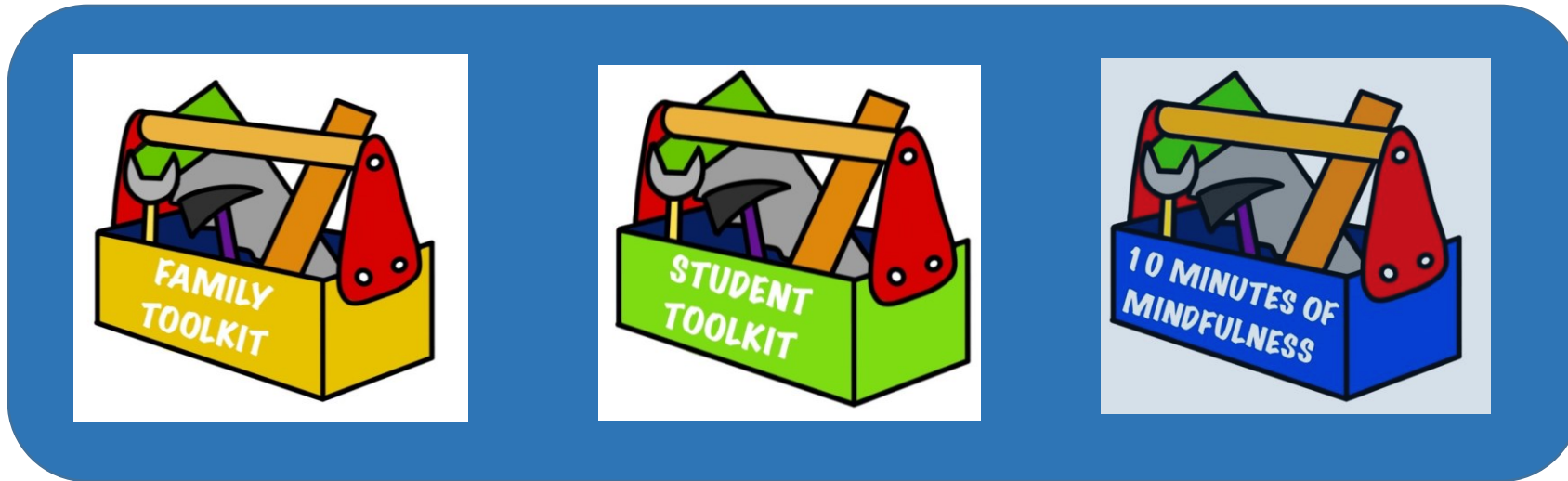
Dr. Daniel Shapiro - Supervisor of SEL

Find out more information in the SEL and Mindfulness Toolkits for Families and Students <https://browardschools.instructure.com/courses/1061943>



**Mindfulness Practice – Bianca Cirigliano from
Fort Lauderdale HS**

Social & Emotional Learning and Mindfulness for Families and Students



Visit the SEL and Mindfulness: Families and Students Toolkit found at <https://browardschools.instructure.com/courses/1061943>

- 10 Minutes of Mindfulness Practices
- ReThink Ed Videos for Families to learn together
- Research and Resources to learn more about SEL and Mindfulness



10 Minutes of Mindfulness/SEL For Families and Students

3 STEPS for Inner Explorer



IT'S AS EASY AS ONE, TWO, THREE

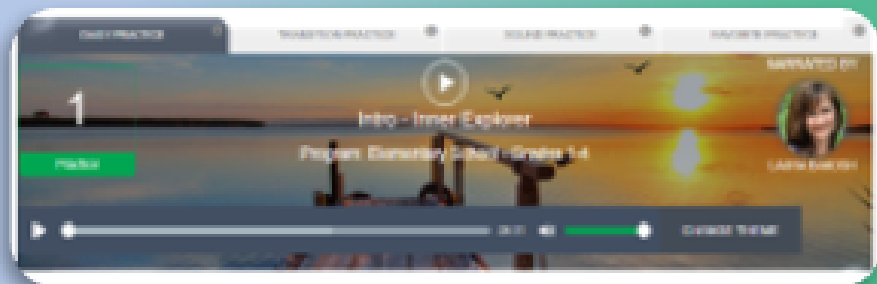
Inner Explorer is a plug n' play mindfulness resource that is high quality and researched based. These 3 steps give you access to a well-crafted audio library that helps supports social-emotional and academic learning by practicing a few minutes of mindfulness.

1 **STEP 1:** VISIT [HTTPS://XP.INNEREXPLORER.ORG/COMPASS/BROWARD](https://xp.innerexplorer.org/compass/broward)

2 **STEP 2:** REGISTER FOR THE FREE FAMILY OR STUDENT ACCOUNT

A screenshot of the Inner Explorer registration form. It includes fields for "First Name", "Last Name", "Email", and "Phone", along with a "REGISTER" button. A disclaimer at the top reads: "PLEASE FILL IN YOUR INFORMATION BELOW TO DOWNLOAD OUR LIBRARY OF MINDFULNESS AND SEL PRACTICE AUDIO".

3 **STEP 3:** PRESS PLAY FOR DAILY 10 MINUTE MINDFULNESS PRACTICE AUDIO. REPEATING THE PRACTICE IS A HELPFUL OPTION.



Mental Health Services

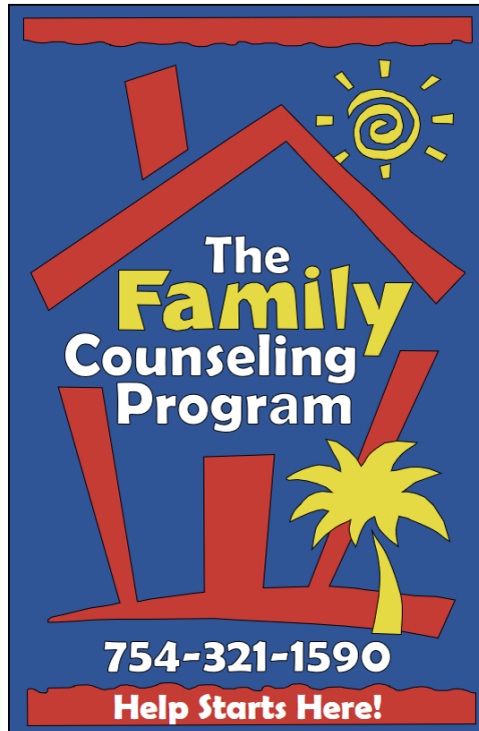
Broward County Public Schools Mental Health Services and Departments

- Family Counseling Program
- Psychological Services
- School Counseling & BRACE
- School Social Work Program



Mental Health Services

Family Counseling Program



- **Free**, confidential short-term therapy (up to 12 sessions)
- Individual, Siblings, and Family Therapy
- Most therapists trained in trauma therapy
- Teletherapy provided, available in multiple languages
- **Evening appointments available**

We do not diagnose students

**To make an appointment,
call 754-321-1590**



Mental Health Services

School Social Work Program



Contact your School Social Worker:

- Call your child's school
- School Social Work Main Office 754-321-1618
- BCPS Website
www.browardschools.com/schoolsocialwork

- Master's level mental health professionals (State Certified or Licensed)
- Intervene to remove barriers to social, emotional, and academic success
- Mental health counseling
- Crisis support and intervention
- Address truancy and non-attendance
- Psychosocial assessments
- Specialty Assignments:
 - Substance Abuse/Expulsion
Abeyance Case Managers
 - Teen Parent School Social Workers



School Social Work Services During eLearning



Collaboration with Schools

- Interventions are provided via virtual platforms and in-person
- Hotspot & Internet connectivity
- Outreach to non-engaging students
- Mental health support and linkage to services

Contactless Deliveries

- Backpacks & School Supplies
- Uniforms
- Food Boxes

Social Services

- Back to School Extravaganza (Community)
- Harvest Drive
- Holiday Magic School Bus



Mental Health Services

School Counseling & BRACE
754-321-1675



<https://www.browardschools.com/Page/35251>

- Classroom guidance
- Small groups for skill mastery
- Individual counseling for students with specific needs
- Social Emotional Learning (SEL): resources to staff, students, and families to promote a safe environment in schools



Mental Health Services

School Psychological Services

754-321-3440



Psychological
Services

<https://www.browardschools.com/Page/32565>

- Assess student emotional and behavioral needs
- Assess diverse learning needs
- Assist in navigating special education processes
- Provide diagnostic screening for children aged birth to five



Q & A



New Mental Health Initiatives

The TALK App



- District launched the T.A.L.K. App on 8/24/2020
- Located on student's Clever page
- K–12 students can request to speak to a mental health professional, or report abuse
- Over 800 mental health requests, with 24% having a substantiated need
- 230 child abuse related requests with 50 routed to the abuse hotline



New Mental Health Initiatives



Terrace Metrics screener:

- Screens for resiliency and response to the student's personal experiences
- Parents are given the option to opt-out

Pilot program schools:

- Marjory Stoneman Douglas High
- Deerfield Beach High
- Dillard High (6-12)
- Boyd H. Anderson High

Roll out for all schools began Monday, December 7, 2020



Recognizing Signs of Loneliness

Loneliness: A state of distress or discomfort that results when one perceives a gap between one's desires for social connection and actual experiences of it.

Causes

- Moving into a new city/school
- Family problems
- Bullying

Signs

- Crying more than usual
- Acting out
- Negative self-talk
- Losing friends



Effects

- Poor Self Care
- Depression/Suicide/Self harm
- Anxiety/Less Sleep
- Poor Self Esteem
- Use of alcohol and drugs

How To Reduce Loneliness

- Call Family and Friends
- Participate in safe recreational activities
- Talk to your children

Seek professional help when needed



Recognizing Mental Health Concerns

Signs and Symptoms

- Problems with concentration
- Changes in appetite
- Feeling sad, empty, hopeless, helpless, or worthless
- Excessive worry, fear
- Irritability or restlessness
- Changes in sleep patterns
- Angry outbursts
- Social withdrawal
- Mood swings



Take Action If:

- Increased drug/alcohol use
- Preoccupation with death
- Withdrawing from activities/family
- Drastic personality change
- Lack of interest in future plans

Call 911 or Mobile Crisis Response Team (954) 463 – 0911 If:

- Threats of suicide
- Self-destructive behaviors



How to Cope with the Stress of eLearning

Adjust Your Mindset

- Get support
- Adjust your expectations on a daily basis.



Reduce Stress With A Routine

- Multi-task if you're caring for more than one child
- Outline a rough schedule for each day allowing for flexibility
- Communicate, communicate, communicate

Plan For Rough Days

- Be mindful of your and your child's stressors
- Write a list of calming activities



Tips For Reducing Stress

Prepare

- Discuss rules in advance
- Stay the course

Start New Traditions

Give Kids A Voice

Let Kids Express Disappointment



Social Media

Benefits

It is OK for your teen to be online

- Relationships are part of typical adolescent development.
- Social media can promote and foster positive relationships

Screen time shouldn't always be alone time

- Co-view, co-play and co-engage while online
- Face-to-face communication is still important

Tips for Safety

- Educate yourself about social media
- Establish safety guidelines
- Keep an open dialogue with your child
- Treat media as you would any other environment in your child's life



Warning Signs

- Excessive screen-time
- Feeling anxious when social media is not accessible
- Social media usage is affecting academic performance
- Immediate attention to social media notifications
- Ongoing monitoring of posts to measure others' responses
- Easily affected by "likes" or lack of responses
- Checking social media accounts first thing when waking up or right before bed
- Youth seems distant and not engaging with friends and family



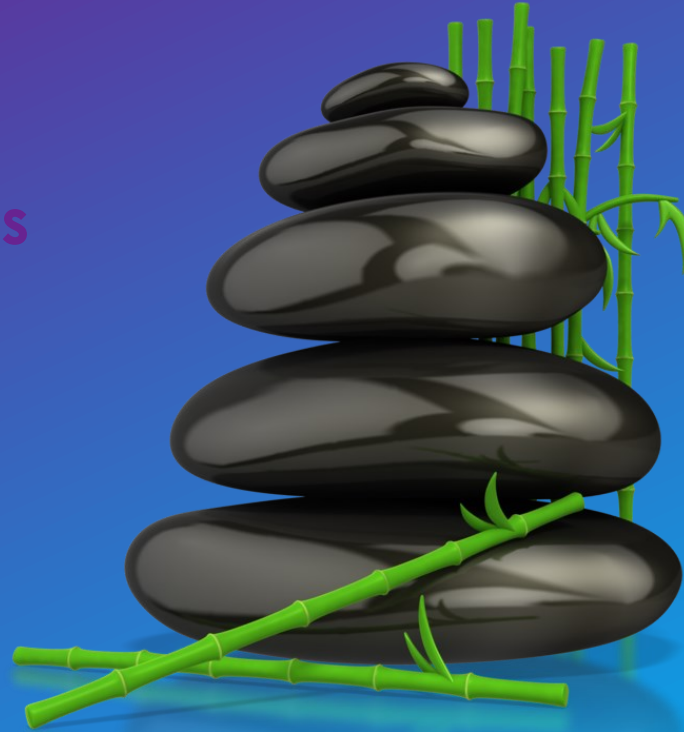
HOW TO HANDLE HOLIDAYS AFTER A DEATH OF A LOVED ONE

Acknowledge emotions

Make a plan

Memorialize

Ask for help *



* Resources made available at the end of the presentation



The logo for Parent Voices is a circular emblem with a blue border. Inside the circle, the words "PARENT VOICES" are written in a bold, blue, sans-serif font, stacked in two lines. Below the text are three stylized human figures in shades of green, representing a family. The figures are simple, with circular heads and open, upward-pointing bodies.

PARENT VOICES

Leigh Townley



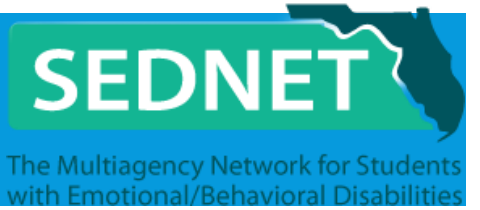
Exceptional Student Learning Support (ESLS)



The Multiagency Network for Students with Emotional/Behavioral Disabilities



What is SEDNET?



- **The Multiagency Network for Students with Emotional/Behavioral Disabilities (SEDNET) creates and facilitates a network of key stakeholders committed to assisting in the provision of a quality system of care for students with or at-risk of emotional and/or behavioral disabilities.**
- www.sednetfl.info



SEDNET BCPS

Training and Professional Development

Counseling as a Related Service

Behavioral Health Partnership

SEDNET Local Advisory

Suicide Prevention



Suicide Statistics

National Data (2018):

- Suicide is the 10th leading cause of death in the US
- 48,000 deaths in 2018 (1 death every 11 minutes)
- 2nd leading cause of death for ages 10-24

Florida Data (2019):

- 16% of FL high school students reported having seriously considered attempting suicide
- 12% reported having made a plan to die by suicide
- 8% reported a suicide attempt



Center for Disease Control, Youth Risk Behavior Survey, 2019 Report



Suicide Prevention Supports

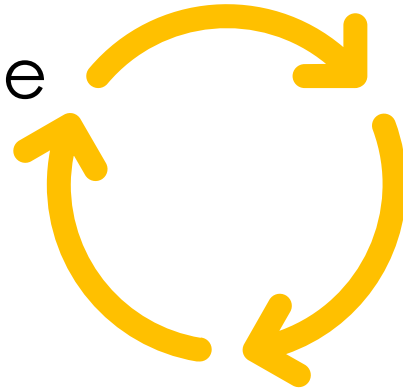
- **Staff Presentations**
- **Student Presentations on Resiliency**
- **Support for Suicide Prevention Designees**
- **Suicide Prevention Curriculum**
- **Suicide Risk Assessment**
 - **Screening**
 - **Clinical Assessment**
 - **Risk Determination**
 - **Safety Planning and Support**



What Do I Need to Know: Suicide Prevention

Risk Factors

- Mental health problems
- Alcohol/Substance abuse
- Family History of Suicide
- Poor Academics
- Family Dysfunction
- Bullying/Victimization
- Non-Suicidal Self Injury



Warning Signs

- Suicide Notes
- Threats/Suicidal Statements
- End of Life Planning
- Changes in Physical Habits/Appearance
- Sudden Personality Changes
- Death Suicidal Themes
- Hopelessness
- Loss of Interest in pleasurable activities



How Can I Help: Suicide Prevention

Protective Factors:

- Strong Family Bonds
- Positive Friendships
- Cultural, Religious Beliefs
- Feeling Close to at Least One Adult
- School Connectedness
- Healthy Problem-Solving, Coping Skill
- Access to services and resources



What Can I Do For My Child?

- Keep Open Communication with Children
- Ask the Question: Are you Thinking of Killing Yourself?
- Shift the Focus to What You **CAN** Do
- Create new family routines
- Positive Affirmations
- Promote Positive Problem-Solving Skills
- Seek Professional Help When Necessary



Who Can I Call: Suicide Prevention

Mobile Crisis Response Team –Henderson Behavioral Health

- 954-463-0911

211 Broward

- Dial 2-1-1

The National Suicide Prevention Lifeline:

- 1-800-273-TALK (8255) 1-800-799-4889
(TTY) <http://www.suicidepreventionlifeline.org/>

The Trevor Line:

- 1-866-4-U-TREVOR or 1-866-488 7386
<http://thetrevorproject.org/>

Crisis Text Line

- Text **FL** to [741741](https://www.crisistextline.org/)
- <https://www.crisistextline.org/>



My3 App

The **My3** app lets you stay connected when you are having thoughts of suicide

- Create your support system
- Build your safety plan
- Access Important Resources



<https://my3app.org/>



Exceptional Student Learning Support: Contacts

Saemone Hollingsworth, Executive Director

- Saemone.hollingsworth@browardschools.com

Teresa Hall, Director, Support Services

- Teresa.hall@browardschools.com

Chauntea Cummings, SEDNET Coordinator

- Chauntea.cummings@browardschools.com
- 754-321-3400



Q & A



Community Mental Health and Resources

Broward Behavioral Health Coalition, Inc
Silvia M. Quintana, LMHC, CAP
Chief Executive Officer

Who are we?

- Broward Behavioral Health Coalition, Inc. (BBHC) is a not-for-profit Management Entity created in 2011
- The purpose of the ME is to provide the administration, management, support and oversight of DCF-funded behavioral health services in Broward County.
- BBHC develops programs, provides training and technical assistance, and continuously improves the system of care in Broward.



VISION:

- Ensuring a responsive and compassionate behavioral healthcare experience for people in our community.

MISSION:

- To advocate and ensure an effective and efficient behavioral health system of care is available in Broward County.

VALUES:

- Consumer driven, cultural competence, compassionate service, efficient management, innovative system, fiscal integrity.



Our Network

Through our network we provide:

- Adult Residential & Non-Residential Services
- Children/Youth Non-Residential & Residential Services
- Adults, Children and Families Support Services
- Prevention Services
- Emergency Services



Epidemic and Pandemic



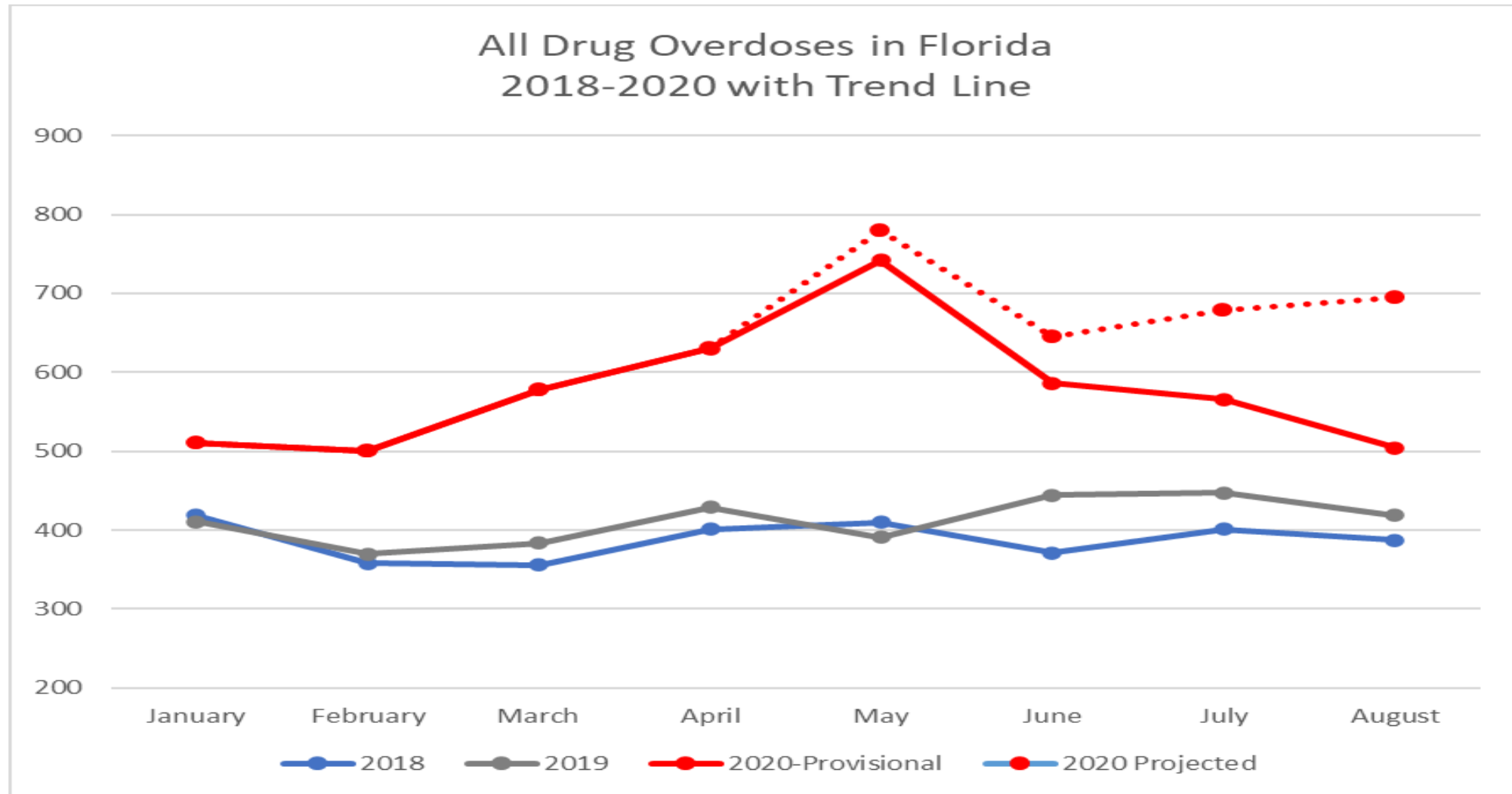
- The Opioid Epidemic Began in 2008
- The Corona Virus Pandemic Began in 2020 Impacting the United States

Number of Opioid Overdose Death Top Five States by Total

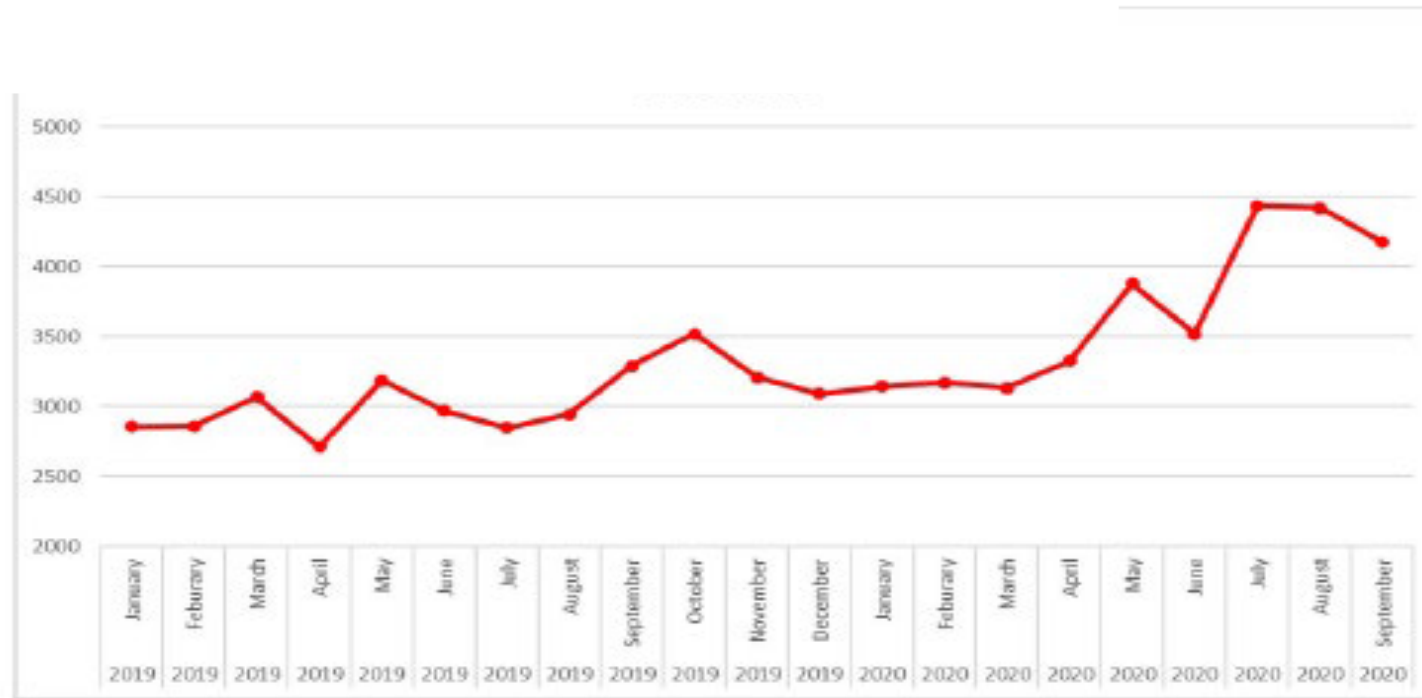
<u>State</u>	<u>Totals</u>
1. OH	3237
2. FL	3189
3. NY	2991
4. PA	2866
5. NY	2583



Florida Department of Health Trend Line for Overdoses



Total Non-Fatal All Drug Overdoses 2019 - 2020



Non-fatal overdoses are up too, increasing 56% from the previous year, with a spike in July 2020



Broward County Deaths by Overdose

March - June 2019

- 183 deaths

March - June 2020

- 263 deaths

Increased by 44%.



Impact of Pandemic on Mental Health

Symptom	Overall	Fear for a Loved One	DIFFERENCE
Depression	69.47%	74.31%	+ 4.84%
Anxiety	75.12%	75.23%	+ 0.11%
Anger	40.71%	47.71%	+ 7.00%
Sleep	43.62%	45.87%	+ 2.15%

The Opioid Project partnered with Advanced Recovery Systems conducted a survey on the impact of the pandemic on mental health (785 respondents)

Mental Health Calls to 211-Broward

Pre-Pandemic and Present

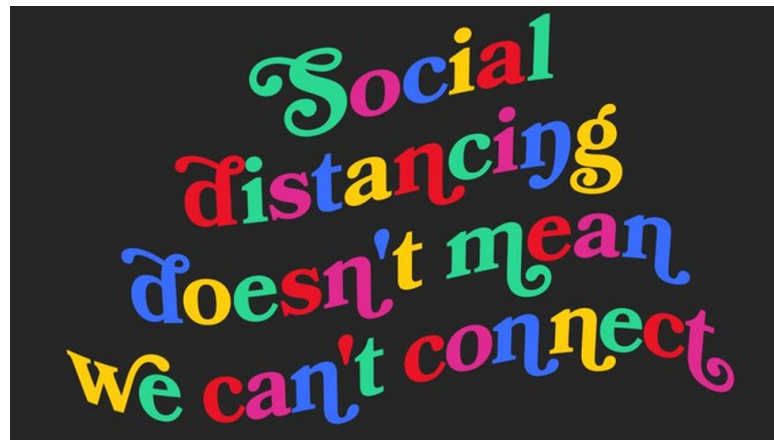
March 2020	April 2020	September 2020	November 2020
240	1092	1989	2167



Suicide Calls to 211 Broward

March 2020	April 2020	September 2020	November 2020
16 Calls	73 Calls	154 Calls	184 calls

Number of suicide completions have been reduced during this year.



How Can Parents Support Children and Youths' Personal Wellness

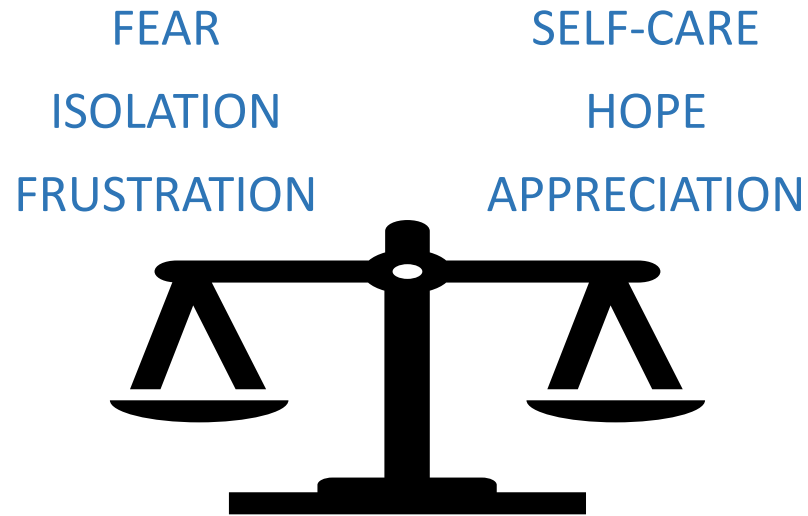


- Providing flexibility to complete assignments
- Celebrate daily performance on student's school accomplishments
- Understanding COVID 19 Impact on the family and your child's life
- Provide support via virtual resources for self-care such as on exercise and nutrition
- Providing and wearing Personal Protective Equipment and modeling for your children the CDC Guidance on social distancing/ hand washing.
- Checking daily with children on how they are doing



The New Normal

Children, youths, and their families need to find a balance between feelings



It is Ok not to be Okay

It is OK to ask for Help



It is OK not to be OK

NEW NORMAL



https://youtu.be/r6xcnDx_0hk





Where to Access Resources for Children, Youth, and Families

- Call **211 Broward** to get information and referral to local Broward Resources (211 presentation to follow)
- **Mobile Response Team** provides Crisis stabilization and wellness checks for children and young adults.
 - The number is 954-463 0911
 - This service is available 24 hours/7 days
- **Central Receiving Facility** is a 23 hours triaging center
 - Available 24 hours/7 days per week
 - For young adults and adults.
- **BBHC Provider Network Link:** <https://bbhcflorida.org/provider-network/>



BBHC Funded Services

Addiction Receiving Facility (ARF, JARF)

Aftercare

Assessment

Case Management/Wellness/Life Coaches

Community Action Team (CAT)

Care Coordination Team (CCT tier1, 2, and 3)

Child Welfare Care Coordination Team (CCT-CW)

Central Receiving Center (CRC)

Clubhouse

Drop-In Centers

Crisis Stabilization/Emergency

Crisis Support – Mobile Crisis/Response Team

Day Treatment

Detoxification (Residential and outpatient)

Florida Assertive Community Treatment (FACT)

Family Intensive Treatment Team (FITT)

Forensic Multi-disciplinary Team

Incidental / Flexible Funds

Information and Referral

In-Home / On-Site

Inpatient

Intervention

Medical Services/Psychiatric

Medication Assisted Treatment (MAT)

Outpatient

Outreach

Prevention

Recovery and Peer Support Services

Residential

Short-Term Residential Treatment (SRT)

Supported Employment / Education

Supportive Housing / Living

TASC



Evidence-Based Practices (EBP)

EBPs are scientifically proven strategies for successful outcomes.

- BBHC is committed to optimal quality of care services.
- A key strategy for enhancing the clinical expertise available in our provider network is the provision of EBP training opportunities.
- Based on BBHC's FY19-20 EBP Survey, BBHC's Network providers are using over 100 EBPs when delivering treatment and other supportive services.



BBHC Transitional Age Services



BBHC's network provides services to support youth and young adults with their goals for work and education through coaching and evidence-based practices.



One Community Partnership Projects

An initiative in partnership with Broward County Public Schools and ChildNet.

- Expands the community's system of care and promotes recovery-oriented services
- Supports to youth in transition (Ages 12-21) who have a primary mental health and other co-occurring issues.
- Promotes engagement of youth in successful transition through Supported Education, Supported Employment, Supported Housing, Peer Support, Life Coaching, Self-Advocacy.
- **Individual Placement and Support** (IPS) Supported Employment Model: Practice for supported employment/education
- For more information: www.ocp3.org
- For inquiries: tlawrence@bbhcflorida.org



Other Programs and Initiatives

- **South Florida Wellness Network** (Peer Organization):

<https://www.sfwn.org/>



- **Federations of Families :**

<http://www.southfloridawellnessnetwork.org/about-fof-broward/>



- **Youth M.O.V.E.** (Motivating Others through Voices of Experience):

<http://www.southfloridawellnessnetwork.org/youth-move-broward/>



- **Broward Youth Re-entry Program:**

eweekes@bbhcflorida.org

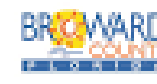


Broward Suicide Prevention Coalition

The goals of the Broward Suicide Prevention Coalition is:

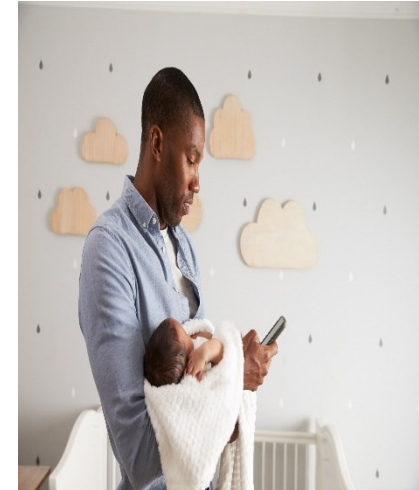
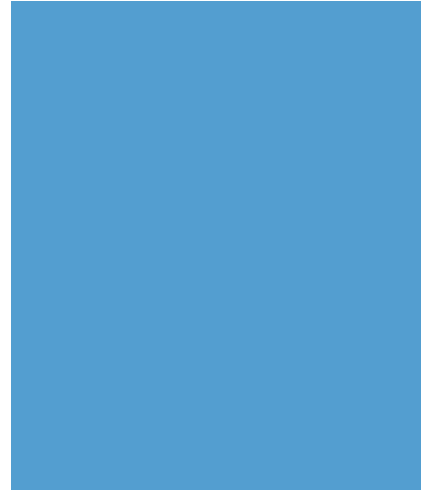
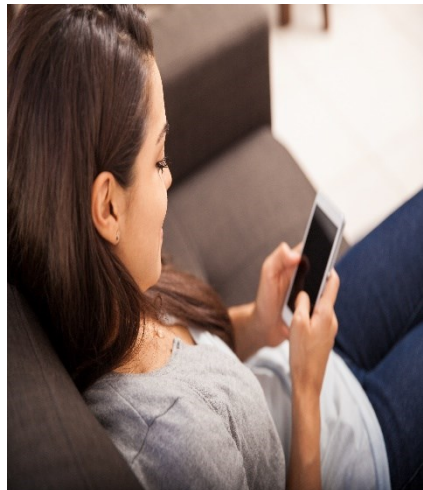
- Development of the Community-wide Suicide Prevention Action Plan
- Identification and selection of a comprehensive EBP within the Zero Suicide Framework
- Provide system wide capacity building
- Implementation of services
- Continuous quality improvement to ensure fidelity to the EBP selected

ZERO Suicide Broward



2.1.1

Broward



YOUR FIRST CALL FOR HELP!

Gail Moore

THE THREE DIGIT NUMBER 2-1-1



N11 Numbers

National, Easy to Use

Accessing Health and Human Services

2-1-1 Broward Local Provider

The idea is simple – one number to call 2-1-1!

ALL ABOUT 2-1-1 SERVICES

**24/7/365
Free
Confidential
&
Anonymous**

**Supportive
Listening**

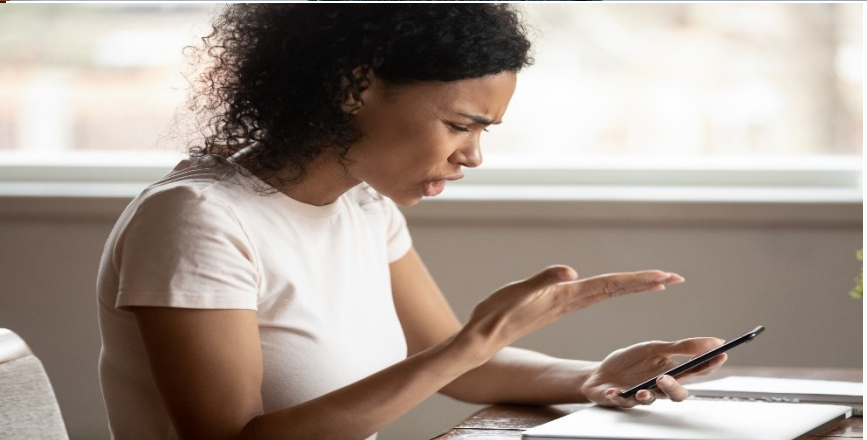
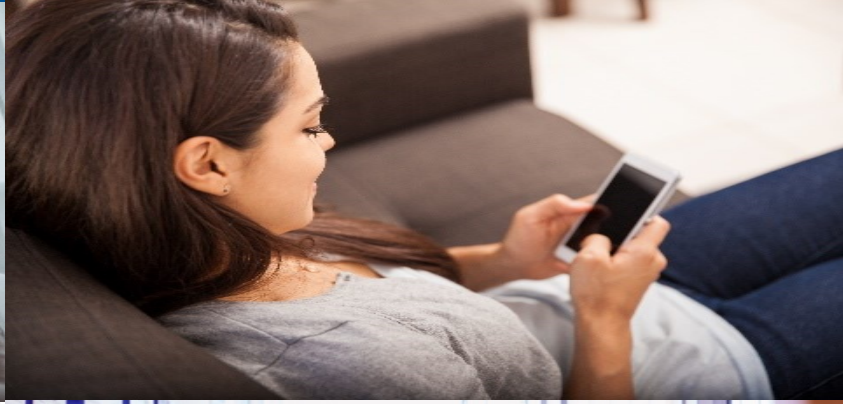
**Assessment
Information
&
Referral**

**Crisis
Intervention**

**Advocacy
&
Follow-up**

**Care
Coordination**

WHY CALL 211



PROGRAM & SERVICES

**Behavioral
Health**

**Mission
United**

MYFLVET

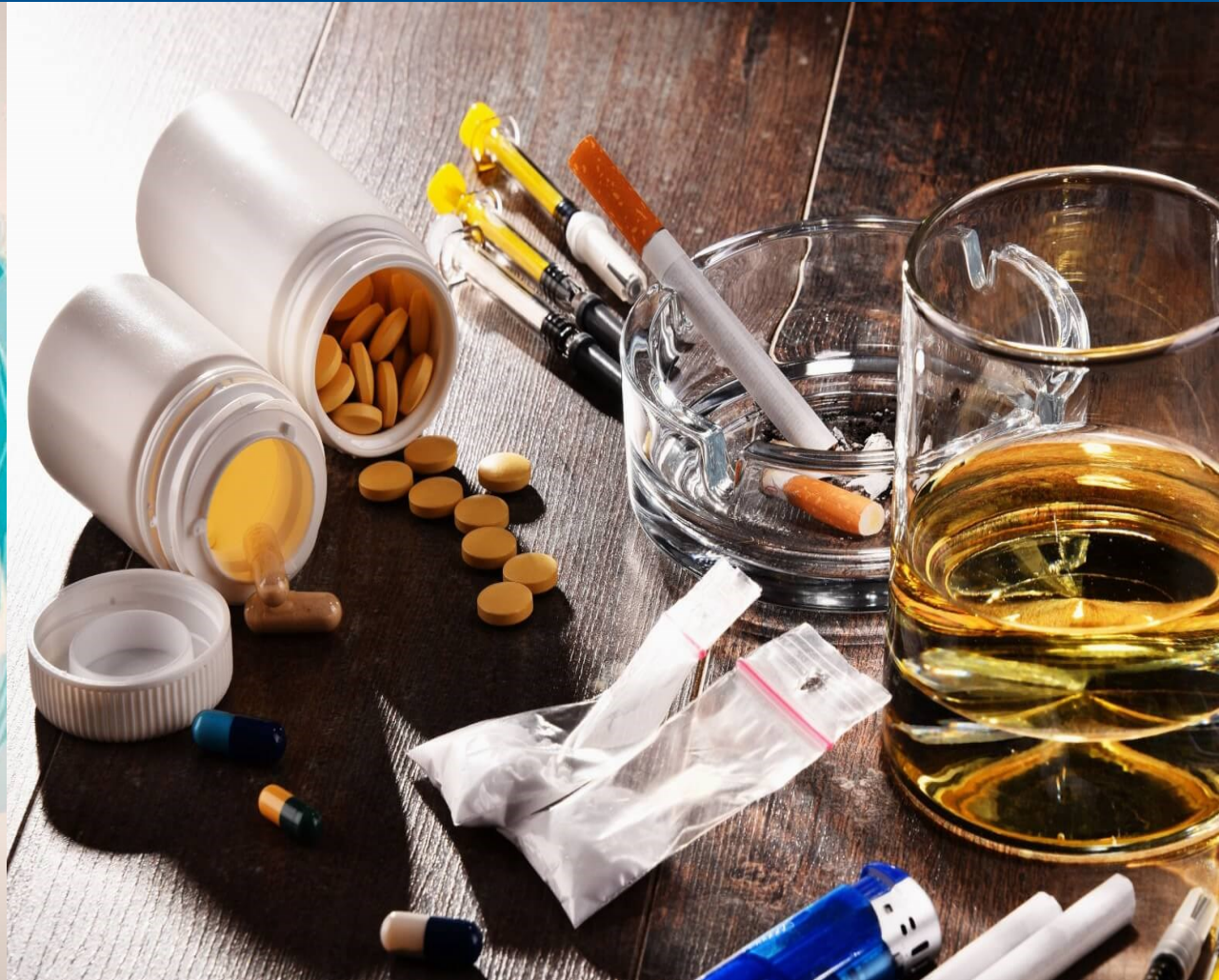
**Special
Needs
Connections**

TeenSpace

Touchline



BEHAVIORAL HEALTH



Making a difference for children and adults needing behavioral health support.



Let's Talk About...



Self-Harm

Bullying

Drugs

Drinking

Feeling Alone

Social Media Addiction

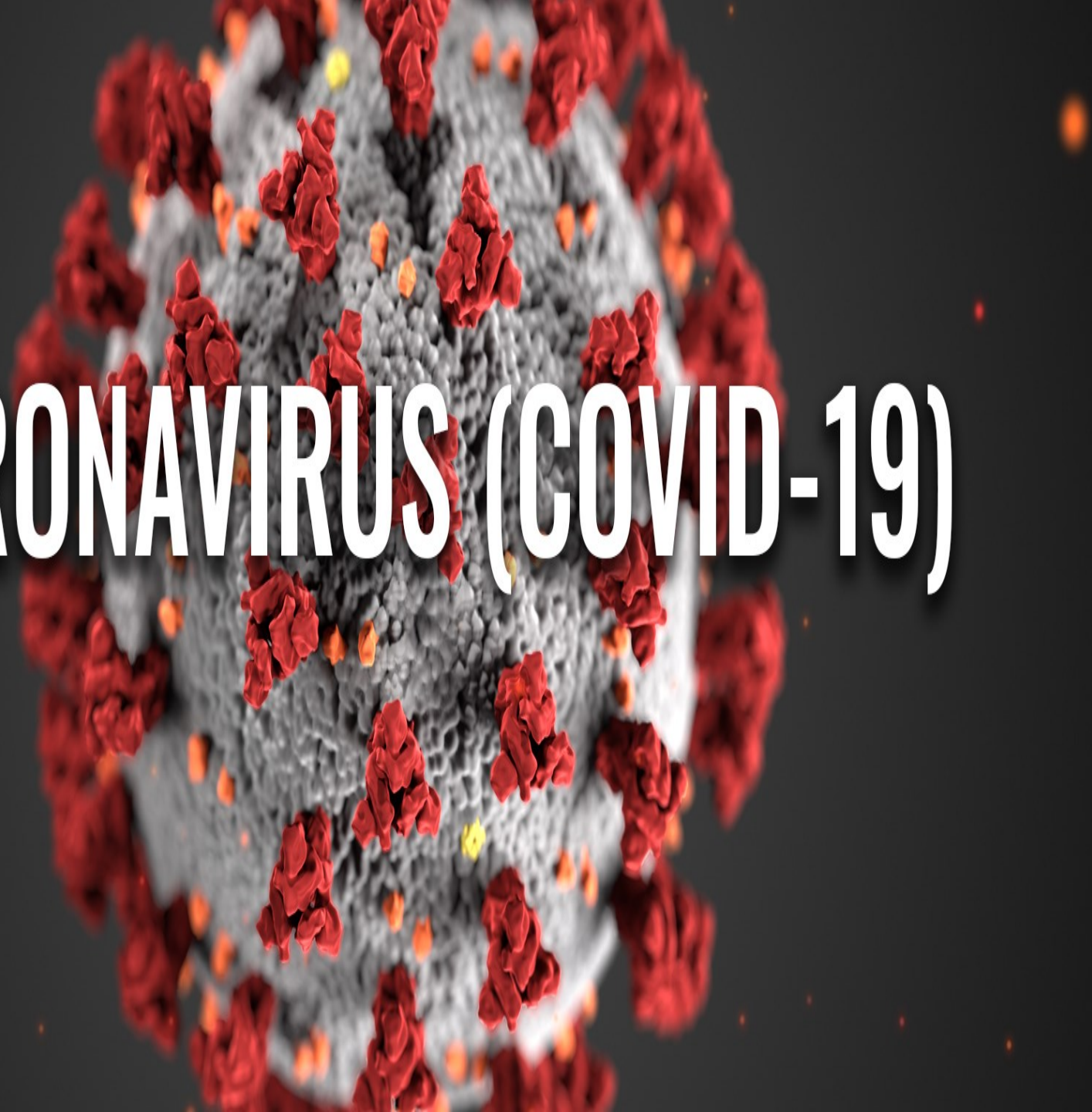
LGBTQ

Body Image

Depression



CORONAVIRUS (COVID-19)



211 RESOURCE DATABASE

Select Language ▾ Provider Portal Sign In



Focus on special topics or populations



Sign in to access your saved resources



Contact Us

Need help? Contact Us.









Chat With Us

Helpline Counselors are standing by to help you!



Popular Topics

-  COVID-19
-  Basic Needs
-  Consumer Services
-  Criminal Justice and Legal Services
-  Education
-  Environment and Public Health/Safety

ZERO SUICIDE BROWARD

If you are in a crisis or concerned about a loved one, call the National Suicide Prevention Lifeline at 1.800.273.8255 or text "home" to 741741

It's **OK** to **Not Be Ok**



To be connected with resources or if you need crisis services, just dial 211. Visit www.211-broward.org for an online portal of community resources.

Help is available for all people impacted by suicide. There are many services ready to help prevent suicide, support those thinking about suicide, assist those who are concerned about someone at risk of suicide, and support survivors after a loss.

Broward Suicide Prevention Coalition

Zero Suicide Framework

Accessing Suicide Care Services

Are You OK?

HOW 2-1-1 CAN HELP

We encourage you to contact 2-1-1 if you or someone you know is...

showing signs or talks about suicide

using substances and needs support

needing answers about mental health

seeking counseling or trauma services

wanting to talk, needs support, or need community resources

2-1-1 CHALLENGE



The 2-1-1 challenge
reaching out to the
community and beyond

Q & A



Presenters



- Dr. Antoine Hickman, Chief SSIR
- Dr. Daniel Shapiro – Supervisor , SEL
- Carolyn Sant Angelo – Team Leader of the Social and Emotional Learning Team.
- Leigh Townley - Parent
- Gail Moore – 211 Broward
- Silvia Quintana – Chief Executive Officer, Broward Behavioral Health Coalition, Inc
- Marisa Kinney – Task Assigned Director, Student Services Dept.
- Susan Vialponda – Supervisor, Family Counseling Program
- Chauntea Cummings – SEDNET Project Coordinator
- Bianca Cirigliano – Student, Fort Lauderdale HS
- Jonathan Mungal – Student, Fort Lauderdale HS