

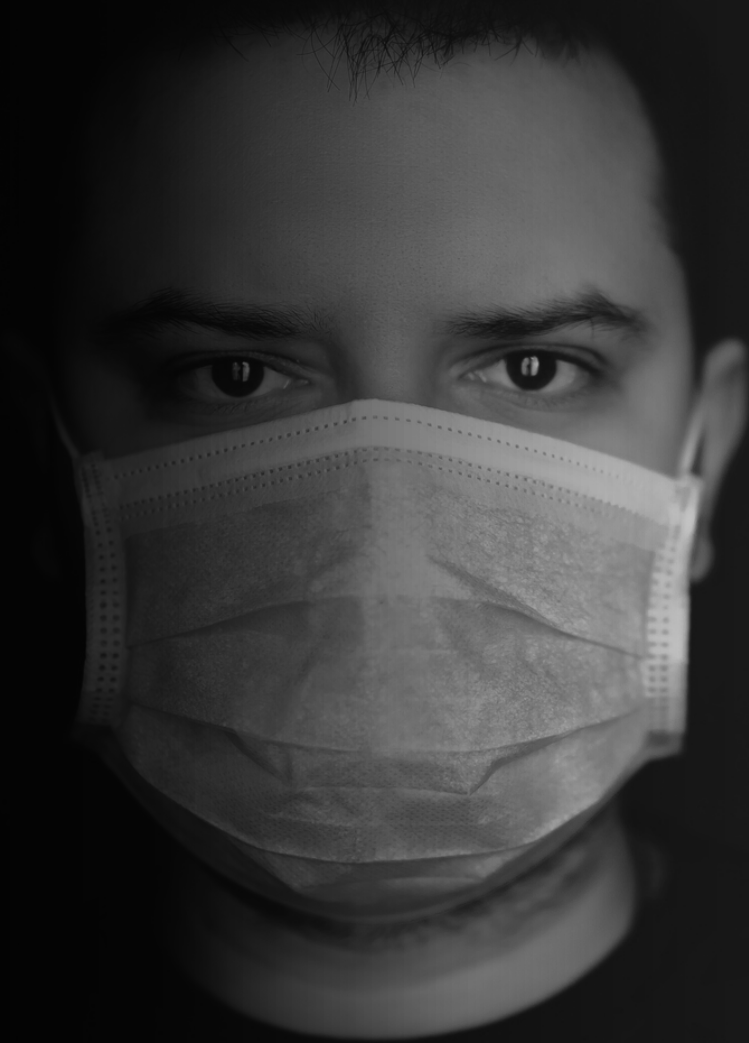


Lifeguard Initiative

Scaling Mental Health for Schools

The Question for every School Today

How do we prevent
infection?





The question for the next decade

What are we doing for
student mental health?



Mental Health Perfect Storm

Students today

- 7 out of 10 teens struggling with mental health¹
- Self-harm insurance claims up 99.8% for teens in 2020²
- MH effects of pandemic expected to last 9 years³

Teachers today

- 77% physical symptoms from stress⁴
- High burnout rate⁵
- High flee and retirement rate⁵

Support System - US adults

- Depression rates tripled from 8% to 27%⁶
- 40% adults experiencing problems with mental health or substance abuse in 2020⁷





Common approach to Mental Health Crisis

- Form a Task Force
- Awareness campaigns
- Increase referrals to Behavioral Health
- Hire more mental health specialists

Why this isn't enough?

- Severe therapist shortage
 - CA has enough for 26% of needs⁸
 - Crisis care uses majority of resources
 - High burnout rate among therapists⁹
 - Major League Baseball tried 1:5 mental health to player ratio without success¹⁰
 - No systematic approach for prevention and early intervention
 - Experts agree we need a whole health approach, not just a "mind approach"¹¹
-





The Bad News

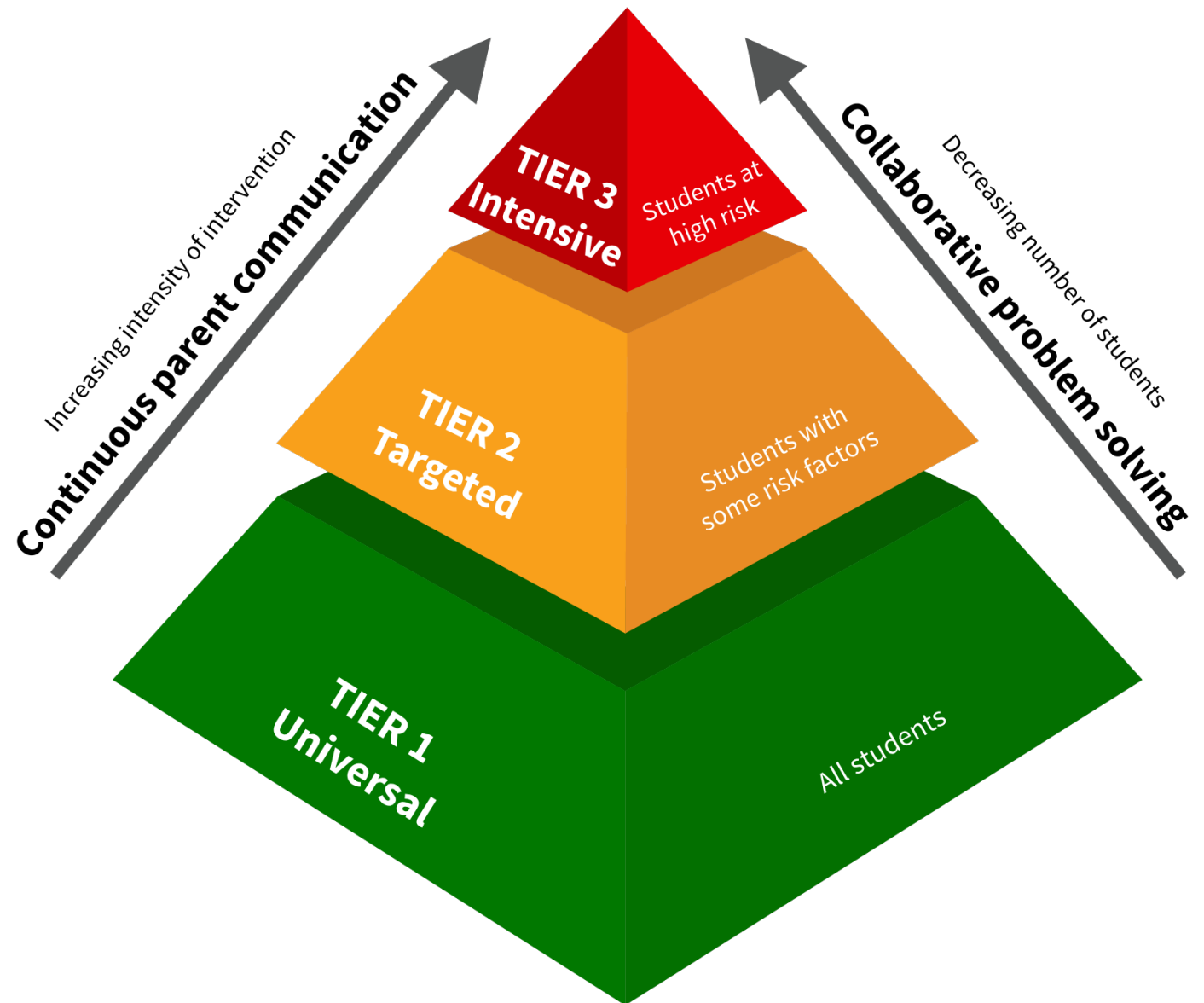
Today's students can't
wait for committees to
invent solutions



The Good News! Systems Solutions are Ready for Today

SCOE recognized that Seity Health was an integrated systems approach to wellness with 10+ years of local results. We invested in adapting this for schools:

- Evidence-based
- Daily formative assessment data
- Automated mental wellbeing triage
- Data support for LCAP
- Strengthens and streamlines
 - SEL, MTSS, RTI, PBIS
- Integrates with SIS



SCOE's Lifeguard Initiative:

Proactive support for mental wellbeing
across Stanislaus County Schools

- Lifeguards are trained to look for signs of trouble before people start to drown.
- SCOE has partnered with experts to develop a three-year initiative to expand wellbeing and equip all administrators and teachers with tools to monitor the mental health and wellness of their staff and students before they are in crisis.
- Everyone can be a lifeguard



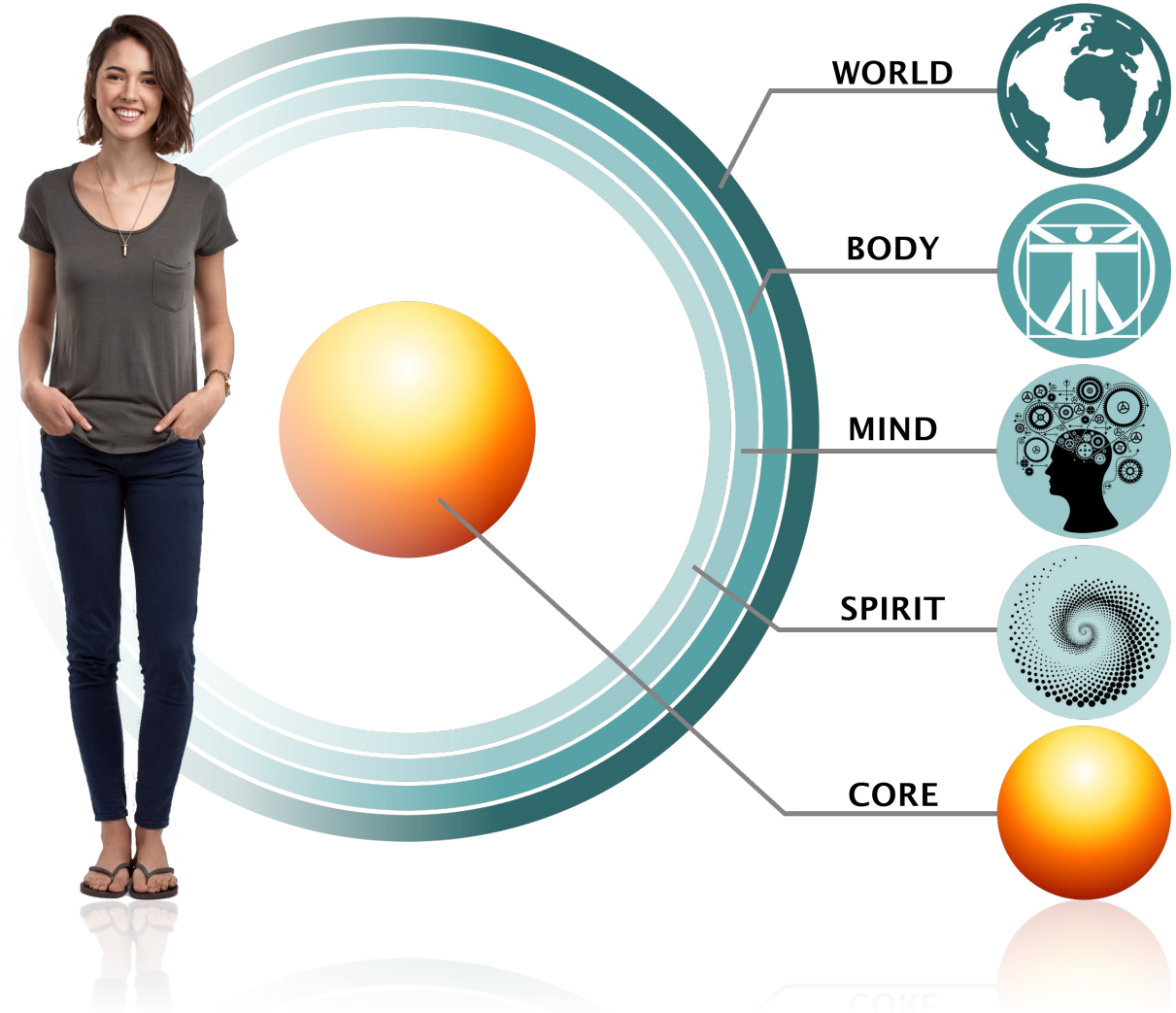
Seity Health Approach

We start with what's right with you and see yourself as whole

1. Who are you?

2. What are you doing?

3. How's it working out for you?





HARMONY



TRUSTWORTHY



LEARNING



STABILITY



Step 1 - Who are you?

We start with "what's right" with you, not what's wrong

Everyone is amazing on the inside!

Discover your four Core Values

Reveals what most inspires and motivates you

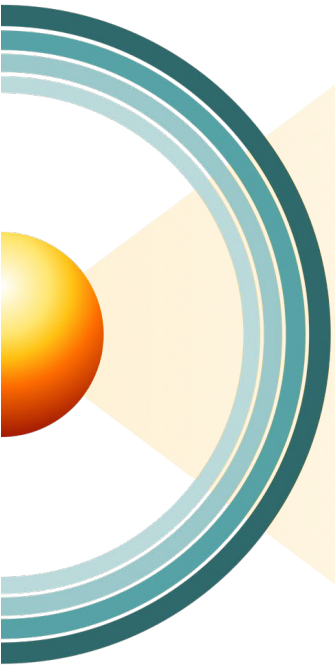
Empower people to live from inside-out for better wellbeing

More than 1.6 million combinations of Core Values and 37.9 million variations

Everyone Is Unique at Their Core



Step 2 - What are you doing?



WORLD



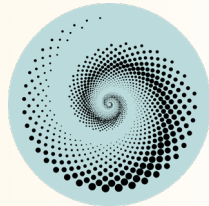
BODY



MIND



SPIRIT



Ecosystem



Safety



Social Network



Occupation
& School



Relationships



Finances



Sleep



Addiction
Prevention



Nutrition



Exercise



Health Care



Knowledge



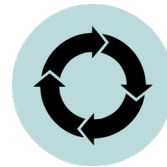
Thoughts



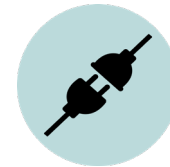
Memories



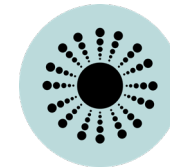
Feelings



Spiritual
Transactions



Core Value
Connection



Spiritual
Connections

Step 3 – How's it working out for you?



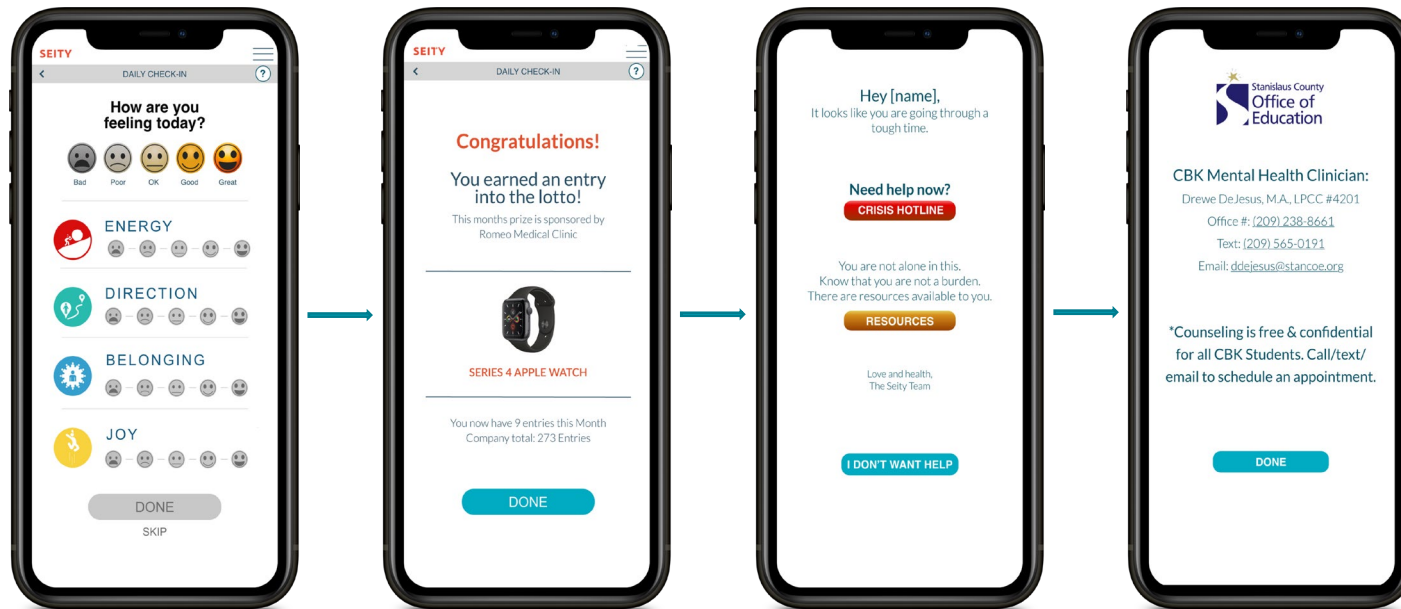
Safe & Secure

- Data is confidential and secure
- Meets accessibility standards
- Scalable mobile and web applications
- Secure interfaces for easy onboarding
- Insures equal access
- No ads



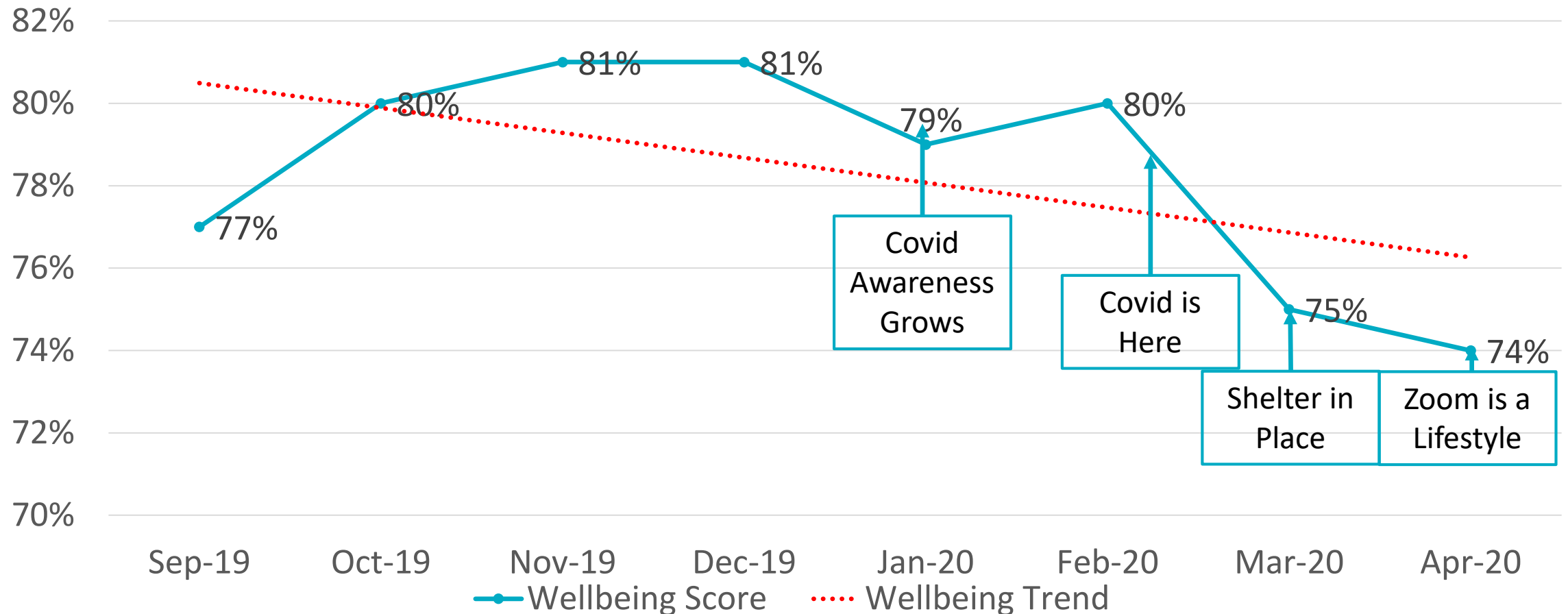
Stanislaus County Office of Education 2019

Whole Health in Action



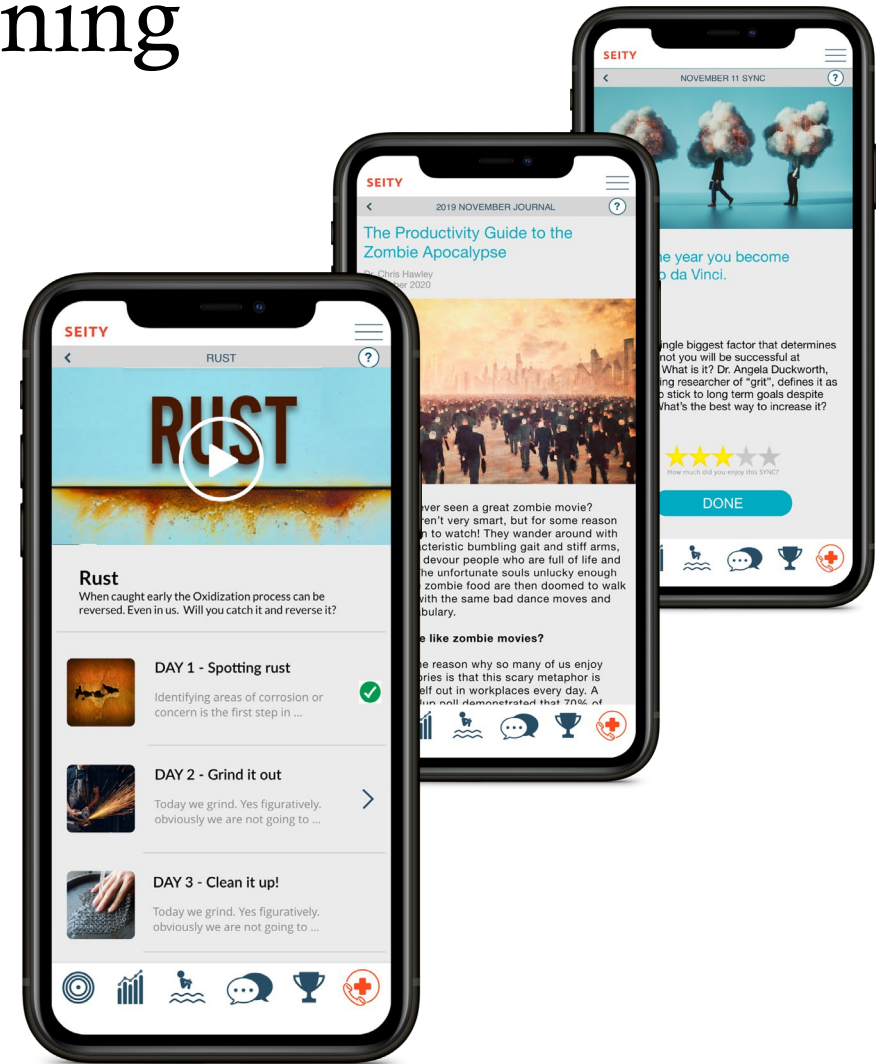
- 1,100 employees
- Invited in to do employee wellness
- Oxygen masks for employees first
- Start with assessment and Daily Check-ins
- Incentives
- Triage for those struggling
 - 24/7 Stan County warm and crisis lines
- Wellbeing support at scale rather than waiting for crisis

SCOE Daily Wellbeing in a Pandemic

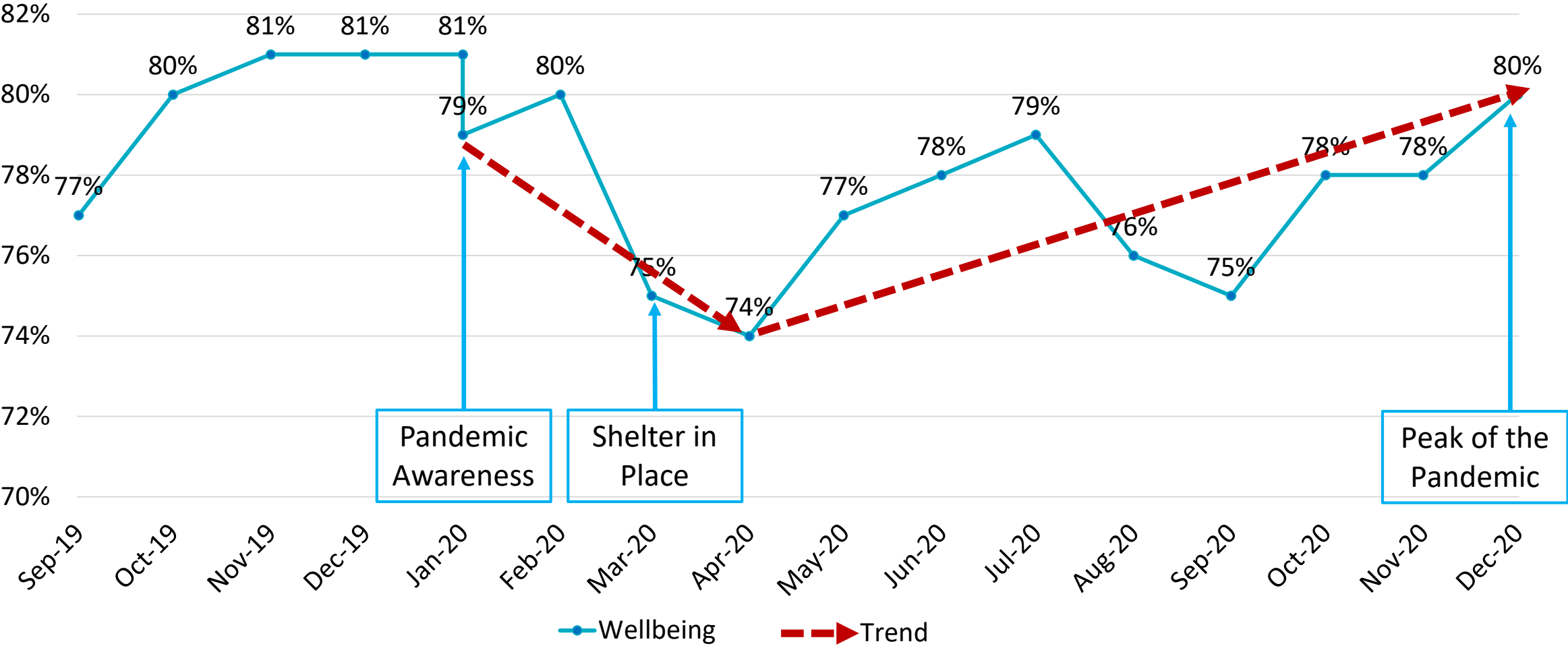


Whole Health Resiliency Training

- Monthly Themes
- Weekly Journal Articles
- 4 Seity Syncs a Week
- Quarterly Challenges
- Twice a year Whole Health Assessments
- Monthly Professional Development
- Annual Exec Summary

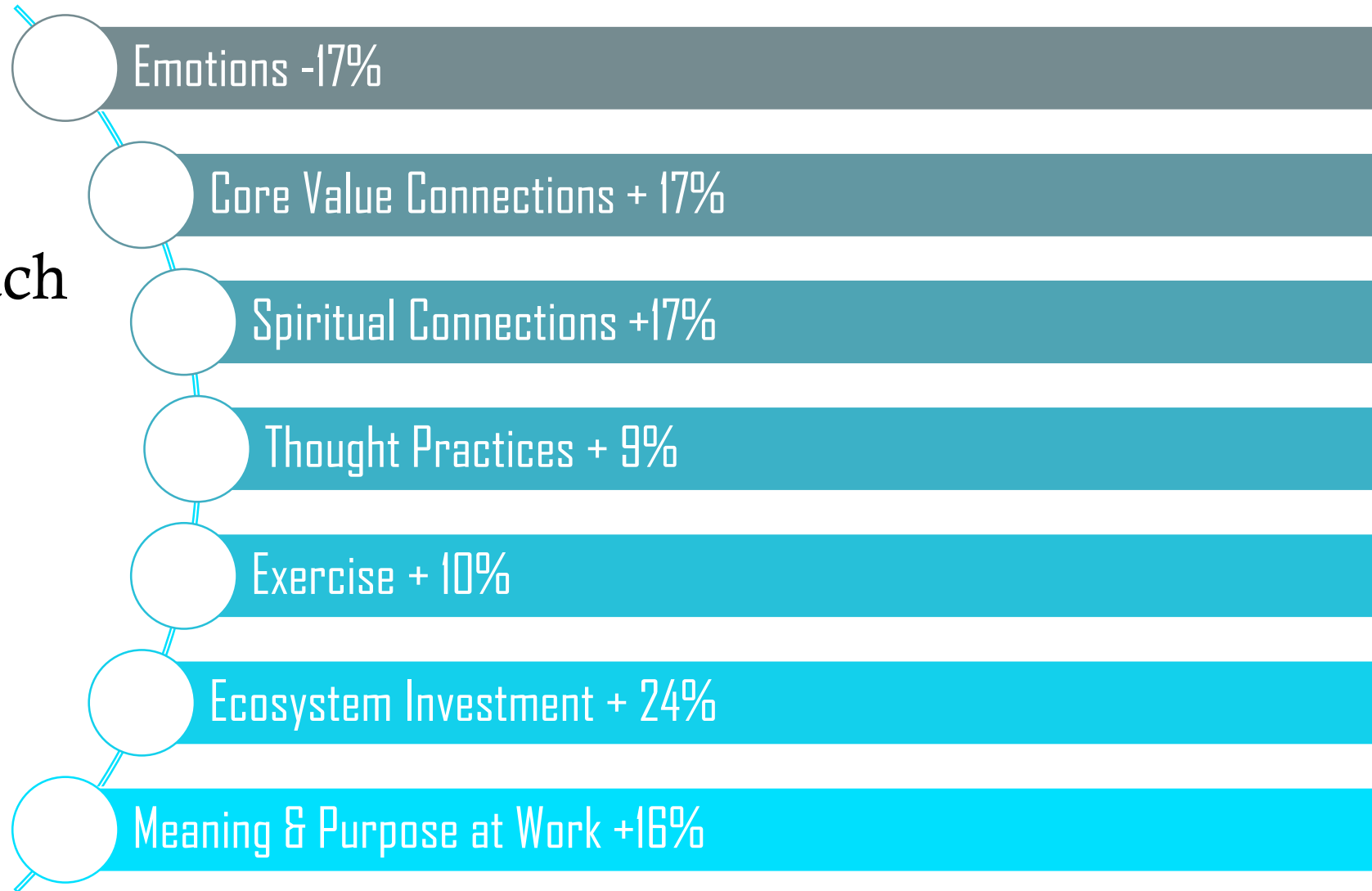


SCOE Employees Daily Wellbeing Bounces Back with Whole Health Approach



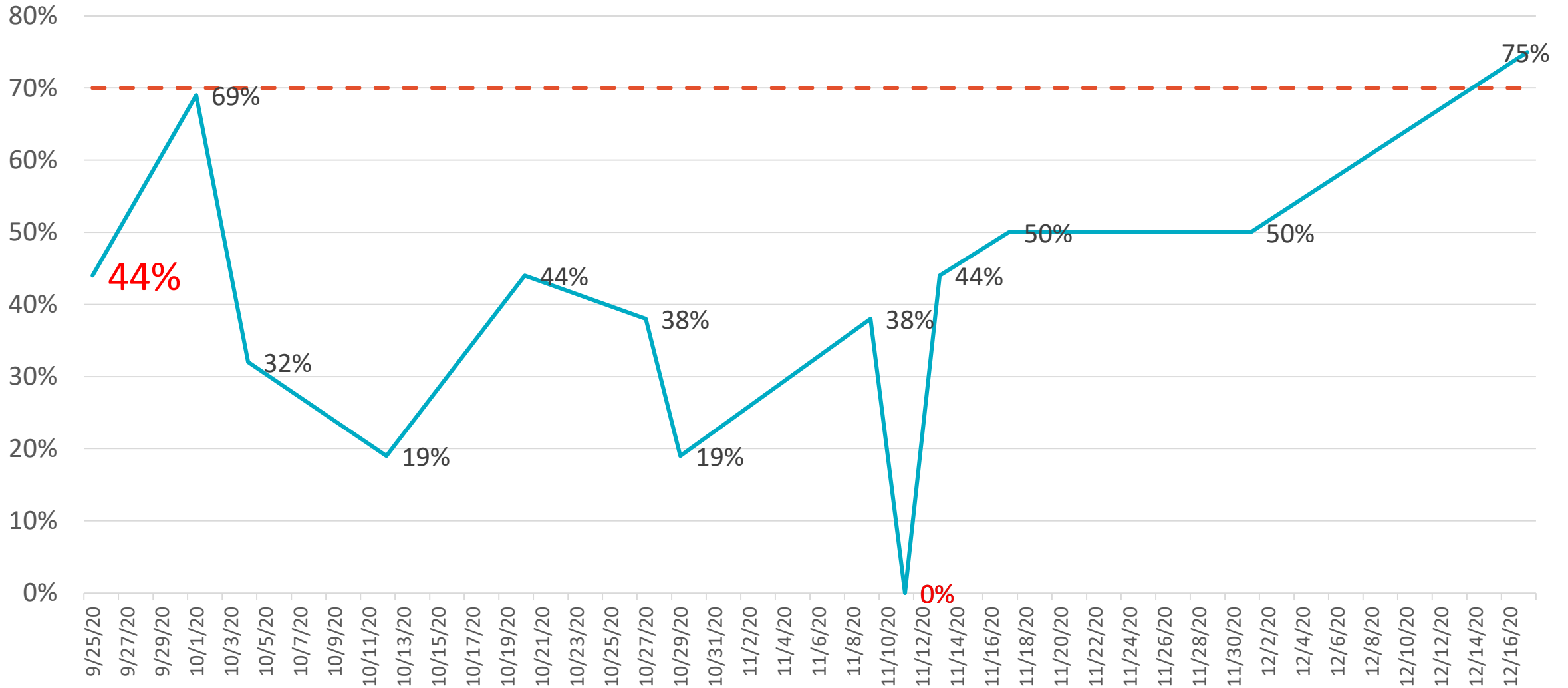
SCOE uses Whole Health Tools to Regain Wellbeing

Whole health approach
to an emotionally
challenging time
(2019-2020)



Early Results?

Starting to “See” the Unseen with Formative Data
Daily Wellbeing for a Come Back Kid



Rolling out for Spring 2021

Wellbeing Dashboards with Real-time Data



Seity Dashboard

Site Name | Aggregate Student View

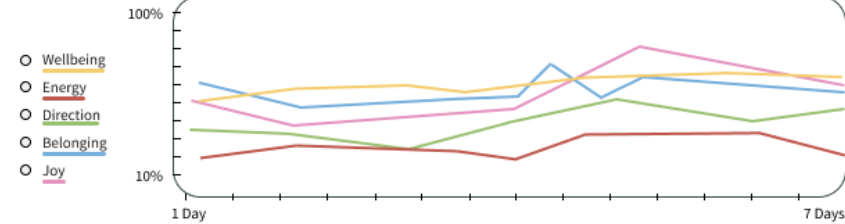
Core Values Ranked By Most Common

416 Site Students

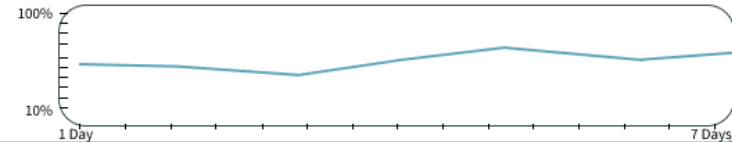
Select Filter... >

Adventure	100 Students (25% of Students)
Fun	85 Students (22% of Students)
Authenticity	79 Students (20% of Students)
Optimism	65 Students (18% of Students)
Movement	55 Students (16% of Students)
Creativity	64 Students (14% of Students)
Teamwork	53 Students (13% of Students)
Truth	46 Students (12% of Students)
Playfulness	39 Students (10% of Students)
Security	30 Students (8% of Students)
Kindness	25 Students (6% of Students)

Daily Check-in Scores Over Time

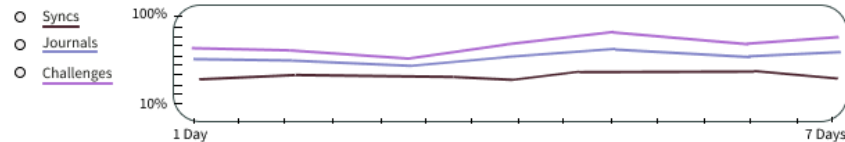


Daily Check-in Activity Over Time



Seity Activity Over Time

1 WK 1 MO 3 MO 6 MO 1 YR



Today's Daily Check-in Average Scores

85%
Wellbeing

65% Energy
55% Direction
92% Belonging
73% Joy

Program Participation

416 Students Invited
398 Students Registered
96% of Invited
315 Completed Any Assessment
76% of Registered
295 Completed Last Assessment 07/2020
54% of Registered

Lifestyle Practices Average Scores

Practice Category Scores

	2020	2019	% Change
World	43%	43%	+ 3% ▲
Body	43%	43%	-5% ▼
Mind	43%	43%	+7% ▲
Spirit	43%	43%	-4% ▼



World

	Practices Average Scores		
	2020	2019	% Change
Ecosystem	43%	43%	+ 3% ▲
Safety	43%	43%	-5% ▼
Work	43%	43%	+7% ▲
Social Network	43%	43%	+7% ▲
Close Relationship	43%	43%	+7% ▲
Finances	43%	43%	-4% ▼



Mind

	Practices Average Scores		
	2020	2019	% Change
Knowledge	43%	43%	+ 3% ▲
Thoughts	43%	43%	-5% ▼
Memories	43%	43%	+7% ▲
Feelings	43%	43%	+7% ▲



Body

	Practices Average Scores		
	2020	2019	% Change
Healthcare	43%	43%	+ 3% ▲
Addiction Prevention	43%	43%	-5% ▼
Exercise	43%	43%	+7% ▲
Nutrition	43%	43%	+7% ▲
Sleep	43%	43%	+7% ▲



Spirit

	Practices Average Scores		
	2020	2019	% Change
Spiritual Transactions	43%	43%	+ 3% ▲
Core Value Connection	43%	43%	-5% ▼
Spiritual Connections	43%	43%	+7% ▲

Seity Dashboard

Site Name | Aggregate Student View

Core Values

416 Site Students

- Adventure ## Students (
- Fun ## Students (
- Authenticity ## Students (
- Optimism ## Students (
- Movement ## Students (
- Creativity ## Students (
- Teamwork ## Students (
- Truth ## Students (
- Playfulness ## Students (
- Security ## Students (
- Kindness ## Students (

Select Filter...

Gender

- ☒ Female
- ☐ Male
- ☐ Nonbinary

Race/Ethnicity

- ☐ African American
- ☐ American Indian
- ☐ Asian
- ☐ Filipino
- ☐ Hispanic
- ☐ Pacific Islander
- ☐ Two or More
- ☐ White

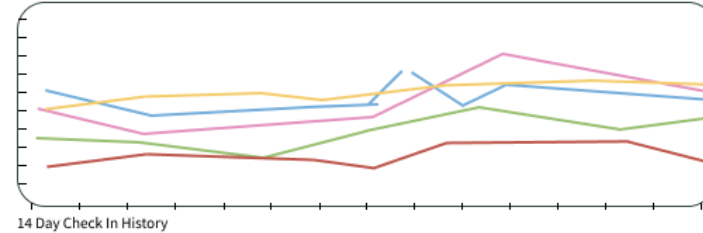
Lifestyle Practices Average Scores

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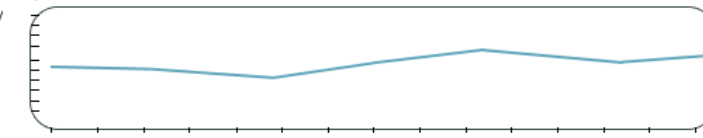
Check In Scores

- ☐ Wellbeing
- ☐ Energy
- ☐ Direction
- ☐ Belonging
- ☐ Joy



Daily Reporting

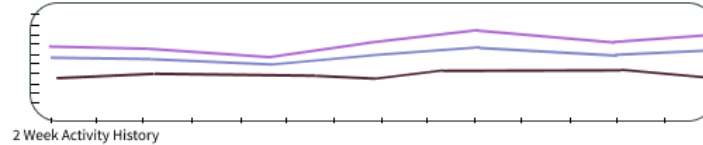
14 Day Check In Activity



Seity Activity

1 WK 1 MO 3 MO 6 MO 1 YR

- ☐ Syncs
- ☐ Journals
- ☐ Challenges



Today's Checkin

85%
Wellbeing

65% Energy
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92% Belonging
73% Joy

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Mind

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Body

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Core Value Connection	43%	43%	-5% ▼
Spiritual Connections	43%	43%	+7% ▲

Seity Dashboard

Site Name | Aggregate Student View

Core Values Ranked By Most Common

416 Site Students | 213 Females

Female

Fun 67 Students (25% of Females)

Authenticity 67 Students (24% of Females)

Peace 58 Students (18% of Females)

Achievement 43 Students (16% of Females)

Growth 37 Students (14% of Females)

Truth 32 Students (12% of Females)

Teamwork 27 Students (9% of Females)

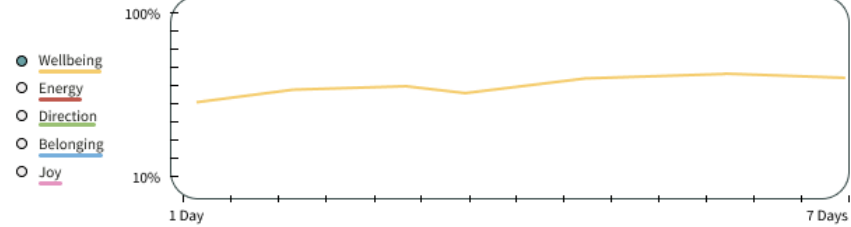
Equality 16 Students (8% of Females)

Imagination 12 Students (5% of Females)

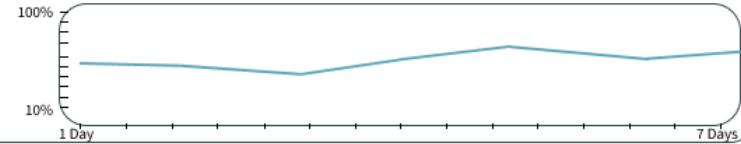
Security 9 Students (4% of Females)

Kindness 8 Students (3% of Females)

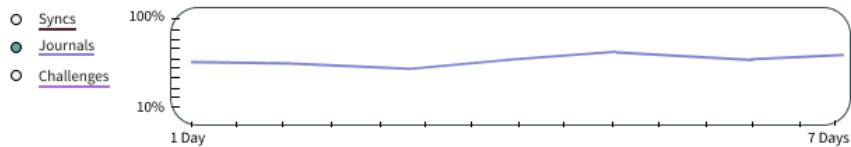
Daily Check-in Scores Over Time



Daily Check-in Activity Over Time



Seity Activity Over Time



Today's Daily Check-in Average Scores

85%
Wellbeing

65%

Energy

55%

Direction

92%

Belonging

73%

Joy

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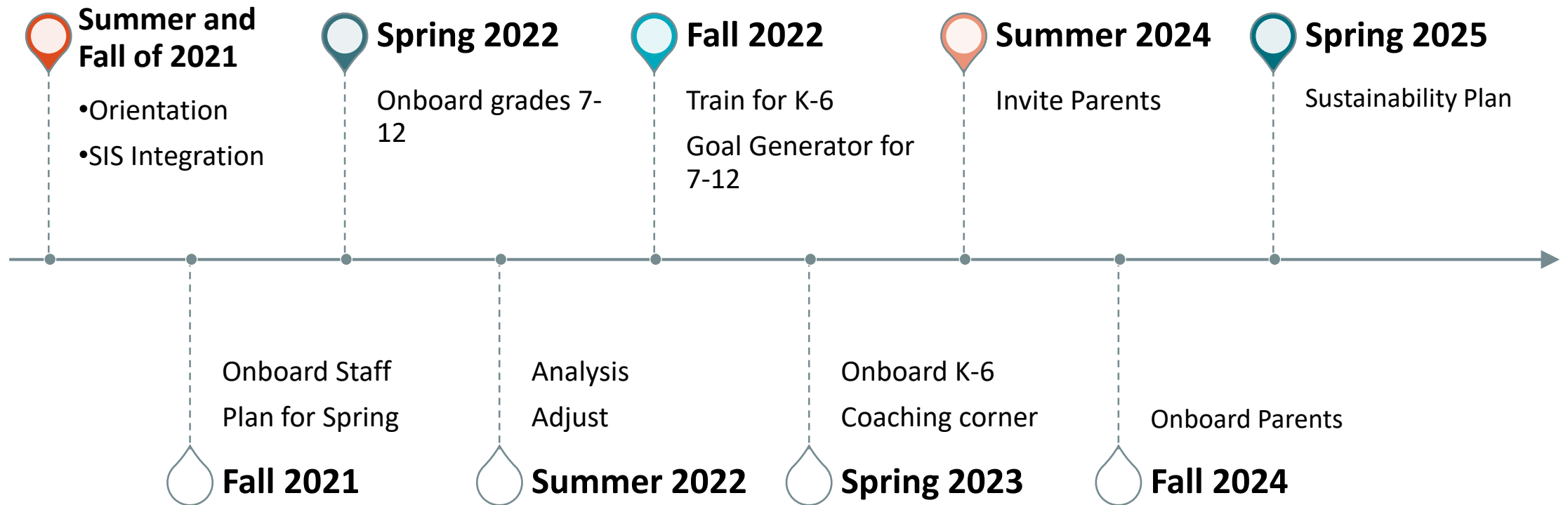
World	Practices Average Scores		
	2020	2019	% Change
Ecosystem	43%	43%	+3% ▲
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Mind	Practices Average Scores		
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Memories	43%	43%	+7% ▲
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Addiction Prevention	43%	43%	-5% ▼
Exercise	43%	43%	+7% ▲
Nutrition	43%	43%	+7% ▲
Sleep	43%	43%	+7% ▲

Spirit	Practices Average Scores		
	2020	2019	% Change
Spiritual Transactions	43%	43%	+3% ▲
Core Value Connection	43%	43%	-5% ▼
Spiritual Connections	43%	43%	+7% ▲

3 Year Plan for Early Adoption Success





District Pricing Per Year

- Professional Development and Ongoing Support (included)
- Integrating Student Information System (included)
- Seity Health annual licensing Fees
 - \$240 employee/year
 - \$120 student/year
- Sustainability plan for Year 4+
 - \$120 employee/year
 - \$24 student/year
- Commitment by: May 14th, 2021

A responsible way to spend state and federal funds

Resource	3210	3212	7422 SB86	7425 SB86	7426 SB86		
Name	CARES ESSER I	CRRSAA ESSER II	State IP Instruction	State Expanded Learning	State Expanded Learning PARA	ARPA ESSER III	ARPA ESSER III Learning Loss
Effective Dates	3/13/20- 9/30/22	3/13/20- 9/30/23	3/15/21- 8/31/22	3/15/21- 8/31/22	3/15/21- 8/31/22	3/13/21- 9/30/24	3/13/21- 9/30/24

How do I sign up?

- Email Scott Kuykendall
 - skuykendall@stancoe.org
- Commitment to participate needed by May 14th, 2021
- District trainings begin July 2021



***make it
easy***

Thank You!



References

1. <https://www.prnewswire.com/news-releases/new-survey-finds-7-in-10-teens-are-struggling-with-mental-health-301078336.html#:~:text=CHEVY%20CHASE%2C%20Md.%2C%20June,the%20wake%20of%20COVID%2019.>
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6. <https://jamanetwork.com/journals/jamanetworkopen/fullarticle/2770146>
7. https://www.cdc.gov/mmwr/volumes/69/wr/mm6932a1.htm?s_cid=mm6932a1_w
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9. <https://www.insidehighered.com/news/2021/01/26/mental-health-professionals-are-themselves-facing-mental-health-challenges>
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11. <https://www.apa.org/about/governance/president/culture-whole-health.pdf>