Moving Forward with Student Wellness in Ohio

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Learning Objectives

1. Identify mental health needs for Ohio students
2. Understand trauma and impacts on education
3. Learn strategies to support students
Future Forward Ohio

Overcoming Obstacles to Learning

Accelerating Learning

Preparing Students for Future Success
Future Forward Ohio Priorities

1. Literacy,
2. Accelerating Learning (focusing on Literacy & Numeracy);
3. Workforce Readiness; and
4. Student Wellness.
Current Needs and Challenges
U.S. Mental Health Data

Pre-COVID
• Leading cause of disability and life outcomes
• 2009-2019 – 40% increase in high school students feeling sad or hopeless.
• 2007-2018 – Suicide rates among ages 10-24 increased by 57%.

During COVID
• Depressive and anxiety symptoms doubled for youth.
Ohio Students Facing Challenges

1 in 3 Ohio students reports challenges with anxiety

1 in 3 Ohio students reports feeling sad and hopeless
- Almost 115,000 high-school aged kids in Ohio have experienced depression

• Workforce Shortages
Students today face a multitude of risk factors

- Many students face adversity in simply meeting basic needs
- Most students were impacted by the events of the pandemic
- Increasing stressors
- About 1 in 3 children has experienced at least one adverse childhood experience
Definition

Individual trauma results from an **event**, series of events, or set of circumstances that is **experienced** by an individual as overwhelming or life-changing and that has profound **effects** on the individual’s psychological development or well-being, often involving a physiological, social, and or spiritual impact.

Substance Abuse and Mental Health Services Administration, 2012
### Adverse Childhood Experiences

<table>
<thead>
<tr>
<th>ABUSE</th>
<th>NEGLECT</th>
<th>HOUSEHOLD DYSFUNCTION</th>
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</thead>
<tbody>
<tr>
<td>Physical</td>
<td>Physical</td>
<td>Mental Illness</td>
</tr>
<tr>
<td>Emotional</td>
<td>Emotional</td>
<td>Incarcerated Relative</td>
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<tr>
<td>Sexual</td>
<td>Mother treated violently</td>
<td>Substance Abuse</td>
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<tr>
<td></td>
<td>Divorce</td>
<td></td>
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</table>
Adverse Childhood Experiences

- Reported score 1-10
- Dose-response relationship
  - High-risk drinker: 4x
  - Have had or caused teenage pregnancy: 6x
  - Likelihood of committing violence in past year: 15x
  - Likelihood of incarceration: 20x
Trauma on Brain Development

Prolonged exposure to trauma triggers physiological changes in the brain.

- Neural circuits are disrupted, causing changes in the hippocampus, the brain's memory and emotional centre.
- This can cause brain shrinkage, problems with memory, learning and behaviour.
- A child does not learn to regulate emotions when living in state of constant stress.
- Associated with greater risk of chronic disease and mental health problems in adulthood.

Adapted from Holt & Jordan, Ohio Dept. of Education
Possible Impacts

Learning

• Organizing narrative material
• Cause and effect
• Taking another's perspective
• Attentiveness
• Regulating emotions
• Executive functioning
• Engaging in curriculum
Possible Impacts

Behavior

• Reactivity and impulsivity
• Aggression
• Defiance
• Withdrawal
• Perfectionism
• Fight/Flight/Freeze
Interventions
A school in which all students and staff feel safe, welcomed and supported and where the impact of trauma on teaching and learning is addressed at the center of the educational mission.
Essentials of Trauma-Informed Care (TIC)

Focus on relationships
Promote safety & trustworthiness
Engage in choice & collaboration
Encourage skill-building & competence

Physical environment considerations
Consistency/predictability/routine/structure
Relationship Building

Relationship building is crucial

- Safe, supportive relationships are most effective neurobiological interventions
- Psychologically safe relationships help brain return to Neocortex (regulation)
- Coregulation (“Connect before Correct”)
- Felt Safety
Universal Interventions
Students and Staff

- Ensure basic needs are met
- Regulation opportunities
- Restorative practices
- Staff education and awareness
Supporting Mental Health in Schools
The Ohio School-Based Center of Excellence for Prevention & Early Intervention (SBCOE) serves all of Ohio’s regions. Our offices are located at Miami University in Oxford, Ohio.

Vision
All Ohio’s children and the adults who support them are healthy and thriving.

Mission
To build confidence, competency, and innovation in school-based prevention and early intervention.
Additional Resources

- School Based Mental Health Web Page
- Student and Staff Well-being Toolkit
- Trauma Informed Schools
- Prevention Education
- Vulnerable Youth
- School Based Health Toolkit
- Student Wellness and Success Funding
- Disadvantaged Pupil Impact Aid
Supporting Student Wellness

- School Payment Reports
- Supporting Student Wellness

- At least 50% of SWSF must be used for mental or physical health services or a combination of both
Resiliency
Questions?

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