

# **SCHOOL-BASED MENTAL HEALTH**

IN THE RIDGEWOOD PUBLIC  
SCHOOLS

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# **School-Based Mental Health & Well-Being During Phase II and Beyond**

- Continue our focus on school culture and climate - emphasizing relationship-based, trauma-informed practices, and trauma-sensitive classrooms (virtual or in-person), self-care, and resilience-building.
- Continue to organize and provide Social-Emotional Learning (SEL) and School-Based Mental Health and Counseling (SBMH) supports across the district via tiered continuum of support (MTSS)
- Further develop a virtual platform in order to expand outreach to students and families and clearly communicate plans to support students' social and emotional, mental, and behavioral health needs.



# Covid-19 Specific Supportive Practices at all Tiers:

- Student Wellness Check-In's (Piloted at BFMS)
- K-5 implemented a Grade Level Captions SEL program that is facilitated by elementary guidance and specialists
- Small group/teacher team meetings (grades 6-8) and Department meetings (9-12) on adjusting and recovering from traumatic events and utilizing a trauma-sensitive classroom framework (On-going)
- Teaming/Interdisciplinary collaboration to ensure all students are monitored and screened for any additional support services as equitably as possible using pre-existing groups such as: I&RS (Intervention & Referral Services) and MHIC (Mental Health Intervention Committee)



## **Tier 3 - Intensive Supports**

- Implementation of Telehealth Platform (CarePlus)
- Increased the number of Socially Distanced Home Visits to Support Students and Families (both Tier 2 and 3)
- Increased virtual groups during Phase 1
- Increased number of students who remain in the building full day at RHS
- Increased the number of morning outreach interventions



# School Clearances

## K-5

17-18	12
18-19	12
19-20	3
20-21	1

## 6-9

17-18	10
18-19	8
19-20	5
20-21	2

## 9-12

17-18	8
18-19	7
19-20	4
20-21	3

## Totals

17-18	30
18-19	27
19-20	12
20-21	6

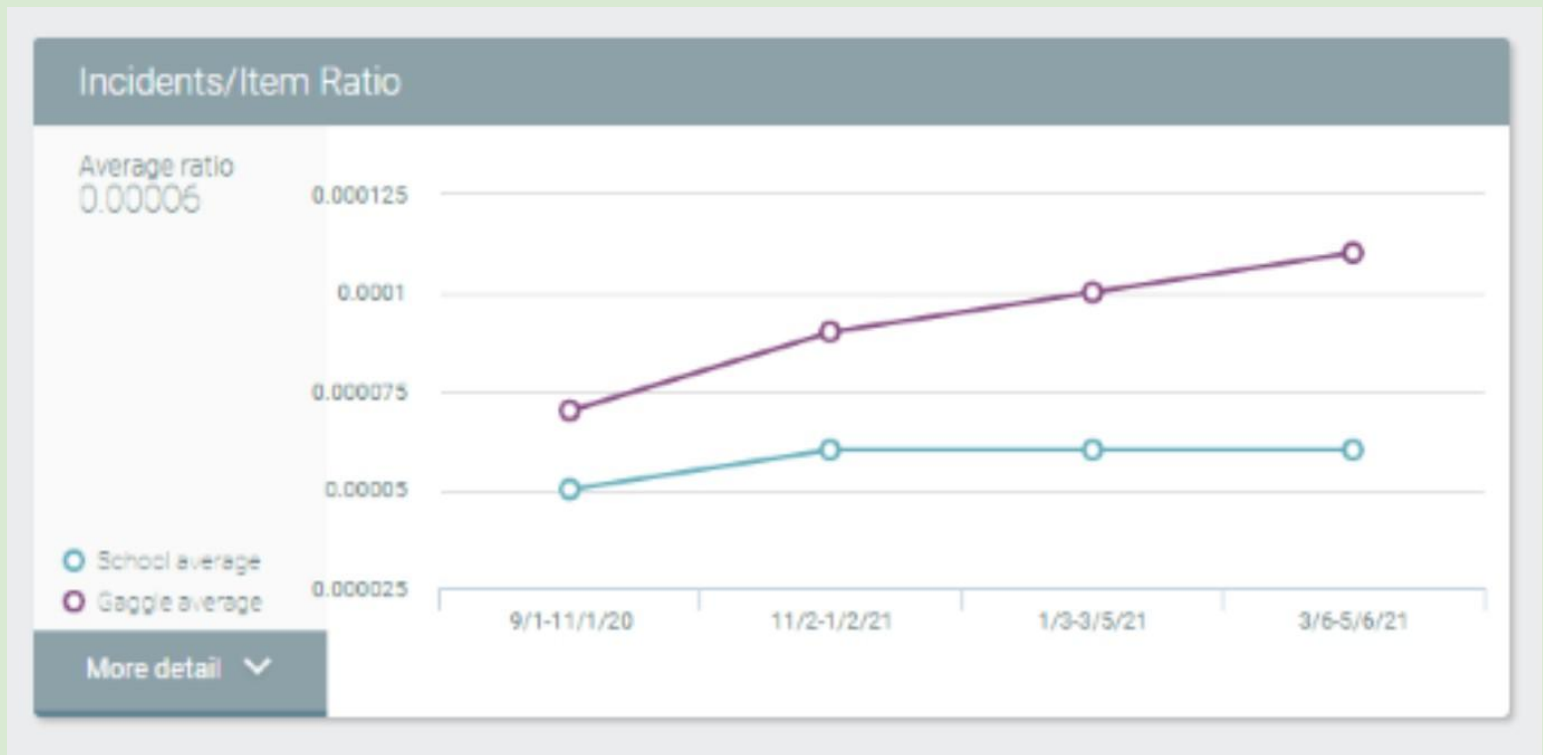
## \*Not-cleared

17-18	2
18-19	5
19-20	2
20-21	3

\*Not-cleared - referred to a higher level of care

# GAGGLE ALERTS - Sept. 2020 - May 2021

Purple - All Gaggle Schools Blue - RPS





*As we emerge from the fog of the past year, another preeminent source of excellence comes clearly into view: the way we value our students as human beings and the numerous opportunities we create for them to connect with one another, as well as with us as caring adults. These connections--these relationships we affectionately and eagerly encourage and nurture--are what make RHS truly extraordinary.*

# MENTAL HEALTH THROUGH CONNECTIONS.....

## 107 Clubs~30 Athletic Teams

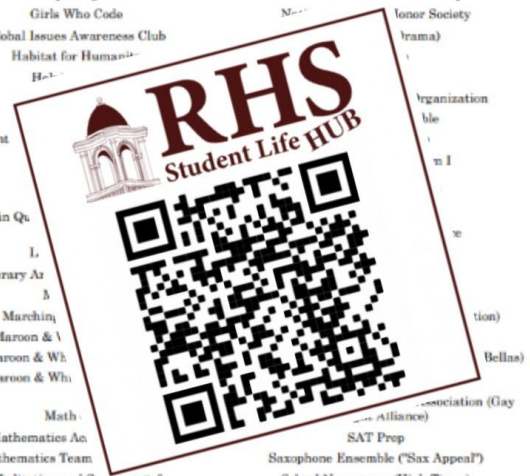
### Ridgewood High School Clubs

Adventure Leadership Peer Support  
 Adventure Opportunity Peer Support  
 Applied Engineering  
 Armenian Student Association  
 Art Beat  
 Asian Festival  
 Astronomy Club  
 Biology Academic Team I  
 Book Club  
 Brass Ensemble ("Ridgewood Brass")  
 Cambodia Club  
 Chemistry Academic Team I  
 Chess Club  
 Chinese Club  
 Clarinet Ensemble  
 Coexist Club  
 College Club  
 Community Outreach  
 Crafting for a Cause  
 Dance Team  
 Debate Team  
 DECA  
 Diversity Club  
 eSports  
 exCELL  
 Film Club  
 Finance Club  
 First Tech Challenge (Robotics)  
 Fitness Club  
 Flute Ensemble

French Club  
 German Club  
 Girl Up: Ridgewood  
 Girls Who Code  
 Global Issues Awareness Club  
 Habitat for Humanity  
 H...  
 Int...  
 Latin Qu...  
 L...  
 Literary Ar...  
 Marching  
 Maroon & V...  
 Maroon & Wh...  
 Math...  
 Mathematics An...  
 Mathematics Team  
 Meditation and St...  
 Mental Health Awareness Club  
 Mock Trial Team  
 Model Congress  
 Model United Nations  
 National Art Honor Society

National French Honor Society  
 National Honor Society Chapter  
 National Latin Honor Society  
 National Honor Society  
 (Drama)  
 Organization  
 ble  
 m I  
 ce  
 tion)  
 (Bellas)  
 -association (Gay  
 -Alliance)  
 SAT Prep  
 Saxophone Ensemble ("Sax Appen")  
 School Newspaper (High Times)  
 Science Competitions  
 Sharing the Arts  
 She's the First  
 Spanish Club  
 Special Needs Siblings and Friends

STEM Club  
 Stock Market Game  
 String Ensemble  
 Students for Environmental Action (SEA)  
 Students for Social Justice  
 Support Our Troops  
 T.E.E.E.M. (Global Philanthropic Club)  
 Teen LEADS  
 Tri-M Music Honor Society  
 Turning Point  
 UNICEF  
 Unified Sports  
 Wellness Club  
 When We All Vote  
 Winter Color Guard  
 World Challenge Club  
 Yearbook





# Connecting students using the power of the internet....

The screenshot displays the RHS Student Life HUB website interface. At the top, there is a banner image of a school building. Below the banner, the website is organized into a grid of categories, each with a representative icon and a text label:

- Clubs**: Icon featuring logos for DECA, High School Fed Challenge, and New Players.
- Athletics**: Icon featuring a large red letter 'R'.
- School Events**: Icon featuring a blue calendar with the text 'UPCOMING Events'.
- School Based Mental Health & Wellness**: Icon featuring a white silhouette of a head with colorful dots inside.
- Civic Engagement & Volunteer Opportunities**: Icon featuring several hands of different colors raised in the air.
- Global Trips**: Icon featuring a globe with various travel-related icons like an airplane and a suitcase.
- What's For Sale**: Icon featuring three colorful shopping tags labeled 'S', 'A', and 'E'.
- Alumni Connections**: Icon featuring the official seal of Ridgewood High School.
- Working Papers**: Icon featuring a document with a 'Working Papers' stamp.

In the bottom right corner, there is a tilted white box containing the text 'RHS Student Life HUB' and a large QR code.



## How does RHS compare to other local high schools?

- Ramapo High School 44 Clubs
- Paramus High School 52 Clubs
- Fair Lawn High School 55 Clubs
- Northern Highlands High School 46 Clubs
- Northern Valley Old Tappan High School 66 Clubs
- Hackensack High School 80 Clubs
  
- Ridgewood High School 107 Clubs

# MAY 2021 IS NATIONAL MENTAL HEALTH AWARENESS MONTH



# WHAT IS MENTAL HEALTH?

According to the Centers for Disease Control and Prevention (CDC):

Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make healthy choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood.

Although the terms are often used interchangeably, poor mental health and mental illness are not the same things. A person can experience poor mental health and not be diagnosed with a mental illness. Likewise, a person diagnosed with a mental illness can experience periods of physical, mental, and social well-being.

[www.cdc.gov/mentalhealth/learn/](http://www.cdc.gov/mentalhealth/learn/)

WHY DOES  
MENTAL  
HEALTH

AWARENESS  
MATTER?





# Awareness



# HOW ARE WE OBSERVING MENTAL HEALTH AWARENESS MONTH IN OUR DISTRICT?



## ELEMENTARY & MIDDLE SCHOOL

### LEVEL:

Community Assemblies

Morning Announcements

Mental Health Month Self-Care Challenge

### RHS:

Morning Announcements & Daily Self-Care Tip

High Times Student Articles (April/May)

RHS MH Awareness Club Student Roundtable Discussion

CIC Visits to Health Classes for MH Unit

### District:

MAY Newsletter

SBMH Website

CarePlus Parent Presentations

In May We Wear

Green-Out:

5/27/2021