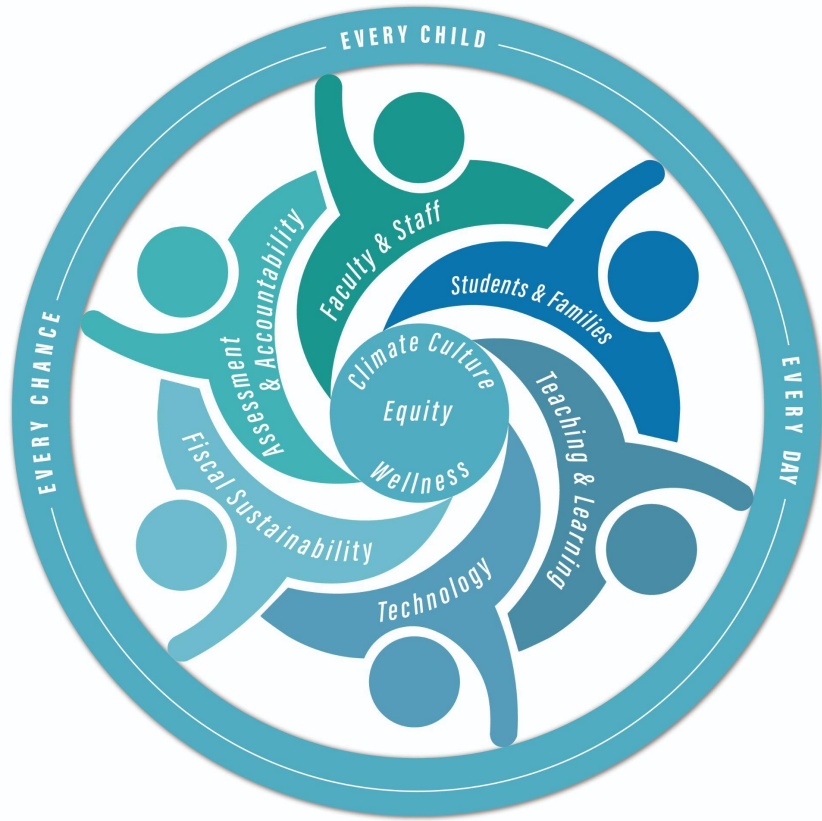


SANTA BARBARA UNIFIED SCHOOL DISTRICT  
**WELLNESS COMMITTEE**  
**RECOMMENDATIONS**

2022-2023

ShaKenya Edison, Assistant Superintendent





# The lens through which We Focus Our Work



## Our Culture Centered Goals

- Academics, Arts, and Athletics
- Belonging
- Community and Collaboration

# Theory of Change - MTSS Practices



## Administrative Leadership

### Strong & Engaged Site Leadership

- Lead development of a vision
- Use data to guide decisions

### Strong Educator Support System

- Provide access to instructional coaching
- Seek input from teachers



## Integrated Educational Framework

### Fully Integrated Organizational Structure

- Identify who has access
- Use collaborative instruction among peers

### Strong & Positive School Culture

- Identify ways for all staff to contribute
- Demonstrate culturally responsive practices



## Family & Community Engagement

### Trusting Family Partnerships

- Provide engagement opportunities
- Facilitate home-school communication

### Trusting Community Partnerships

- Identify mutual interests and goals



## Inclusive Policy Structure & Practice

### Strong LEA / School Relationship

- Provide district-level professional learning
- Identify and remove barriers

### LEA Policy Framework

- Link multiple initiatives
- Review data

WELLNESS  
WELLBEING  
LIFESTYLE  
MEDICAL  
ACTIVITY  
MOTION  
ATHLETE  
FIT  
ENVIRONMENT  
HAPPINESS  
TRAINING  
DIET  
MIND  
FITNESS  
RELAXATION  
EXERCISE  
GYM  
MAINTENANCE  
MENTAL  
SELF-CARE  
FIT  
HAPPY  
INFORMATION  
HEALTHY  
MUSCLE  
CARE  
WELLNESS  
ENJOYMENT  
SCIENCE

# WELLNESS

ENJOYMENT  
HEALTHY  
FIT  
ATHLETE  
PHYSICAL  
MENTAL  
ENERGY  
MEDICAL  
SCIENCE  
LIFESTYLE  
HEALTHY  
SPORT  
NUTRITION  
HYGIENE  
CARE  
HEALTHCARE  
MENTAL  
FITNESS  
RELAXATION







# Recommendations

- **Nutrition**

- Equitable Access to Water Filtration Stations
- Healthy Snacks in the Health Office

- **Health Offices**

- Training for Health Office Staff on Standardized Suicide Ideation/Self-Harm Protocols (Training)
- Training and Standardize Protocol for Identifying and Managing Students Suspected of Substance Abuse During School and Follow-up Support Services
- Stop the Bleed Training and supplies (Health Office and Other Staff)
- Purchased Otoacoustic Emission Device (OAE) for each District Nurse
- Purchased Spot Vision Screeners for each District Nurse



# Recommendations

- **School Based Health and Wellness Centers**
  - Partner with Community for Standardized Direct Service Offerings with Community Specific Services (medical, vision, dental, mental health)
  - Long-Term Plan to Address the Whole Person, consider Access to Washer and Dryer, Shower, Barber/Hairstylist, Hygiene Products, Food Pantry & Clothing
  - Standardized Slides Highlighting Wellness Centers and Resources at Start of Year at Each Site

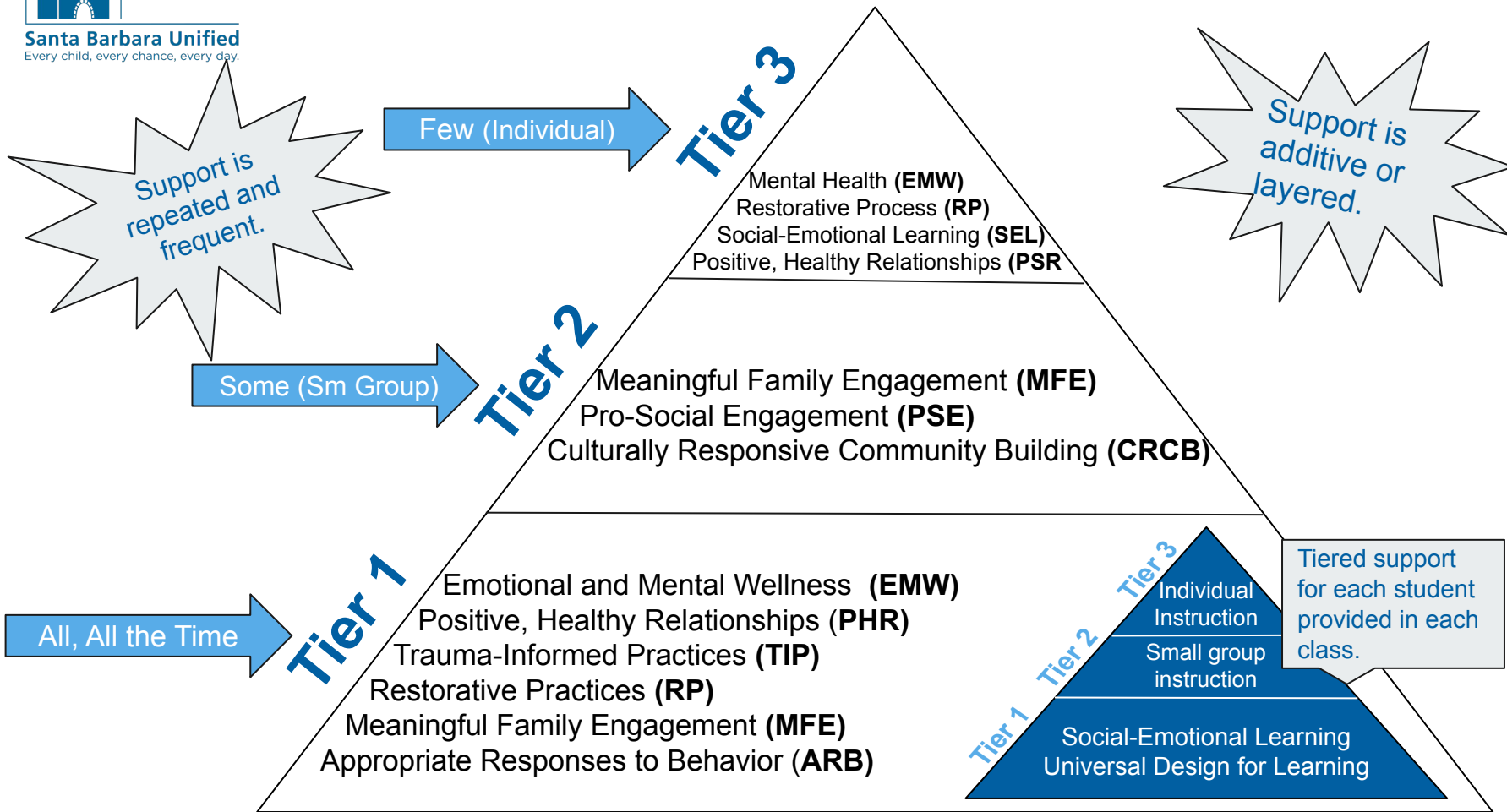


# Recommendations

- **Wellness**

- Build Internal Sustainable Systems (Prevention/Intervention)
- Build Wellness System for Staff
- Pet Therapy / Art Therapy
- Family workshops/classes to bring support to our LGBTQIA+ students
- Communication plan on rights and resources for the LGBTQIA+ students
- “Inclusive day” for our LGBTQIA+ students and include the GSA clubs
- Braiding funding (MHSA + Grants for specific aspects of programs - Trauma Informed practices, etc.) to build out RISE Mental Health Program
- Motivational Interviewing as brief supportive model
- Clinical Mental Health Internship Program
- Racial Wellness and Healing Space

# MTSS CONSISTENT COMMITMENTS





# Integrated Wellness Approach



Intentional focus to ensure each student feels a sense of belonging and has trusted adults who support and challenge them.



All students will learn the core social-emotional competencies:

- self-awareness
- self-management
- social-awareness
- relationship-building skills
- responsible decision-making.

Staff will be aware and know how to identify students in distress approach them to offer appropriate support, and to refer them to internal and external resources.

Build system of support to provide individual and group mental health services and develop partnerships to meet the unmet needs.





Questions?

Comments?

Suggestions?