During the COVID-19 crisis, schools grappled with how best to support students in a distance learning environment. In this training, you will hear from teachers and mental health clinicians on strategies and solutions to support mental health and social-emotional learning in an online environment. You will also learn why mental health needs to be a priority during remote learning and how to address the needs of students and staff.

Learning Outcomes
» Understand the impact of the pandemic on student mental health.
» Identify strategies to prioritize mental health in a distance learning environment.
» Implement strategies and solutions to support mental health in a distance learning environment.

Key Takeaways
✓ For one national crisis center, 21% of 22,140 tips since the start of the COVID-19 pandemic were designated “life safety,” an 11% increase from the year before. The most-reported safety tip type was suicide.
✓ Positive and emotionally supportive teacher-student relationships can improve academic performance and promote pro-social behaviors.
✓ Delivering school supplies or self-care kits to the community is one way schools can engage families.
✓ A wellness check at the start of class where students share how they’re feeling and a mid-class or mid-day wellness break where students disconnect from their screens are examples of supportive interventions.
✓ Teaching students specific SEL skills will help them develop as people and cope with future crises.
✓ Wellness activities for staff (meditation sessions, walking competitions) help promote mental health across the entire campus community.

Additional Resources
Trauma-Informed Practices Across School Settings
This on-demand webinar provides tools and strategies to address the social and emotional needs of school communities.

Social Media Responsibility with Student Engagement
This on-demand webinar discusses the consequences of increased social media use during the COVID-19 pandemic on student mental health.

Questions for Discussion
» How will your school make space for students and staff to address the effects of moving to a remote/hybrid learning environment? How will you process the move back to in-person as a community?
» What are the warning signs that staff should be aware of? What should they do when they notice these signs?
» What obstacles are families facing in the transition to/from distance learning? How can your school help?