

**What one word would you use to describe school culture & climate on your campus?**





# Healing-Centered Schools



Transition to Virtual Wellness

Sarah Taylor, Integrated Behavioral Health Clinician  
&  
Vanessa Nutters, Clinic Supervisor

# Our Commitment:

Community,  
Connection, Resilience

To build relationships  
that support growth &  
encourage resilience in  
young people by  
fostering connections &  
strengthening  
community.

We've focused our  
energy on 3 groups

Educators

Families

Students




**CommUnity** is key for **Resiliency**

Educators

Families

Students




When there is  
**genuine investment,**  
*resilience* work becomes  
an integrated piece of  
**school culture.**





**How did we  
get here?**



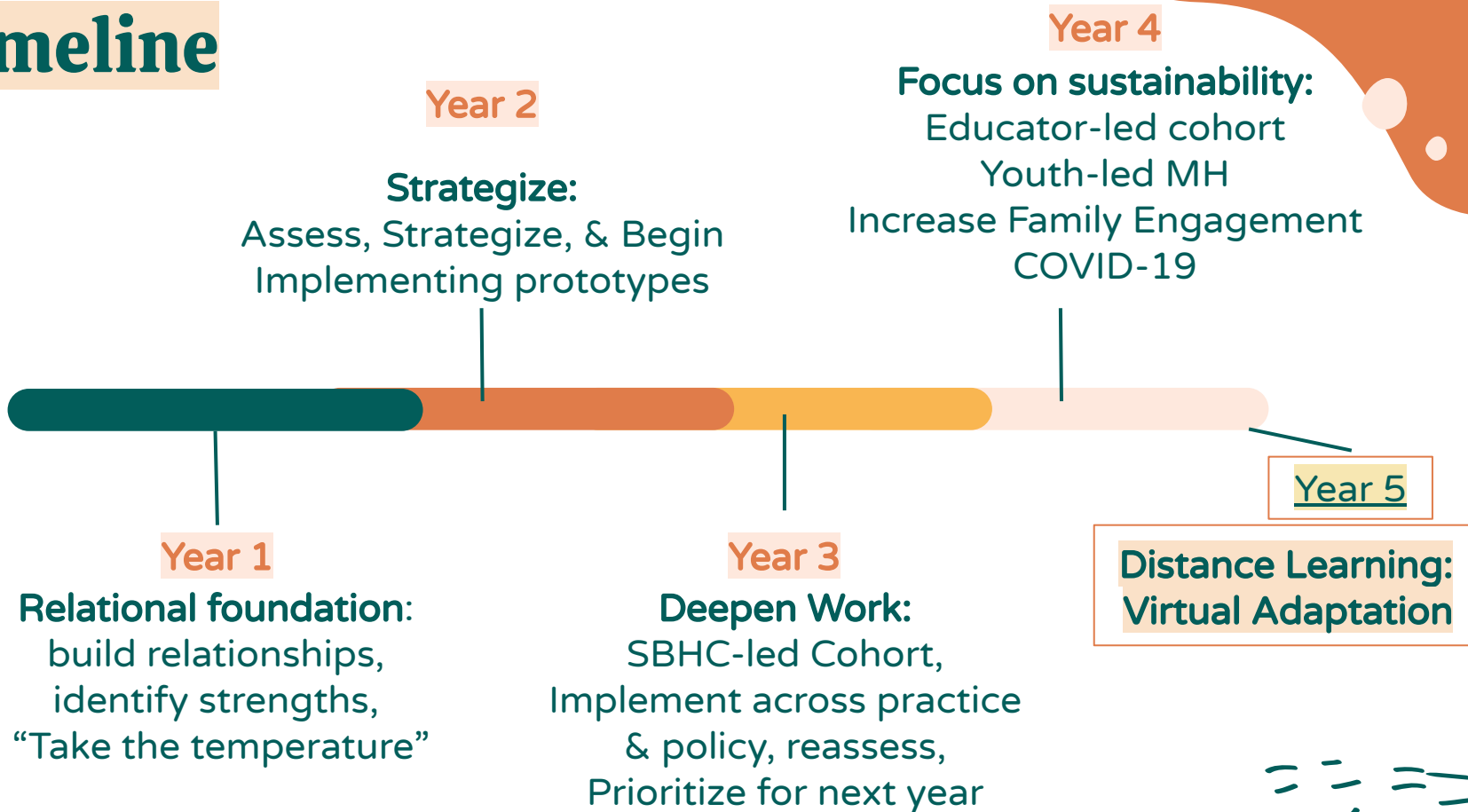


“I wish teachers at middle school would know that even though I failed most of their classes, I was doing a lot of healing. Like, I went through hellllllla stuff in middle school that girls shouldn’t ever have to go through and it really messed me up. I had anxiety all the time. Sometimes when I was really anxious I would just leave the class or be rude to them. **What they didn’t know was that school didn’t matter to me because it couldn’t matter to me.** I was too busy trying to stay alive and not lose my mind. But now, I’ve been going to all my classes, I’m not getting straight As, but I’m for sure gonna graduate. So, tell them even the kids they think aren’t getting anything from them...probably are.”

—9th grader, Oakland, CA



# Timeline





# Assessment Strategies



## Informal

Walking Halls & Blacktop  
Relationships with staff  
Observations  
“Reading the Room”



## SHAPE

TRS-IA: The Trauma  
Responsive Schools  
Implementation  
Assessment (Free public  
access tool)



## Trial & Error

Iterative Process  
Responsive to feedback  
& outcomes

# TRS-IA



Safety Planning



Prevention  
Planning



Trauma  
Programming



Classroom  
Strategies



Early  
Intervention



Targeted  
Trauma-Informed  
Programming



Staff Self-Care



Community  
Context



**From theory →  
practice**



# Educators

The heart of our schools

## Wellness

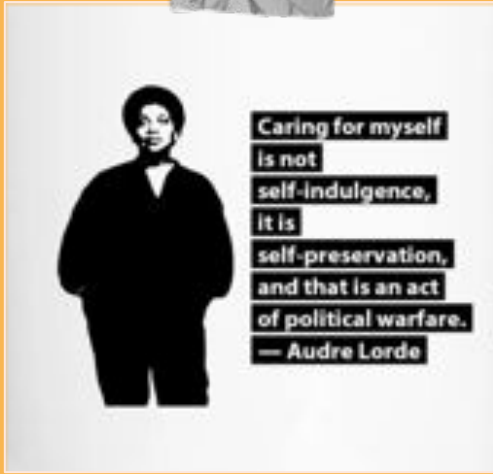
Heal & build relationships

## Support

Learn and collaborate

## Healing Centered Schools Cohort

A community of staff who meets regularly to implement strategy



# Staff Wellness (pre-pandemic)

A key piece of creating a purpose driven space that fosters resilience is celebrating one another and the work that we do!

Staff Wellness Room

*Staff Breakfasts*

Incentivized Wellness Challenges

PROCESS GROUPS

Stipends for extra work and/or training

Integrated into training

& SBHC activities

# Classroom Strategies

## Year 2:

- Calm Corner Workshops + Funding
- Use of standing PD time for trauma-focused training (Brief trainings every 6 weeks)
- Individual & Group Educator Consultations with Clinicians

## Years 3-4

- Healing-Centered Schools Cohort  
Open to ALL school staff (admin, educators, paras, community partners)  
Monthly deep dive into trauma-informed practice  
Annual full day workshop
- Calm Corners continued

# Healing-Centered Schools Cohort

*Vicarious Trauma + Staff Wellness integrated into each session to promote healing & connection as an ongoing priority*

- ❑ Introduction to Trauma + Healing-Centered Practice
- ❑ From Chaos-Calm: Strategies for emotion regulation Tier I-III
- ❑ Responding to High Impact Events
- ❑ Culturally Responsive Education (Full day training facilitated & designed by Tovi Scruggs-Hussein & Shawn Nealy-Oparah)
- ❑ Healing-Centered Relationships (Culturally Responsive Teaching & The Brain, Zaretta Hammond)
- ❑ Stages of Change & Motivational Interviewing for Education
- ❑ Environmental Design
- ❑ Creating Sustainability: HCS cohort-led strategizing & prioritizing for next school year

**COVID-19 :  
Transitioning  
to Tele-health  
&  
Virtual  
Wellness**





# Navigating the Transition

Cancellation of in Person Services and Engagement Events

Distance Learning

Staffing

Budgets and Funding

Tele-health

Outreach Efforts

Virtual Engagement Between Clinic and Schools

# COST: Coordination of Services Team

A strong team of providers and school staff who have stepped up, organizing to navigate distance learning & support some of our most disenfranchised students.

## Members:

CSM  
Admin  
Teachers  
Providers  
Support Staff  
Health Center

## Referral System:

1:1 Therapy  
Grocery Gift Cards  
Community Resources  
Clubs & Orgs  
Officer of Day

## Staff Wellness & Connection

Partnering with one another to create a web of support & best practice

# Staff Supports



# Staff Supports

**Wellness  
Survey**

**Raffle  
&  
Goody  
Bags**

**Collaboration  
Opportunities**

# Outreach and Community

*Staying Connected to Our Village*

## Campus Community

Teachers  
Families  
Admin  
COST Team

## Virtual Campus Tools

Advisory  
Google Classroom  
Bulletin  
Social Media



## Partners & Friends

Oakland In The Middle  
Sogorea Te' Land Trust  
East Bay Asian Youth Center  
Alameda County Food Bank  
East Side Arts Alliance  
Community & Neighborhood Schools  
Local Colleges  
East Bay Community Law Center  
Oakland Parks and Recreation  
Youth Speaks  
& more



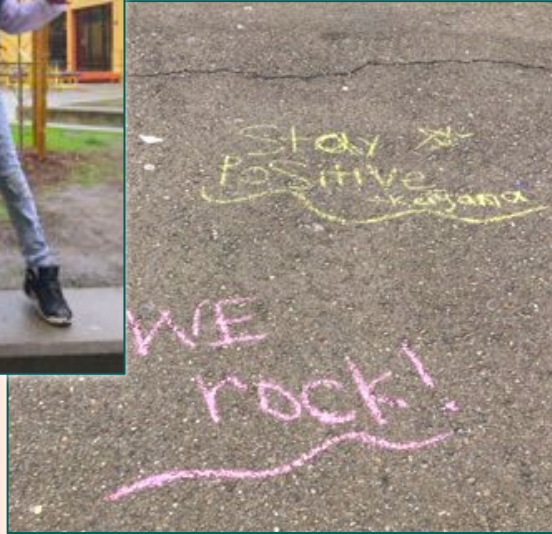


# Students Supports

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# Students



## The soul of our schools

How do we access our students  
to support their transition,  
bridge them to resources, and  
continue cultivating meaningful  
relationships?

Create virtual space for students to  
design their experiences & access resources

# Adaptations

## Navigating Distance Learning & Tele-health

### Tele-health

Triage Line

Trauma Therapy Services

Virtual Clinic Tour

Appointment Request Form



### Virtual Adolescent Screening Visits

Health Educators guest host  
zoom classes & talk about our  
services

Everyone is scheduled for a 30  
introductory Tele-health  
appointment



# Adaptations

## Navigating Distance Learning & Tele-health

### Peer Health Education

### Mental Health Ally Project

A small Fall cohort of 6 students continuing to celebrate mental health allies and awareness & build out online platforms.



### Distance Gifts

Despite school closure, we want to provide patients some tools for their healing at home.

# Mental Health Ally Project

## Peer Health Education

Re-allocating Funds from a City Grant to support a school-wide project previously led by our Health Educator

## Ally Nominees

A student led campaign to celebrate individuals on campus who embody values of a mental health advocate & champion

## Mental Health Club

Kaiser granted us an additional year of funding to support tele-health expansion & mental health services

-  
Alliance  
HC + Students + Community



# Social Media

## Campaign to Stay Connected

We are continuing to use the Instagram platform to connect our network of SBHCs and build an online community of students, educators and organizations, where our patients can easily access the resources they need and share information widely.

We are encouraging students to take the lead on curating content and driving the platform forward as our virtual environment expands.

# Experts We've Learned From

Shawn Ginwright, PhD

The Future of Healing:  
Shifting From Trauma  
Informed Care to Healing  
Centered Engagement

Shawn Nealy-Oparah, Ed.D &  
Tovi Scruggs-Hussein M.Ed

TrUTH Consulting

Zaretta Hammond

Culturally Responsive  
Teaching & The Brain

Stephen Rollnick, Sebastian  
Kaplan, Richard Rutschman

Motivational  
Interviewing in Schools

Roosevelt Middle  
School

Oakland, CA



# Q&A

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# Thanks!

Do you have any questions?

[vnutters@laclinica.org](mailto:vnutters@laclinica.org)

[staylor1@laclinica.org](mailto:staylor1@laclinica.org)



@roosevelthealthcenter

@havensourtsbhc

@laclinasbhc