

Mental Health Covid-19

Jurupa Unified School District
Parent Involvement & Community Outreach
Behavioral Health



LEARNING WITHOUT LIMITS

Presenters

- Jose Campos, Director
- Jennifer Briseno, ACSW
- Antonia Ortiz, AMFT



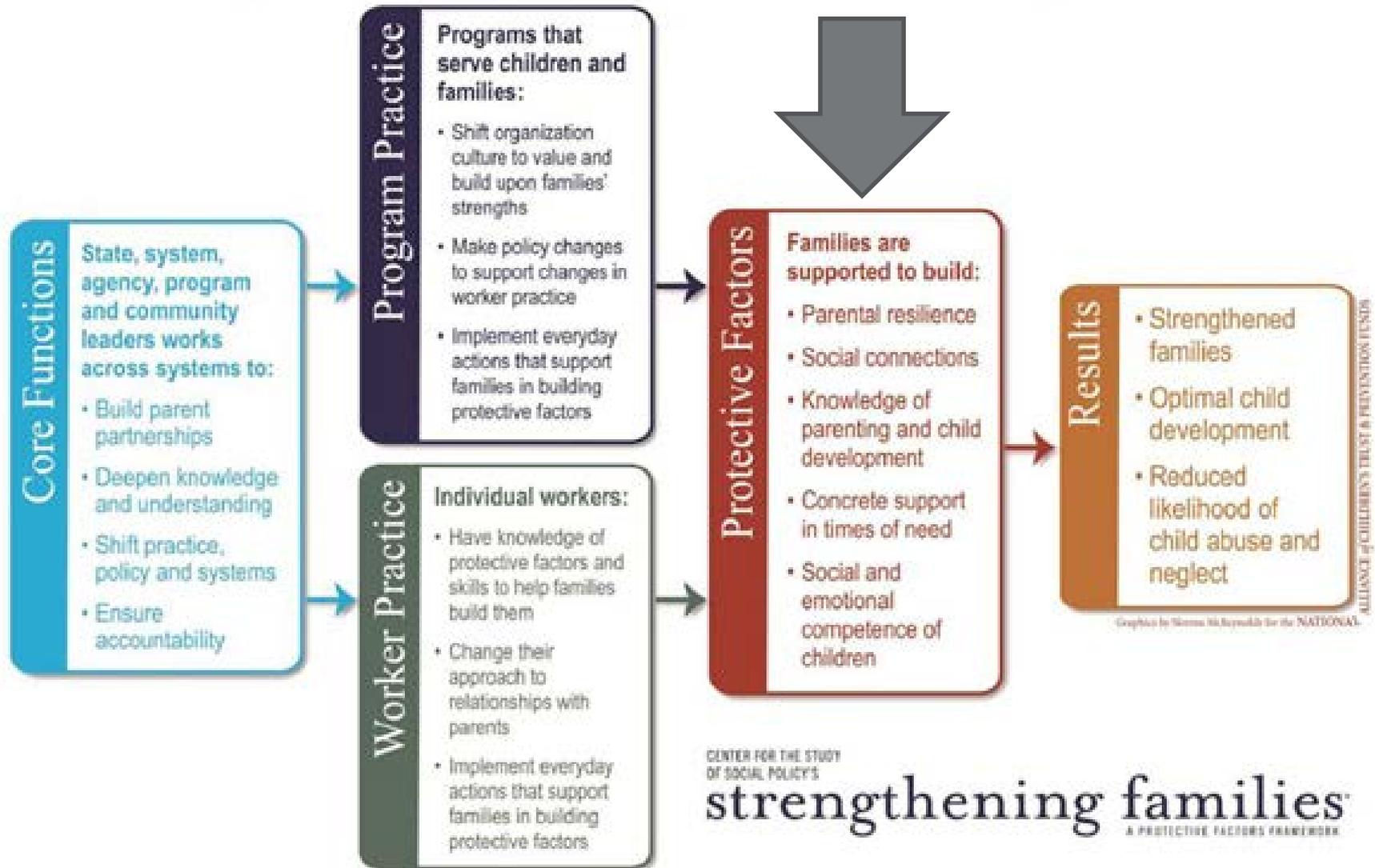
Agenda

- Strengthening Families Snapshot
- Social Connection Protective Factor
- Mental Health Services During Covid-19
- Mental Health Services Post Covid-19
- How JUSD, Parent Involvement and Community Outreach (PICO) funds services.
- Q & A



The Pathway to Improved Outcomes for Children and Families

Strengthening Families™ Protective Factors Framework Logic Model



Social Connections

THE DANGERS OF LOW SOCIAL CONNECTION



worse for health than smoking, high blood pressure or obesity



higher inflammation at the cellular level



higher susceptibility to anxiety and depression



slower recovery from disease



increased antisocial behavior and violence

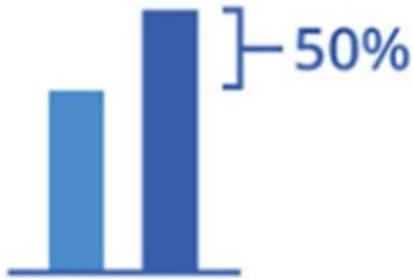


suicide



Social Connections

THE BENEFITS OF HIGH SOCIAL CONNECTION:



50% increased chance of longevity



stronger gene expression for immunity (research by Steve Cole, UCLA)



lower rates of anxiety and depression



higher self-esteem and empathy



better emotion regulation skills



Social connection creates a positive feedback loop of social, emotional, and physical well being.



Social Connections 0-5

- Set 4 Schools
 - Children Services
 - Parent Services
 - Staff Services
- Parent Child Interaction Programs



Social Emotional Learning for All!

The Early Literacy & Language Curriculum
ABC Music & Me
Created by Kindermusik International

FIRST 5 RIVERSIDE

JURUPA UNIFIED SCHOOL DISTRICT

Social & Emotional Learning

Where: Zoom.us
Meeting ID: 923-8502-5005
Password: PICO

*Participants must be logged into a zoom account.
Create a free one at Zoom.us

All May every Monday and Friday @ 12:00
Topics include: Emotions, calm down techniques, and socialization

Riverside University HEALTH SYSTEM Behavioral Health



JUSD Parent Involvement & Community Outreach

<https://www.youtube.com/channel/UCqJYhpmSiKVWe10ls5Hpz7A>



Children, Parents, and Staff

Children

- Large Group Dino for 5 TK/K classes
- Small Group Dino starts in 2 weeks
- News Letters



Staff

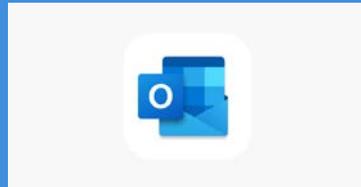
- News Letter
- Social Emotional Training coming soon

Parents

- Individualized Parenting
 - Available to all open referral cases as well as Parent-Child Interaction Programs that opted out of virtual service.
- News Letters



Parent – Child Interaction Programs



- Pre-K Stem program launched via Zoom
- ABC Music & Me Launched via zoom
- All home visitation programs lunched via zoom



Social Connections K-12



Classroom 2.0

[Home](#)

▼ [Elementary](#)

▼ [Middle School](#)

▼ [High School](#)

[Dual Language](#)

[Parent Resources](#)

[Mindfulness Resources](#)

[Teacher Resources](#)



JUSD Classroom 2.0 Education Enrichment

Dear Jurupa Unified Community,

Thank you for your understanding and efforts during this unique and challenging time. This has been a time of hardship for many of you. All of us at Jurupa Unified are answering the call to do our part to help our community. During the last few weeks, JUSD has provided thousands of



JURUPA UNIFIED SCHOOL DISTRICT

Social Connections K-12

Connecting with your teacher, classroom, school

- Teachers have always been an emotional support to students.
- Teachers allow for safe check-ins.
- JUSD worked with union leadership in insure Distance Learning Supported Social Emotional Wellness by socially connecting with students and students with one another.



Social Connections K-12

COMMUNICATIONS



Jurupa Unified School District

April 29 at 7:47 AM · 🌐

Rubidoux High School has a special message for all o
-
#jUSD #jUSDshares #jurupaunified https://www.youtube.com/watch?v=5jch_ilafVM



To The Students Of
Rubidoux High School



YOUTUBE.COM

ified School District

12 PM · 🌐

song by Jurupa Valley High School CTE teachers
AG NATION!

d #jurupaunifiedschooldistrict #jUSDshares



JURUPA UNIFIED SCHOOL DISTRICT

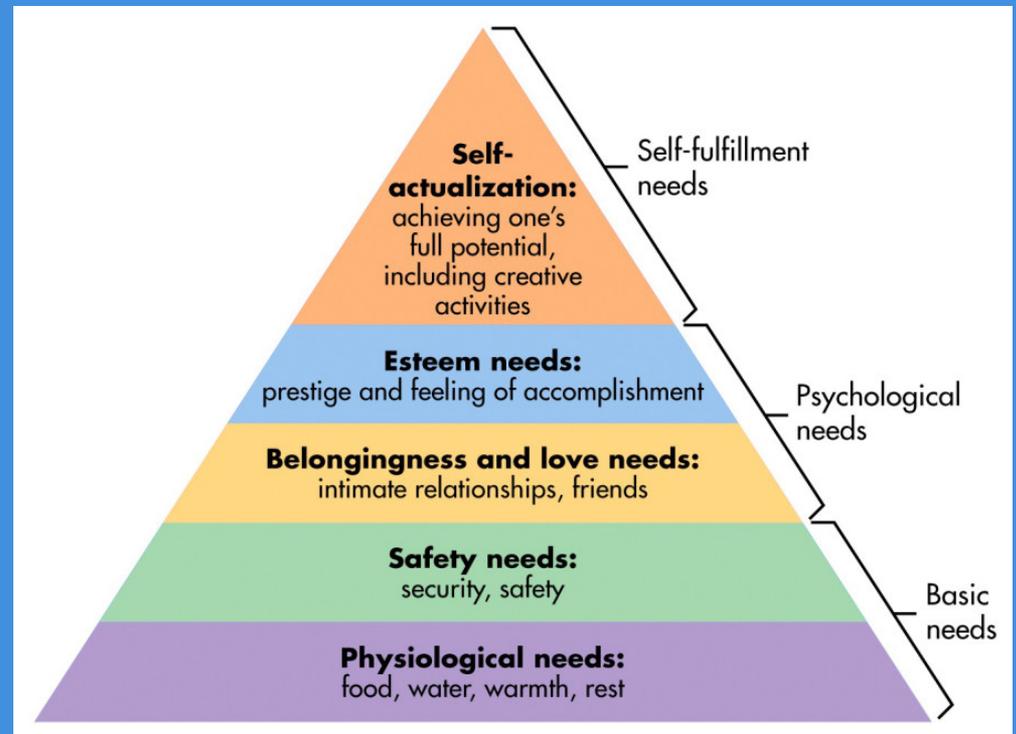
Social Connections K-12

MAINTAINING PARENT GROUPS



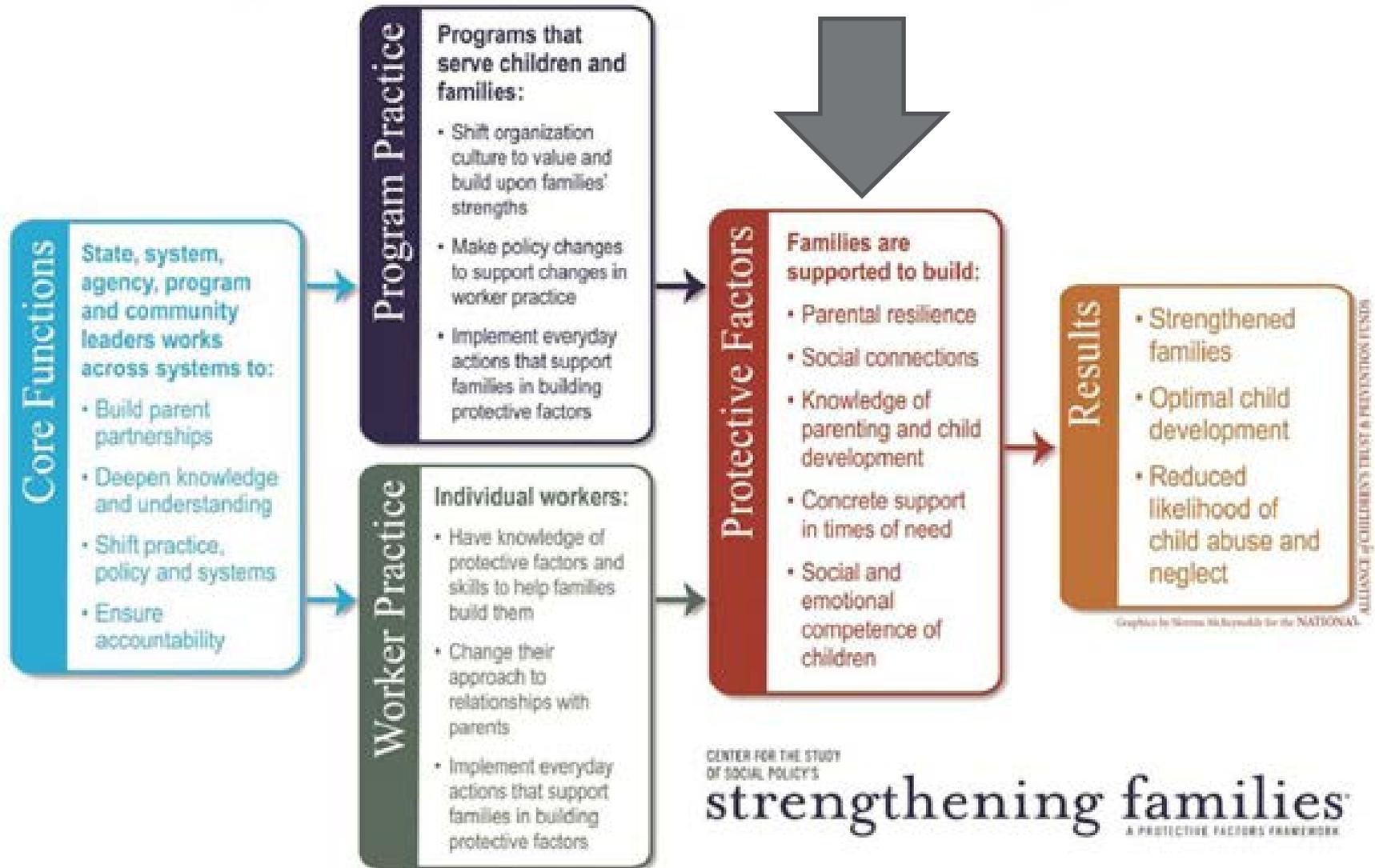
MENTAL HEALTH DURING COVID-19

Direct Services
decreased dramatically
across the nation.



The Pathway to Improved Outcomes for Children and Families

Strengthening Families™ Protective Factors Framework Logic Model



MENTAL HEALTH DURING COVID-19 “Concrete Supports”

<https://jurupausd.org/our-district/edserv/pico/Pages/COVID-19%20Resources.aspx>

Helping Families Cope

during COVID-19 Crisis

Educational



- JUSD Student Resources
- Ready4K - FIRST 5 Riverside
- KinderMusik
- At-Home Learning with PBS
- Scholastic Learn at Home
- Play At-Home
- FIRST 5 of CA

Food Resources



- 2-1-1 Riverside County
- Feeding America - Inland Empire
- Salvation Army



MENTAL HEALTH: POST COVID-19

Experts say when kids return to campuses, the [demand for mental-health care](#) will be greater than the available services, as the impact of the coronavirus disruption has cut across societal strata, affecting children throughout California. Yet schools, the safe havens that provide the only access many children have to mental-health care, are ill-prepared to support the magnitude of expected need.

“We’re only going through the first wave of the disaster,” said Dr. Curley Bonds, chief medical officer for the L.A. County Department of Mental Health. “This is the equivalent of people waiting on rooftops to be saved after Hurricane Katrina.”

https://www.latimes.com/california/story/2020-05-07/coronavirus-anxiety-children-long-term-mental-health-impacts?_cldee=am9zZV9jYW1wb3NAanVzZC5rMTluY2EudXM%3d&recipientid=contact-a88159ce74e8e8118117005056b02a09-128baccd63f24dfcaad8fbc6041b5e&esid=5c442d92-4991-ea11-8129-005056b02a09



MENTAL HEALTH: POST COVID-19

Trauma

Increased Child Abuse
Increase Domestic Violence
Covid-19 impact

Grief and Loss



MENTAL HEALTH: POST COVID-19 Recommendations

- Continue with “Concrete Supports”
- Continue to develop and encourage social connections. RELATIONSHIPS are key.
- Use groups: CBITs, Stress Management, Anger Management, Grief and loss, etc. These provide support, foster social connections, expand reach.

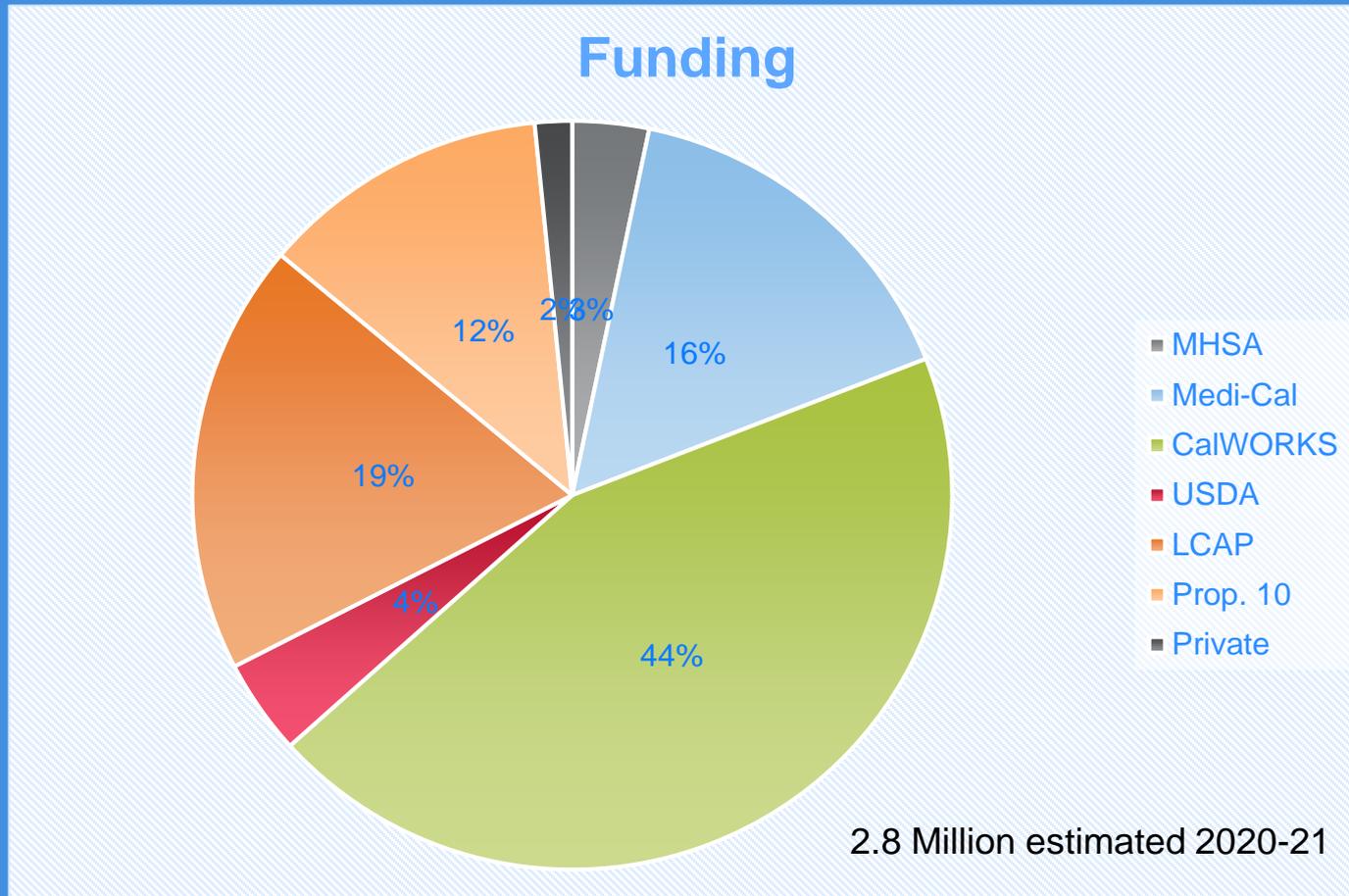


MENTAL HEALTH: POST COVID-19 Recommendations

- If you must screen for services do so with caution:
- Train Teachers: Restorative Practices, Trauma Informed, Social Emotional Wellness (it all comes back to understanding brain research, relationships, and process)
- Every service is an entry point to a more intense service – have an easy to access referral process.



PICO FUNDING



Questions

Elliott Duchon, Superintendent
Silvia Ortega, Board President
Karen Bradford, Clerk
Robert Garcia,
Linda Chard,
Melissa Ragole

