



## **RESOURCES FOR SCHOOL MENTAL HEALTH PROFESSIONALS**

### **Surveys**

- **District 49 Cares**

Families may be struggling with the cost of food or in need of other resources. District 49 would like to help families who are struggling by alerting them to some local resources. If you would like someone to contact you- please complete the attached form and the school counselor or Community Engagement Advocate (CEA) will contact you within two business days. "

[Learn More: District 49 Cares, District 49 Free & Reduced Meal Program and District 49 Community Engagement Advocates \(CEA\)](#)

- **Secondary Student Social Emotional Survey – Fall – Littleton Public Schools**

Students Social Emotional Survey: To be used by teachers and counselors to support students as they begin another school year.

[Creating School Active Shooter/Intruder Drills \(2018\)](#)

- **National School Climate Center**

[2020 COVID-19 Survey](#)

The 2020 COVID-19 Survey is available now to help you gather key information from students, school personnel, and families about their experiences with distance education as a result of the COVID-19 pandemic. The survey focuses on respondents' perceived 1) ability to engage in distance education, 2) level of support needed from districts/schools, and 3) conditions for returning to the school building.

School communities can use the data to make informed decisions regarding the reopening of schools, the implementation of distance education, and/or as a springboard for designing and targeting supports to students, families and staff. Each school will have access to a secure, online portal that includes access to raw data along with various graphic displays and snapshots of survey results. NSCC at Ramapo staff will work with your district or school to set up and manage the survey. If you'd like to learn more, contact Amanda Weitzel, School Support Manager at [inquiries@ramapoforchildren.org](mailto:inquiries@ramapoforchildren.org).





## **Educator Resources**

- **Resilience In Schools & Educators (RISE) - BVSD**

Resilience in Schools and Educators is a whole-school social-emotional learning program that builds trauma-responsive school climates and promotes resilience in staff and students. RISE empowers districts to chart a course for staff and student social-emotional development and well-being.

<https://ibsweb.colorado.edu/crw/what-we-do/rise/>

- **Activity: 25 Things I love to do (Anxiety Reduction)**

This activity is a quick list of 25 things you love to do, including things you may not have done for a long time.

[25 Things I Love To Do](#)

- **Return to School Best Practice Recommendations Whether In-Person or Virtually**

The following resources have been compiled by the CSSRC for School and Mental Health Professionals to assist schools in the return to school. They are based on current best practice recommendations from CDE, NASP, and other national education organizations.

[Return to School Best Practice Recommendations Whether In-Person or Virtually](#)

## **Multicultural Resources**

- Resources on racism and diversity from the Anti-Defamation League:  
<https://www.adl.org/education-and-resources/resources-for-educators-parents-families>
- Resources for racism and diversity from Facing History and Ourselves:  
<https://www.facinghistory.org/educator-resources>
- Resources for addressing multicultural diversity from the National Education Association:  
<http://www.nea.org/tools/resources-addressing-multicultural-diversity-issues-in-your-classroom.htm>
- **The 1619 Project**, inaugurated with a special issue of *The New York Times Magazine*, challenges us to reframe U.S. history by marking the year when the first enslaved Africans arrived on Virginia soil as our nation's foundational date: <https://pulitzercenter.org/lesson-plan-grouping/1619-project-curriculum>

## **Parent Resources**

- **Maslow's Hierarchy in Education – District 49**

As physiological needs are met and a sense of safety is established, then the focus on creating a sense of community and belonging which will build the staff and students' sense of esteem. Here are a few ideas on how to address each area. Please note, these are only suggestions and are not mandated by Central Office.

[Maslow's Hierarchy in Education](#)

