

Cincinnati Education Panel

Student Mental Health Action Options (so far)

Ideas with most energy highlighted in green.

1. **Support mental health levy**
2. **Build awareness to increase access**
 - a. **Normalize getting help** – only 60% of parents follow-up on a mental health referral
 - i. *Rebut the notion that SEL is some radical leftist agenda*
 - ii. *Promote the idea that mental health and SEL leads to better academics*
 - b. **Understand the services available**
 - i. We could create an inventory of the services available to parents and schools, especially agencies that give away their help
 - ii. The education awards could focus on mental health)
 - c. Help people GET the service
3. **Better support, train, and evaluate teachers and staff**
 - a. More/better professional development for more people
 - b. Measure their impact on student mental health
 - c. More mental health experts in school for classroom interventions
 - d. Make time in school day for mental health prep and teacher-student relationships
4. **Get restorative circle practice in a school**
 - a. We could pick a school to help implement restorative practices as “proof of concept”
 - i. Could just be restorative circles, or ...
 - ii. After school activities that include restorative practices
 - b. External partners could be enlisted in this
5. **Increase after-school activities** with adults trained in mental health/restorative practices
 - a. See intersection with restorative practices above
6. **Find external partners** to help schools
7. **Influence district budget priorities**
 - a. Spend more on mental health programs and building staff (e.g., a full-time social worker in every building)
 - b. Spend more on school resource officers
 - i. Hire more of them – one in each school full-time
 - ii. Training for youth with their parents
 - iii. Conflict resolution training
 - c. Spend more on professional development
 - i. For teachers
 - ii. For other staff
 - d. Spend more on prevention and wellness

Potential speakers

1. Mind Peace
2. Doan principal
3. Greater Cincinnati Behavioral Health
4. Al Beauchamp
5. Best Point (formerly Children's Home of Cincinnati)
6. B.I.3 – lots of restorative work

Questions

1. Do we focus on the system through central office work, or do we make change in a school as “proof of concept” before expanding our reach?

Project principles

1. Ultimately, our “customer” is the school itself – that’s where student mental health happens.
2. We need to narrowly define the problem.
3. We should make sure our goal brings out the genius we have to offer.
4. Real impact will come when we inspire collaboration across silos.
5. We need to focus on a long-term game plan.