



Social Emotional/Mental Health Plan

Addressing the Social-Emotional and Mental Health needs of students and staff during school closure remain a key priority at Ivy Hill Prep. We are taking every precaution to keep our community healthy and safe. The rapid unprecedented chain of events has shifted the reality of educators globally. We have created a plan to support our students and staff despite the unfortunate conditions of COVID-19.

Student Social-Emotional Plan for Support

Children with mandated counseling will begin receiving Tele-Therapy services effective **Thursday, March 26th** by the school Social Worker in a remote location as a precaution to prevent the spread of the Corona virus. Parents must consent electronically before services begin. Therapy sessions will provide fundamental strategies for coping with unforeseen events such as school closures, grief and loss. Together, educators will help students develop social emotional learning competencies: social-awareness, self-awareness, responsible decision making, self-management skills, and relationship building and maintenance. In addition, non-mandated students will have the opportunity to receive counseling (as needed) with parent and/or teacher referral. Families can access resources for their child through [Google Classroom](#) using the class code ufx4q6b. The classroom will continually update with mini meditation videos, inspirational quotes, free educational sites, tips for Social-Emotional Learning at home and various community resources (e.g. emergency hotlines and food pantries). Families can comment on the classroom thread. Questions will be answered within 24 hours.

We have drafted a letter for parents sharing tips for talking with children about the Corona Virus. The document strongly urges parents to contact their pediatrician or school Social Worker if their child is preoccupied with questions and concerns about safety, or suffers from sleep disturbances, anxiety, recurring fears about death or severe separation anxiety. For their convenience a list of nearby service providers will be attached to the email.

Staff Mental Health Plan for Support

Staff have been encouraged to utilize Talk Space. Talk Space is a counseling platform that allows individuals to receive counseling in the comfort of their home through text, video and voice messaging. Staff can download the app and receive free counseling services courtesy of Ivy Hill Prep. Additionally, Ivy Hill Prep's Social Worker provides consultation for teachers regarding community mental health resources. Adults are encouraged to honor social distancing and explore indoor hobbies and skills that foster joy. Teachers are also supported through virtual morning and afternoon team huddles. They receive weekly check-ins regarding how they are feeling and teacher coaching.



All staff will receive a presentation on Trauma Informed Resilient Schools. The presentation will equip the team with strategies for identifying signs of trauma and prepare staff for working with students who may have experienced trauma. Maintaining the health and safety of our students and staff through events such as pandemics or natural disasters is important to us. It has been proven that staff and students work best when they practice healthy self-care habits.