



welcome.



Student Mental Health in the Remote Learning Environment

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Impact on Mental Health:

Changes in Mood:

- Anxiety
- Fear
- Anger
- Worry for the safety of loved ones
- Sadness/depression





Impact on Mental Health:

Changes in Thinking:

- Trouble Concentrating
- Loss of trust
- False belief/trust in world
- Lack of Motivation





Impact on Mental Health:

Change in Behavior:

- At risk activities
- Substance Abuse
- Acting younger than their age
- Change in Sleep, Appetite, Energy





Impact on Mental Health:

Emotional Responses:

Acting “out”

- Risky behaviors, illegal acts, breaking rules, fighting, substance use

Acting “in”

- Withdrawn, showing less emotion and expression, quieter





Impact on Mental Health:

Physical Symptoms:

- Head ache
- Stomach aches



Additional Impacts:

- Lack of Social Interaction:
 - Can cause or exacerbate mental health concerns
- Lack of Structure
- Lack of refuge from unsafe households



Ways to Support your Student:

- Encourage to express thoughts and feelings by being an active listener
- Education on way to practice self care
- Discuss (not lecture) on unhealthy ways of coping
- Creating routine and structure
- Talk about their future goals





Tools:

- Goal Setting Worksheet: <https://www.therapistaid.com/therapy-worksheet/setting-life-goals>
- Self Care Assessment: <https://www.therapistaid.com/therapy-worksheet/self-care-assessment>



Tools:

- Routine and Structure:
 - Schedule regular breaks
 - Write down weekly goals list
 - Identify 1-3 “Most Important Tasks”
 - Review your crossed off items at the end of the day
 - Write your daily to do list the night before
 - Create and end of work day ritual



Tools:

- Sleep Hygiene: <https://www.therapistaid.com/therapy-worksheet/sleep-hygiene-handout>
- Anxiety Coping Skills: <https://www.therapistaid.com/therapy-worksheet/coping-skills-anxiety>





School Supports:

Evergreen Health: Social Workers offering support, brief interventions, crisis interventions, resources/referrals and groups

<https://www.evergreenhealth.com/lwsd-partnership>

Youth Eastside Services: Behavioral Health Specialists who specialize in mental health support offering support, resources and groups

<https://www.youtheastideservices.org/services/school-based-services/>



School Supports:

School Counselors:

- Lenore Gallucci: A-Cla
- Cameron Miller: Cle-Goo
- Dawn LaMance: Gop-Jac
- Cameron McGinnis: Jad-Lad
- Taylor Reuhl: Lae-Ngo
- Kelsey Cummings: Ngp-Sil
- Marilyn Hargraves: Sim-Z



School Supports:

Balance in Mind: Lake Washington Schools Foundation, which offers Parent Chats, Instagram page, Parent Education Webinars, Training and Resources

<https://www.lwsf.org/youthmentalwellness.html>



Community Supports:

- **Seattle Children's Hospital:** variety of parent and teen support groups
<https://www.seattlechildrens.org/clinics/support-groups/>
- **NAMI (Eastside Chapter):** provides education, support, advocacy
<https://nami-eastside.org/>
- **Washington Listens:** A support program and phone line to help people manage elevated levels of stress due to the pandemic. Available M-F 9am-9pm and Sat-Sun 9am-6pm, 1-833-681-0211



Community Supports:

- **24-Hour Crisis Line:** 1-866-4CRISIS (27-4747)
- **Crisis Text Line:** Text HOME to 741741
- **Teen Link Help Line:** 1-866-TEENLINK (833-6546)
- **Teen Link Chat:** www.866teenlink.org



Community Supports:

- **National Suicide Prevention Hotline:** 1-800-273-8255 <https://suicidepreventionlifeline.org/>
- **Transgender Suicide Hotline:** 1-877-565-8860 <https://www.translifeline.org/about>
- **Substance Abuse and Mental Health Services Administration Disaster Distress Helpline:** 1-800-985-5990

Thank You!

- Questions?
- Email:Lindsay McMeins c-lmcmeins@lwsd.org

References:

- <https://www.therapistaid.com/>
- Behavioral Health Toolbox for Families: Supporting Children and Teens During the COVID-19 Pandemic
- <https://nami-eastside.org/>