



Division of Building Safety

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Mental Health Support Plan and Resources

Self-help Resources

- Develop a mental health webpage as part of the school website for both students and parents to access.
 - Example: <https://sites.google.com/compasscharter.org/aviator-counseling-and-wellnes/student-resources?authuser=0>
- Use social media to promote positivity (Instagram <https://www.instagram.com/aviatorsos/?igshid=1h0piy0a07qnt> & Facebook)
- Sources of Strength - a peer leader program that connects students with trusted adults via peer leaders. Use an online “reporting” tool for students to share concerns with counselors regarding peers.

Virtual Counseling

American School Counselor Association’s (ASCA) website provides a toolkit for virtual counseling at each school level:

- Elementary Virtual Counseling: <https://www.schoolcounselor.org/school-counselors/professional-development/learn-more/virtual-elementary-school-counseling>
- Middle School Virtual Counseling: <https://www.schoolcounselor.org/school-counselors/professional-development/learn-more/virtual-middle-school-counseling>
- High School Virtual Counseling: <https://www.schoolcounselor.org/school-counselors/professional-development/learn-more/virtual-high-school-counseling>

Social Emotional Education

Counselors can encourage and support teachers in providing social emotional learning and activities.

- Thorough Re-entry Guideline from the National Association of School Psychologists: https://drive.google.com/file/d/1Sod8KfO9fiO_Isj7viu9d-sdFhydyfCw/view?usp=sharing
- Multi-tiered Systems of Support (MTSS) Model for addressing Barriers to Learning/Social Emotional Support https://drive.google.com/file/d/1V2XsrpoxQg6uWUMKvt_ZmK1DVPP8CsbS/view?usp=sharing
- Other Examples:
 - https://docs.google.com/presentation/d/1fCBzKoesV560LHfmuYYzBJtKtTvCeAtYiz_Kb78o3yU/edit#slide=id.p
 - <https://docs.google.com/presentation/d/1QJ6MbLmh-tYotHDuWsZPZkaOUSJ2qyHZ-qZM6bUarmQ/edit#slide=id.p>
 - <https://www.teacherspayteachers.com/Browse/Search:distance%20learning%20counseling>
 - <https://docs.google.com/document/d/15kYsaBg-tMvyPFqK0MPDv7EseLIfPoExzTo9dptRfmM/edit>

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Communication

With Students:

Using an app from a cell phone, i.e. Google Voice, counselors can stay connected with students during times of school closure. It is especially critical that counselors check-in weekly with students who are on their regular caseload schedule.

With Teachers:

Provide professional development for teachers as monitors of mental health. During closure, teachers have the most direct contact with their students (Zoom, phone calls, emails). Counselors rely on teachers to make referrals.

<https://evolvreatment.com/blog/monitor-mental-health-covid-19/>

Teachers/staff may also need support. Counselors and administrators need to provide weekly check-ins with staff during times of school closure in order to monitor staff mental health.

- Phone calls
- Zoom meetings
- Email (weekly positive quotes/articles)

With Parents:

Provide parents with tools and resources to proactively help their child reduce stress and anxiety as well as monitor their child's mental health.

- Website
- Newsletter
- Facebook
- Instagram

http://www.waynesboro.k12.va.us/UserFiles/Servers/Server_215122/File/WPS%20Supporting%20Emotional,%20Social%20and%20Mental%20Health%20Needs%20of%20%20Children%20During%20School%20Closure.pdf

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Additional Resources:

Reopening Self Study Surveys:

https://drive.google.com/file/d/1wk9YyR0ivr9s9YmJL_9D2uAW5f6AvoXW/view?usp=sharing

<https://kognito.com/blog/adapting-your-school-mental-health-services-during-covid-19-closures>

<https://www.schoolcounselor.org/school-counselors/professional-development/learn-more/coronavirus-resources>

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