

# Supporting Well-Being

## Staff Resources

As we continue to experience and respond to all the changes COVID-19 is creating for us and our communities, please keep in mind that we are coming back from a time where we have had to isolate from those we care about. There is trauma in that.

Be mindful to spend time reconnecting with your students, staff, and families. We'll need to take time to attend to needs that support health, safety, and overall well-being, which may look like: Helping them navigate the wide range of feelings they have during this time. Talking about the importance of exercise on feeling good and mental health. Talking about self care strategies they can do at home.

Below are links with information that will be regularly updated by Bay Arenac ISD Staff during this time. The lists provided include learning opportunities, resources, and support offered in our county to help meet the variety of needs your students, staff, and families may have at this time and in the future.



### • Community Supports and Resources

- Information on resources and supports being offered by districts and communities in Bay and Arenac County.
  - [Suicide Prevention Hotline](#) 1-800-273-TALK (8255)
  - [Great Lakes Bay Regional Alliance](#)
  - [Great Lakes Bay Parents](#)
  - [2-1-1](#) (day-to-day challenges, crisis, find emergency food pantries, etc.)
  - [Bay-Arenac Behavioral Health](#) 1-800-891-2472
  - [Bay/Arenac County Resources List](#)
  - [BAISD-31N Home](#)
- [The National Child Traumatic Stress Network](#)-Trauma-informed systems
- [Substance Abuse and Mental Health Services Administration](#)-Tips for talking with and helping children and youth cope after a disaster or traumatic event.
- [School Wellness Checklist](#) Assess the needs of your students and families.
- All teachers are strongly encouraged to implement a “Mental Health check-in” form. Example [here](#). A mental health screening is an assessment of students to determine whether they may be at risk for a mental health concern.
  - [SRSS-IE screener](#) is recommended once students are in Phase 4, for 6 weeks

### • Student Well-Being: Instructional Supports

- [Educator’s Guide to Supporting the Social Emotional Needs of Students: COVID-19 Information](#)
- List of professional learning and resources meant to help support educators in teaching and giving students the opportunity to practice healthy behaviors at a distance.
  - [GELN PD Flyer FINAL](#)

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## Staff Resources

- [Asynchronous Professional Learning Modules](#)
- [GVSU Resources in Response to COVID 19](#)- maybe
- [Culturally Responsive School Guide](#)
- [Back To School Care Package](#)
- [CASEL Social Emotional Learning Links and Resources](#)
- [CASEL Leveraging the Power of SEL](#)
- [7 Things Teachers Can do to Address Student Trauma](#)
- [Second Step Recorded Lessons](#)
- [MDE SEL Competencies](#)



## • Student and Staff Mental Health and Wellness Support.

- [MDE COVID-19 Social and Emotional Learning Resources](#)-This link provides social and emotional learning resources for children, adults, educators, and administrators.
- [Child Mind Institute](#)-How to help anxious kids
- [National Center for School Mental Health](#)-A list of tips and resources to keep you and your community safe.
- [Minds](#)-The Mental illness needs discussion sessions is an organization aimed at educating young people about mental illness.
- COVID-19: [Talking to Children about COVID-19](#), [Helping Children Cope during COVID-19](#),
- Trauma: see pages 24 to 28 in [Guidelines for Reopening Schools: An Opportunity to Transform Public Education](#) and [Tips for Survivors of Disaster or Other Traumatic Event, How Trauma Affects Kids in School](#)
- [Social Emotional Learning](#), [Mindfulness for Children](#)
- A comprehensive list of mental health resources from the MDE can be found [here](#).

## • Staff Well-Being Supports

- List of resources meant to help support educators in taking care of their own well-being.
  - [Mindful Teachers Self-Care Resources](#) Resources to help teachers practice self-care
  - [Headspace for Educators](#) Mindfulness and Guided Meditation App available to educators at no cost.
  - [Resiliency Strategies](#)
  - [BAISD-31N: Home](#)
  - [Educator Resilience and Trauma-Informed Self-Care: Self](#)

