Supporting Student and Family Wellbeing in Schools during the COVID-19 Pandemic

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“Additional stressors due to the Pandemic”

“Family Illnesses & deaths”

“Isolated”

“no connections with friends”

“Family stresses: no food, no work”

“Anxiety about being seen on screen”

“poor internet connection”
Resilience:
Positive adaptation in the context of significant challenges ... with successful life course development during/following exposure to potentially life altering experiences. (Masten et al 2000)
Resilience in the context of student’s family, school and community
Social Emotional Learning Framework

CASEL.org
Collaborative for Academic Social and Emotional Learning

Social & Emotional Learning

Self-Awareness
Recognizing one's emotions and values as well as one's strengths and challenges

Self-Management
Managing emotions and behaviors to achieve one's goals

Social Awareness
Showing understanding and empathy for others

Relationship Skills
Forming positive relationships, working in teams, dealing effectively with conflict

Responsible Decision-Making
Making ethical, constructive choices about personal and social behavior
FOCUS Resilience Curriculum

Managing Feelings:
Naming how you feel and calming yourself down

Communication:
Saying what you think, feel, and need and using good listening skills when someone talks to you

Goal Setting:
Making a plan to achieve something that you want to do

Problem Solving:
Identifying problems and creating solutions to them

Coping with Reminders:
Learning how to manage challenging thoughts and experiences
TIER 1. Universal: Social Emotional Learning (SEL), Teacher Professional Development, Parenting Support, Stigma Reduction Campaigns, Suicide Prevention

TIER 2. Targeted: Group Interventions, Targeted Case Management

TIER 3. Intensive: Triage, Linkage & Referral, Individual & Family Therapy

Crisis Response
Thank You!

Wellbeing4LA Online Learning Center

Go to https://www.wellbeing4la.org/