

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”

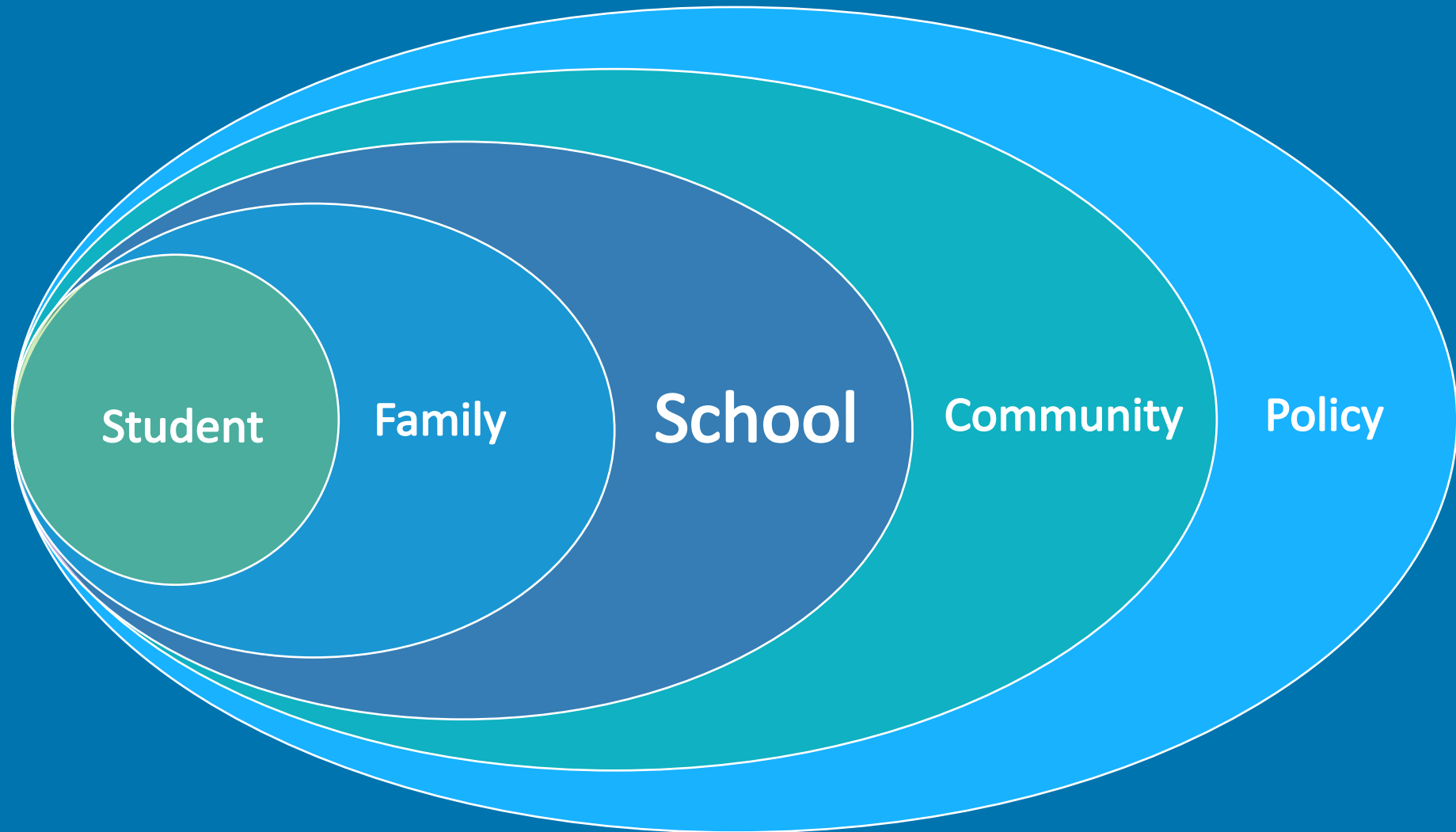
“Anxiety about being seen on screen”

“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



FOCUS Resilience Curriculum

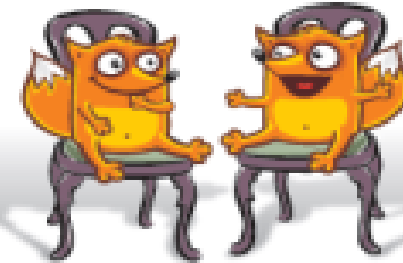
Managing Feelings:

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:

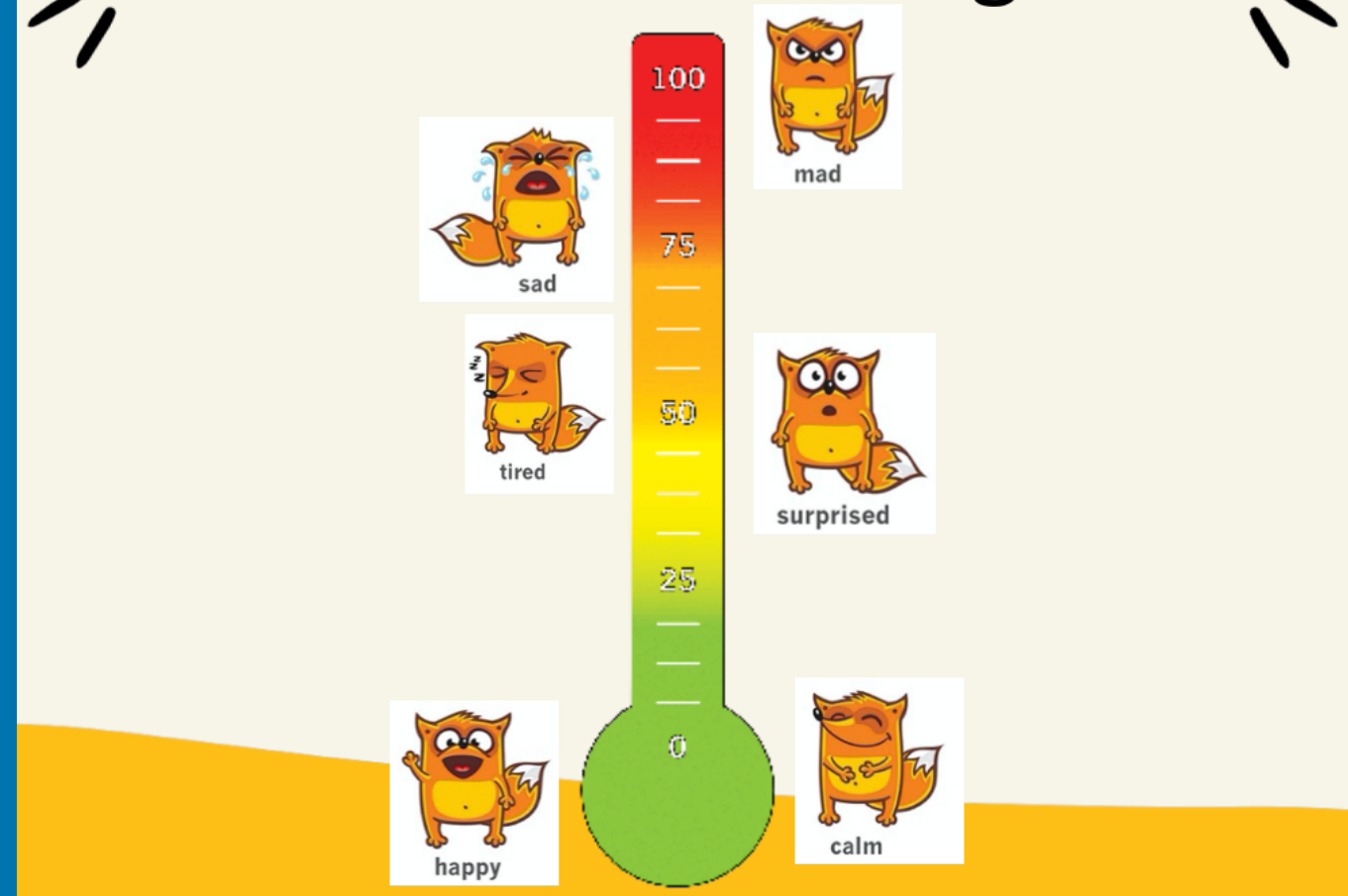
Learning how to manage challenging thoughts and experiences



F•O•C•U•S

Feelings Thermometer

What color is Feeling Fox?



Public Mental Health Approach

TIER1. 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/>