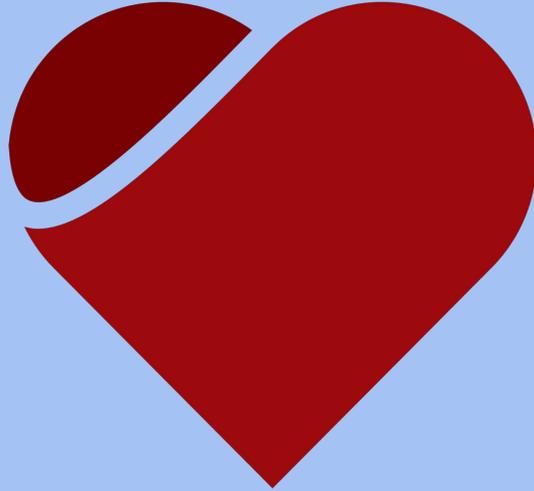


# Dickinson ISD



**GATOR**  

---

**WELLNESS**

# 2019-2020

Thank you to Rebuild Texas. Dickinson ISD was able to put the vision of Gator Wellness into action.





# What is Gator Wellness?

**Gator Wellness is a proactive approach that is implemented from birth to adulthood. The goal is for Gator Wellness to become a part of our everyday life in Gator Nation. Gator Wellness includes Dickinson ISD's Comprehensive Counseling Program, Social Emotional Learning (SEL), Multi-Tiered System of Supports (MTSS) for Mental & Behavioral Health, Family Engagement, Mental Health Wellness & Awareness, Community Partnerships, and Crisis Prevention & Response.**

Dickinson ISD is committed to our children, mental health awareness, education, and families.

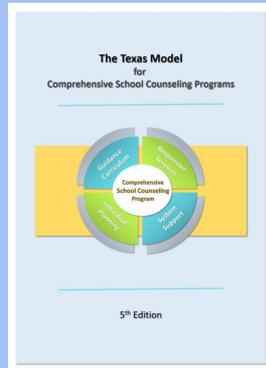
By working collaboratively, we can additionally ensure that these supports to all stakeholders use a common and complementary language and approach.

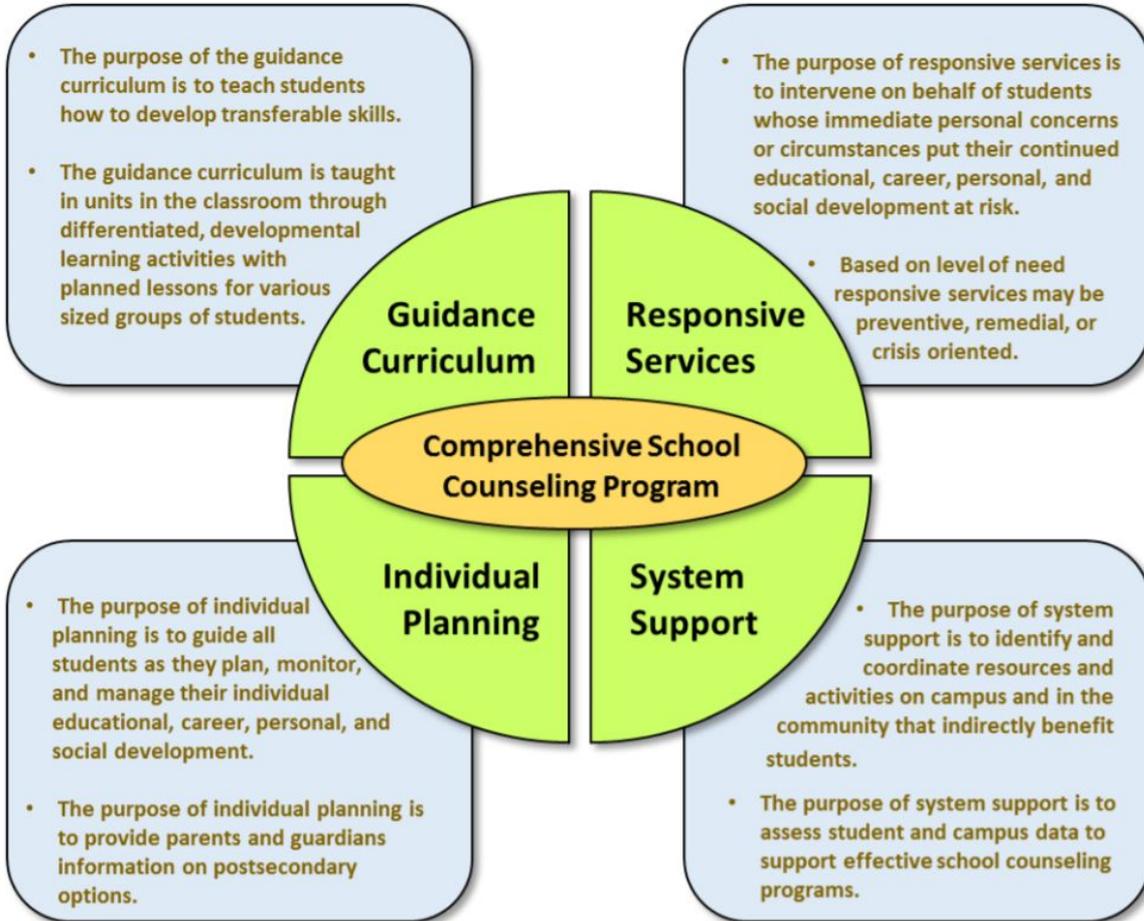


# Dickinson ISD Comprehensive Counseling Program

- An internal program audit of the Dickinson ISD Counseling program was completed, and using the data, Dickinson is in the process of creating a Comprehensive Counseling Program aligned to The Texas Model for Comprehensive School Counseling Programs. Under the direction and guidance of Dr. Ernest Cox, Dickinson will have a comprehensive counseling program by the year 2020-2021.
- All counselors have signed an updated job description that correlates with the Texas Model.
- In 2020-2021, a new professional school counselor evaluation tool will be utilized that correlates with the Dickinson Comprehensive Counseling Program.
- This comprehensive counseling program has four service delivery components: Guidance Curriculum, Responsive Services, System Support, and Individual Planning.
- Dickinson will have a High Performing Counseling Program with a well-defined process. It will include an ongoing monitoring system.
- The Professional School Counseling Team looks forward to educating administrators, staff, families, and the community on our program that is sculpted to meet the needs of our students.

(TEC § 33.005)





# Social Emotional Learning (SEL)

According to The Collaborative for Academic, Social, and Emotional Learning (CASEL), Social and Emotional Learning (SEL) is the process through which children and adults understand and manage emotions, set and achieve positive goals, feel and show empathy for others, establish and maintain positive relationships, and make responsible decisions.

The Dickinson ISD Social Emotional Learning (SEL) framework created through the Rebuild TX Grant supports Early Childhood, Kindergarten-12th grade Students, Staff, Families and the Community. The overall vision for this program is “Wellness”. Through Gator Wellness, we focus on

- social emotional learning,
- resiliency,
- relationship building,
- trauma informed practices, and
- overall wellness.



# SOCIAL AND EMOTIONAL LEARNING (SEL) COMPETENCIES

## SELF-AWARENESS

The ability to accurately recognize one's own emotions, thoughts, and values and how they influence behavior. The ability to accurately assess one's strengths and limitations, with a well-grounded sense of confidence, optimism, and a "growth mindset."

- IDENTIFYING EMOTIONS
- ACCURATE SELF-PERCEPTION
- RECOGNIZING STRENGTHS
- SELF-CONFIDENCE
- SELF-EFFICACY

## SELF-MANAGEMENT

The ability to successfully regulate one's emotions, thoughts, and behaviors in different situations — effectively managing stress, controlling impulses, and motivating oneself. The ability to set and work toward personal and academic goals.

- IMPULSE CONTROL
- STRESS MANAGEMENT
- SELF-DISCIPLINE
- SELF-MOTIVATION
- GOAL SETTING
- ORGANIZATIONAL SKILLS

## SOCIAL AWARENESS

The ability to take the perspective of and empathize with others, including those from diverse backgrounds and cultures. The ability to understand social and ethical norms for behavior and to recognize family, school, and community resources and supports.

- PERSPECTIVE-TAKING
- EMPATHY
- APPRECIATING DIVERSITY
- RESPECT FOR OTHERS

## RELATIONSHIP SKILLS

The ability to establish and maintain healthy and rewarding relationships with diverse individuals and groups. The ability to communicate clearly, listen well, cooperate with others, resist inappropriate social pressure, negotiate conflict constructively, and seek and offer help when needed.

- COMMUNICATION
- SOCIAL ENGAGEMENT
- RELATIONSHIP BUILDING
- TEAMWORK

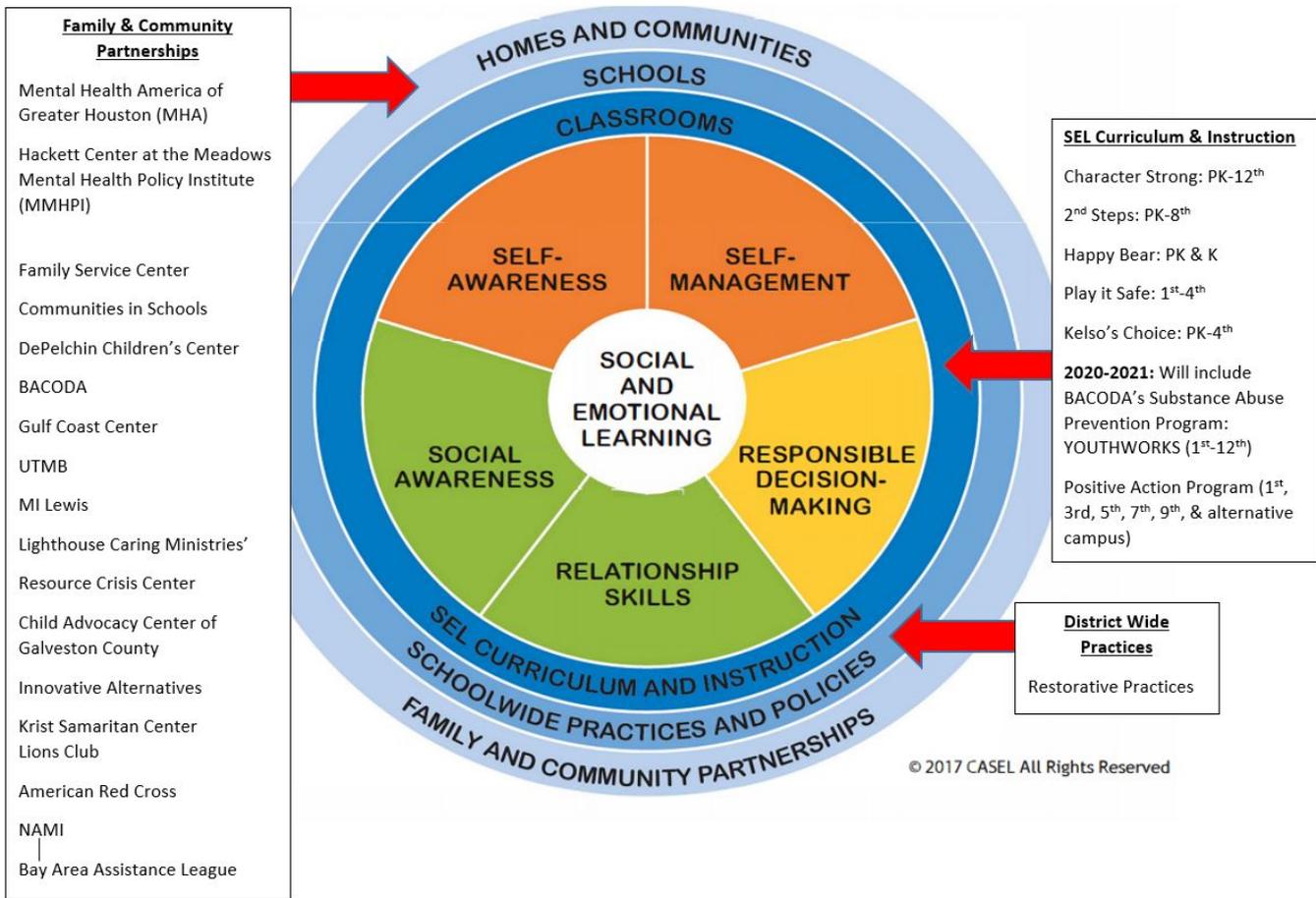
## RESPONSIBLE DECISION-MAKING

The ability to make constructive choices about personal behavior and social interactions based on ethical standards, safety concerns, and social norms. The realistic evaluation of consequences of various actions, and a consideration of the well-being of oneself and others.

- IDENTIFYING PROBLEMS
- ANALYZING SITUATIONS
- SOLVING PROBLEMS
- EVALUATING
- REFLECTING
- ETHICAL RESPONSIBILITY



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**Family & Community Partnerships**

- Mental Health America of Greater Houston (MHA)
- Hackett Center at the Meadows
- Mental Health Policy Institute (MMHPI)
- Family Service Center
- Communities in Schools
- DePelchin Children’s Center
- BACODA
- Gulf Coast Center
- UTMB
- MI Lewis
- Lighthouse Caring Ministries’
- Resource Crisis Center
- Child Advocacy Center of Galveston County
- Innovative Alternatives
- Krist Samaritan Center
- Lions Club
- American Red Cross
- NAMI
- Bay Area Assistance League

**SEL Curriculum & Instruction**

- Character Strong: PK-12<sup>th</sup>
- 2<sup>nd</sup> Steps: PK-8<sup>th</sup>
- Happy Bear: PK & K
- Play it Safe: 1<sup>st</sup>-4<sup>th</sup>
- Kelso’s Choice: PK-4<sup>th</sup>
- 2020-2021:** Will include BACODA’s Substance Abuse Prevention Program: YOUTHWORKS (1<sup>st</sup>-12<sup>th</sup>)
- Positive Action Program (1<sup>st</sup>, 3<sup>rd</sup>, 5<sup>th</sup>, 7<sup>th</sup>, 9<sup>th</sup>, & alternative campus)

**District Wide Practices**

- Restorative Practices

# Multi Tiered Systems of Support (MTSS) for Mental & Behavioral Health

## Dickinson ISD's Multi-Tiered System of Supports (MTSS) for Mental & Behavioral Health

<p><b>Tier I: Mental Health Supports provided for all students (80% of students respond to interventions)</b></p> <p><b>District Wide:</b> Restorative Practices, 2020-2021 Character Strong, Emotional Backpack (Mental Health, Suicide Prevention &amp; Trauma Informed Classrooms) , BACODA YOUTHWORKS Prevention &amp; Positive Action</p> <p><b>Programs for Elementary:</b> 2020-2021 Calming Kit Training (each classroom will have their own kit), Child Advocacy Center of Galveston County Child Safety (Happy Bear and Play it Safe), 2<sup>nd</sup> Step</p> <p><b>Programs for Middle:</b> 2<sup>nd</sup> Step</p> <p><b>Programs for Junior High:</b> 2<sup>nd</sup> Step</p> <p><b>Programs for High School:</b></p> <p><b>Training Online:</b> Bullying Prevention, Mandatory Reporting/Child Abuse, <b>Available:</b> Youth Mental Health First Aid, AS+K about Suicide to Save a Life, QPR Suicide Prevention, Mental Health First Aid</p> <p><b>Staff that Support:</b> Professional School Counselors, Nurses, Behavior Specialists</p>	<p><b>Tier II: Intermediate Support for Struggling students. Includes all Tier I strategies plus others (15% of students)</b></p> <p><b>Programs:</b> Journey of Hope, Calm Crusaders (PK-6<sup>th</sup>), Superhero Social Skills(PK-6<sup>th</sup>), Professional School Counselor Small Group, 2<sup>nd</sup> Step (PK-8<sup>th</sup>), Niroga Dynamic Mindfulness, Bounce Back (1<sup>st</sup>-5<sup>th</sup>), Cognitive Behavioral Intervention for Trauma in Schools (CBITS) (5<sup>th</sup>-12<sup>th</sup>)</p> <p><b>Trainings:</b> Journey of Hope, Calm Crusaders (PK-6<sup>th</sup>), Texas Children's Hospital Trauma &amp; Grief Component Therapy (6<sup>th</sup>-12<sup>th</sup>), CPI, Emotional Poverty by Dr. Ruby Payne</p> <p><b>Staff that Supports:</b> Professional School Counselors, Social Workers, Behavior Specialist, Communities in Schools (CIS), Truancy Officers, Registered Behavior Technician, Family Service Center (on 4 campuses)</p>	<p><b>Tier III: Intense support for high risk students. Includes all Tier I &amp; II strategies plus others (5 % of Students)</b></p> <p><b>Programs:</b></p> <p><b>Trainings:</b> Texas Children's Hospital Trauma &amp; Grief Component Therapy, Bounce Back, CBITS</p> <p><b>Staff that Supports:</b> LSSP's, LPC, Family Service Center (on 4 campuses), Behavior Specialist, Professional School Counselors, Truancy Officers, Registered Behavior Technician</p>
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## Tier 1: Mental Health Supports provided for all students (80% of students respond to interventions)

**District Wide:** Restorative Practices & Character Strong (PreKindergarten-12th Grade), BACODA's YOUTHWORKS prevention & Positive Action (HB 1026)

- **Programs for Elementary:**
  - 2020-2021 Calming Kit Training (each classroom will have their own kit),
  - Child Advocacy Center of Galveston County Child Safety (Happy Bear and Play it Safe),
  - 2nd Step
- **Programs for Middle:** 2nd Step
- **Programs for Junior High:** 2nd Step
- **Programs for High School:**

**Staff Training:** Emotional Backpack: Mental Health, Suicide Prevention, Trauma- Informed Classrooms, & Mindfulness

**Staff Training Online:** Bullying Prevention, Mandatory Reporting/Child Abuse, Mental Health

**Available Training for Staff:** Youth Mental Health First Aid, AS+K about Suicide to Save a Life, QPR Suicide Prevention, Mental Health First Aid

**Staff that Support:** Teachers, Administrators, Professional School Counselors, Nurses, Behavior Specialists

**Tier II: Intermediate Support for Struggling students. Includes all Tier I strategies plus others**

**(15% of students)**

**Programs:**

- Journey of Hope (Elementary, Junior, Teen & Caregiver)
- Calm Crusaders: Anxiety Group (PK-6<sup>th</sup>),
- Superhero Social Skills (PK-6<sup>th</sup>),
- Professional School Counselor Small Group
- 2<sup>nd</sup> Step (PK-8<sup>th</sup>)
- Niroga Dynamic Mindfulness (PK- High School)
- Bounce Back (1st-5th)
- Cognitive Behavioral Intervention for Trauma in Schools (CBITS) (5th-12th)

**Trainings:** Texas Children's Hospital Trauma & Grief Component Therapy (6<sup>th</sup>-12<sup>th</sup>), Crisis Prevention Institute (CPI), Emotional Poverty by Dr. Ruby Payne

**Staff that Supports:** Professional School Counselors, Social Workers, Behavior Specialist, Communities in Schools (CIS), Truancy Officers, Registered Behavior Technician, Family Service Center (on 4 campuses)

**Tier III: Intense support for high risk students. Includes all Tier I & II strategies plus others**

**(5 % of Students)**

**Programs:**

- Texas Children's Hospital Trauma & Grief Component Therapy (TAGCT)
- Bounce Back (1st-5th)
- Cognitive Behavioral Intervention for Trauma in Schools (CBITS) (5th-12th)

**Trainings:** Texas Children's Hospital Trauma & Grief Component Therapy, Crisis Prevention Institute (CPI), 2<sup>nd</sup> Steps (PK-8<sup>th</sup>), Superhero Social Skills (PK-6<sup>th</sup>), Niroga Mindfulness,

**Staff that Supports:** Licensed Specialist in School Psychology (LSSP), Licensed Professional Counselor (LPC), Family Service Center (on 4 campuses), Behavior Specialist, Professional School Counselors, Truancy Officers, Registered Behavior Technician

# 2019-2020 Family Engagement and Training Opportunities

- Early Childhood SEL Training provided by Meadows Mental Health Policy Institute for Pre-Kindergarten and Kindergarten teachers, Daycare staff and parents
- Child Safety presented by Child Advocacy Center of Galveston County
- Parent Support Group DISD Special Programs: Bullying
- Bay Area Alliance Vaping Presentation
- Parent University: Emotional Backpack
- Dickinson PD Eddie Eagle Gun Safety
- NAMI Gulf Coast Ending the Silence of Mental Health Training and Suicide Prevention
- DePelchin Parenting Seminars
- Resource Crisis Center & Dickinson PD Healthy vs Unhealthy relationships & Cyberbullying



- Dickinson PD Parent's Guide to Cyber Safety
- UNBOUND: Human Trafficking 101
- Emotional Backpack: Children's Mental Health
- Emotional Backpack: Suicide Prevention
- QPR Suicide Prevention by DePelchin
- Youth Mental Health First Aid



**The following were planned for 2019-2020, but were cancelled due to the pandemic:**

- Shriners Bullying program #CUTtheBull and Burn Awareness
- Galveston Chamber Lemonade Day Kick off
- Technology: Neurodevelopmental Effects and Healthy Limits presented by Dr. Crystal Collier
- Emotional Backpack: Trauma Informed
- Water Safety presented by Galveston Island Beach Patrol



UNBOUND  
HOUSTON

Keeping Our  
**STUDENTS**  
Safe

HUMAN TRAFFICKING  
DICKINSON ISD  
EDUCATIONAL SERVICE CT  
BOARDROOM  
2218 FM 517  
EAST DICKINSON, TX 77531  
FEBRUARY 12, 2020  
6:00-7:00 PM

346-313-7664 | unboundhouston.org



**Dickinson ISD & the Dickinson Police  
Department are presenting the**

## **Eddie Eagle GunSafe Program**

**November 20, 2019 from 6:00-7:00**

**Education Support Center Boardroom  
2218 FM 517 East**

This program is a gun accident prevention program for families  
and children in Pre-K through Fourth Grade.

For more information on the program please visit,

<https://eddieeagle.nra.org/parents/>



Shriners Hospitals  
for Children®

# #CutTheBull

#SeeTheAbility



## **PARENT NIGHT PROGRAM**

**March 18, 2020 6:00-7:00 • Dickinson ISD ESC Board Room  
2218 FM 517 East • Dickinson, TX 77539**

**JOIN US!** For this inspiring and educational anti-bullying presentation from  
**Shriners Hospitals for Children**. Shriners encourages kids to see the ability in  
others rather than their disability or differences. Students, staff and parents can  
become ambassadors for this movement by pledging to [#CutTheBull!](https://www.instagram.com/cutthebull/)

### **JOIN US! And Learn...**

- What is Bullying?
- What to do if you are being bullied
- Cyberbullying?
- What to do if you see bullying
- What is David's Law?
- How to pledge to [#CutTheBull!](https://www.instagram.com/cutthebull/)

**It's time to #CutTheBull!**

It starts with you

# Attention PARENTS

Learn how to speak to your child about healthy relationships, cyber bullying and online safety

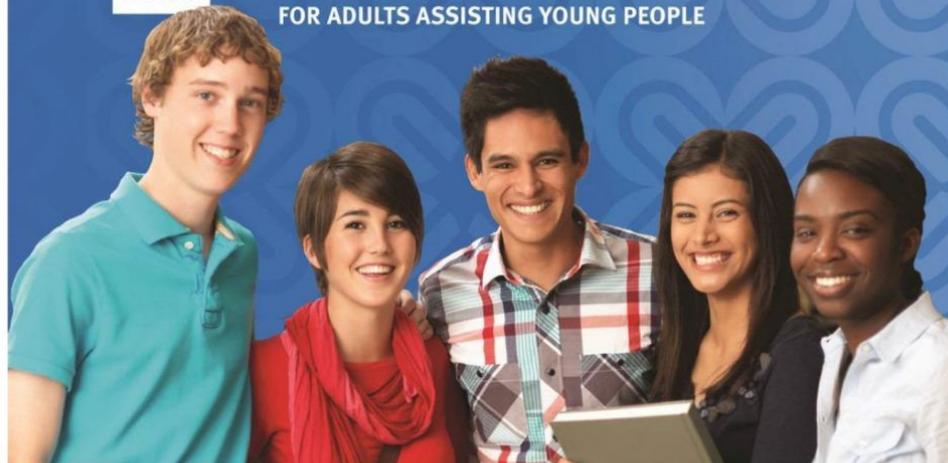
December 4 | 6pm

**LET'S STOP THE VIOLENCE NOW!**



# Youth Mental Health First Aid USA

FOR ADULTS ASSISTING YOUNG PEOPLE



Emotional Backpack Project™

## Welcome to Are the Kids Alright? Children's Mental Health



**DePelchin**  
CHILDREN'S CENTER

*A brighter tomorrow for children and families in Texas.*

**QPR Suicide Prevention Training**

**QPR stands for Question, Persuade, and Refer-**



CENTER FOR SCHOOL IMPROVEMENT





# Ending the Silence



Parent's Guide to Cyber Safety



**DICKINSON ISD PARENTS AND COMMUNITY MEMBERS**

ARE INVITED TO ATTEND AN

## **INFORMATIONAL MEETING ABOUT THE DANGERS OF VAPING**

PRESENTED BY THE BAY AREA ALLIANCE FOR YOUTH & FAMILIES

**DICKINSON ISD BOARD ROOM**  
2218 FM 517 East, Dickinson, TX 77539

OCTOBER 2, 2019 | 6 - 7:30 P.M.



# Lemonade Day!

GALVESTON COUNTY

## DICKINSON ISD LEMONADE DAY GALVESTON COUNTY KICK-OFF EVENT

Wednesday, April 1, 2020 | 6:00 pm - 7:00 pm  
Dickinson ISD Education Support Center Boardroom  
2218 FM 517 East, Dickinson

All are welcome! Lemonade Day Galveston County is a free, community and county-wide education program designed to spark entrepreneurial spirit and teach youth how to start, own and operate their own business through a lemonade stand. **Lemonade Day is Saturday, May 2.**

Join us at the Dickinson ISD kick-off event and register for Lemonade Day Galveston County and receive your free backpack, materials, and t-shirt at registration. But remember, you **MUST** have an adult sign your registration form to participate in Lemonade Day!

For more information, visit [lemonadeday.org/galveston-county](http://lemonadeday.org/galveston-county) or call the Galveston Regional Chamber of Commerce at 409.763.5326.

PRESENTED BY

[lemonadeday.org/galveston-county](http://lemonadeday.org/galveston-county)



# Crisis Prevention & Response:



- Critical Incident Stress Management (CISM) Individual & Group: 17 staff members
- Critical Incident Stress Management (CISM) Application with Children: 3 staff members
- Critical Incident Stress Management (CISM) Managing School Crisis: From Theory to Application: 1 staff member
- SIGMA Threat Assessment: Campus Teams
- Dr. Scott Poland Suicide Prevention, Intervention & Self Harm in 2018-2019

- National Organization for Victim Assistance (NOVA) Critical Response Team Training: 11 staff members
- National Organization for Victim Assistance (NOVA) Advanced: 4 Team Members Registered



The image is a screenshot of the National Organization for Victim Assistance (NOVA) website. At the top left is the NOVA logo, which includes a yellow star icon and the text "National Organization for Victim Assistance". To the right of the logo is a horizontal navigation menu with the following items: ABOUT, HELP, CRISIS RESPONSE, TRAINING, ADVOCACY, CREDENTIALING, and 2020 ANNUAL TRAINING EVENT. Below the navigation menu is a large group photograph of approximately 25 people, mostly women, standing in front of a building. Below the photograph is a dark teal banner with the word "TRAINING" in yellow text, followed by the text "NOVA will customize our trainings and share our expertise to help create your victim advocacy program". At the bottom of the page is a yellow navigation bar with the following links: OVERVIEW, CUSTOMIZED TRAINING, ACADEMY (NVAA), CAMPUS ACADEMY (NCAT), NVAA STUDENT CENTER, SEX TRAFFICKING, and STAVAT STUDENT CENTER.

# COVID 19 Gator Wellness Supports:

Feeling overwhelmed with emotions & don't know what to do?

We're here to LISTEN and HELP.

Need someone to talk to?

How do you get help and resources?

**Call: 281-229-6005**

The Dickinson ISD Call Center staff will listen, provide resources, and provide referrals.

## Call Center Hours

Mon: 9-11am\*

Tue: 1:30-3:30pm

Wed: 9-11am\*

Thurs: 12-2pm

Fri: 9-11am\*

\*English and Spanish



Have a concern to report about a mental health situation or act of violence? You can report anonymously using the P3Campus app (link found at [www.dickinsonisd.org](http://www.dickinsonisd.org))



## HOW TO SUPPORT YOUR CHILD'S MENTAL HEALTH



**LOVE**  
Be there for your child and show care and love



**SUPPORT**  
Encourage and praise your child



**CONVERSATION**  
Encourage your child to talk to you



**FEELING**  
Get to know how your child is feeling



**EXERCISE**  
Exercise has physical and emotional benefits



**EDUCATION**  
Learn signs and symptoms of mental health problems



**BEHAVIOR**  
Keep an eye out for changes in behavior



**LISTENING**  
Make sure to listen to what your child has to say



**REST TIME**  
Help your child build rest time into their routine



**COPING**  
Help your child learn simple coping skills such as relaxation



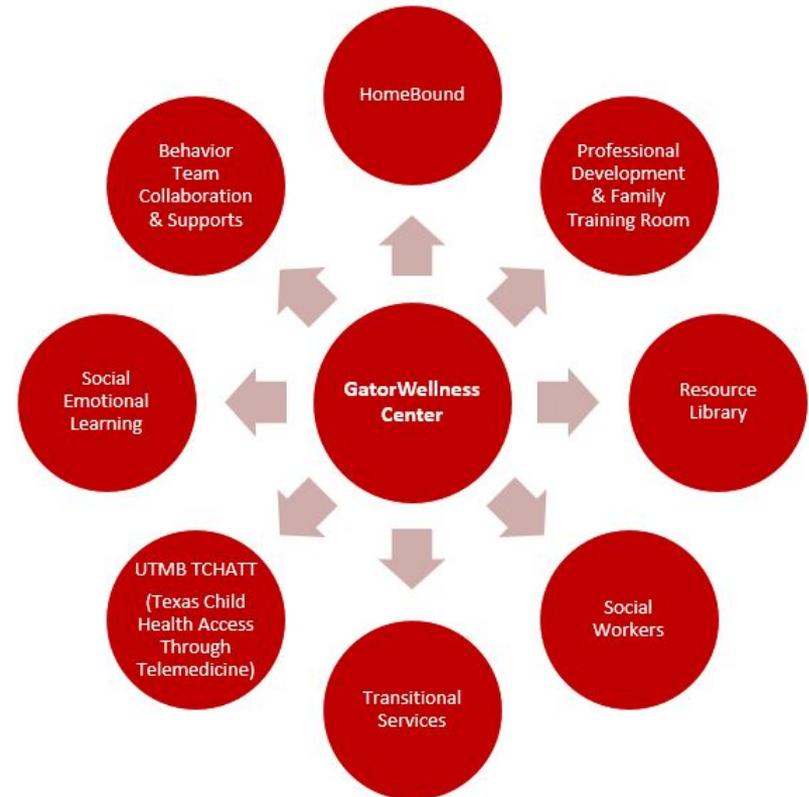
For more information on supporting your child's mental health, contact your child's school counselor.



For more helpful information and tips follow the [Dickinson Gator Wellness Facebook page](#) or check out your child's school counselor's webpage or google classroom.

# 2020-2021

We are excited to announce that the Gator Wellness Center will be established at McAdams Junior High starting the 2020-2021 school year. The center will provide our students, staff, families and community with a variety of supports. Our Social Emotional Learning Specialist will operate and supervise the Gator Wellness Center.

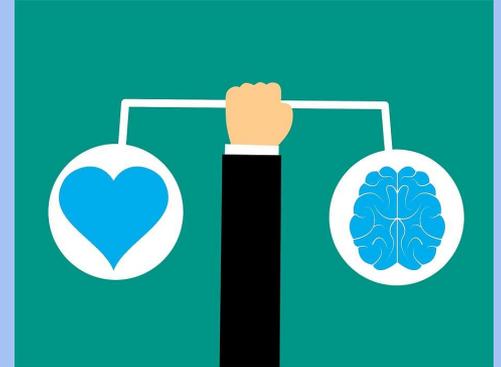




# 2020-2021 Gator Wellness Goals

## Social Emotional Learning (SEL)

- Data Driven Process
- Student and Family Survey
  - Possibly a partnership with UHCL to administer a SEL universal screener and ACEs survey
- District Wide Implementation Plan with Fidelity Checks
  - Character Strong
  - 2nd Steps
  - Restorative Practices
- SEL SAFE approach:
  - Sequenced: Connected and coordinated activities to foster skills development
  - Active: Active forms of learning to help students master new skills and attitudes
  - Focused: A component that emphasizes developing personal and social skills
  - Explicit: Targeting specific social and emotional skills
- SEL leads and campus teams
  - SEL SQUAD: Social Emotional Learning Staff Qualified Uniquely Advocating for Dickinson
- Calming Kit Training for Staff and Students



# 2020-2021 Gator Wellness Goals

## Mental Health Wellness & Awareness

- Mental Health, Trauma Informed Practices and Suicide Prevention training yearly
- Mental Health First Aid training offered to staff and the community
- More staff wellness opportunities and/or supports



### WHAT IS TRAUMA?

Trauma is any experience that leaves a person feeling hopeless, helpless, and fearing for their life/survival or safety. This experience can be REAL or PERCEIVED. We can experience trauma in many ways. The causes of trauma are less important than how trauma manifests in a child's life but it is important to understand that we can experience trauma in many ways. (STARR Commonwealth)

### What are Adverse

### Childhood Experiences?

ACEs, are potentially traumatic events that occur in childhood (0-17 years).

### ACE's Include:

- Physical Abuse
- Physical Neglect
- Witnessing domestic violence
- Sexual Abuse
- Loss of parent due to death, divorce, or abandonment
- Emotional Abuse
- Emotional Neglect
- Household member who suffered from mental health issue, addicted to illegal drugs and/or alcohol or was incarcerated
- Community & Systematic Causes: violence, experiences with racism, and chronic poverty

## TRAUMA INFORMED & GRIEF INFORMED PRACTICES DICKINSON ISD 2020-2021

### HOW DO WE BECOME A TRAUMA INFORMED DISTRICT?

All campuses need to be predictable, consistent, positive and safe. All staff need ongoing professional development in the area of trauma informed care.

### THINKING SHIFT

From "What's wrong with you?" to "What happened to you?"

### 10 STEPS TO TRAUMA-INFORMED SCHOOLS

1. Focus on Resilience
2. Understand Trauma as an Experience
3. Foster Connections
4. Prioritize Social and Emotional Skill Development
5. Establish Safety
6. Promote Play
7. Understand the Link Between Private Logic and Behavior
8. Collaborate with Families and Communities
9. Support and Invest in Staff
10. Collect and Utilize Outcome Data

### PROFESSIONAL DEVELOPMENT:

Audience	Time Frame	Training
All Staff	Prior to 1st day of School	Kognito: Student Mental Health & Trauma-Informed Approach to Teaching
Professional School Counselors	Prior to 1st day of School	BounceBack and/or CBITS-Cognitive Based Intervention for Trauma in Schools
All Staff	Fall Semester	The Emotional Backpack Project: Youth Mental Health, Trauma Informed Classrooms & Suicide Prevention
All Staff	Spring Semester	The Emotional Backpack Project: Advanced Trauma Informed Practices & Self-Care for Educators

(All training listed are TEA approved for trauma informed & grief informed practices)

For more information please contact Arny Cmaidalka

# 2020-2021 Gator Wellness Goals

## Family Engagement

- The family resource room will be organized and fully functional.
- Attendance to events will increase.
- Monthly email and or letter with SEL, counseling updates, community supports, family engagement events, and parenting support opportunities.
- DePelchin attendance increases to seminars.



# 2020-2021 Gator Wellness Goals

## Crisis Prevention & Response

- Suicide Prevention, Intervention & Self-Harm
  - Updated procedures
  - Training on procedures to all staff and campus response team
- Crisis Kits with Materials & Procedures
- Crisis Response Protocol and Regular Team Meetings



# Mental Health Wellness Sustainability

Dickinson ISD has the following as of 2019-2020:

- Youth Mental Health First Aid (YMHFA) 3 Instructors
- Mental Health First Aid (MHFA) 3 Instructors
- AS+K? About Suicide to Save a Life 1 trainer
- Emotional Backpack Instructors 2 per campus. Yearly they will train all staff on Mental Health, Suicide Prevention, and being Trauma-Informed.
- Nonviolent Crisis Intervention Instructor Certification (CPI): 13 instructors
- Registered Behavior Technician: 35 staff members going through the certification
- 2 Professional School Counselors seeking their Licensed Professional Counselor Certification



# Sustainability Yearly Needs:



- Staff to oversee and champion for Mental Wellness, Social Emotional Learning, the Comprehensive Counseling Program and Community Partnerships
- Licensed Professional Counselor (LPC) to provide services to students with counseling in their IEPs
- Budget for YMHFA & MHFA training materials
- Budget for counseling team to attend professional development and conferences
- Yearly Licenses for SEL/Character Education Curriculum for all campuses
- Data Driven Process and/or Platform
- Budget to maintain calming kits
- Incorporating our work into district policy
- Training for new staff:
  - Restorative Practices
  - Character Strong
  - Emotional Backpack: Mental Health, Suicide Prevention and Trauma Informed Practices



**The Global Goals  
For Sustainable Development**

**A well defined Department that promotes, advocates, evaluates and supports all of the components within Dickinson Gator Wellness:**

- Comprehensive Counseling Program: Professional School Counselors
- Social Emotional Learning: Self-Awareness, Self-Management, Social Awareness, Relationship Skills, & Responsible Decision-Making
- Child Safety
- Bullying & Cyberbullying Prevention
- Anti-Bias Education
- Multi-Tiered System of Supports (MTSS) for Mental & Behavioral Health
- Family Engagement & Supports
- Mental Health Wellness & Awareness
- Trauma Informed & Grief Informed Practices
- Community Partnerships
- Crisis Prevention & Response: Suicide Prevention & Crisis Response Team Coordination
- Social Workers : Linking families to supports & resources, School Health Advisory Council (SHAC) Chair, Homeless Liaison, Crisis Prevention Institute (CPI), Pregnancy Related Services
- Homebound

# For more information please contact:

**Amy Cmaidalka**

Social Emotional Learning  
Specialist

Dickinson ISD

[acmaidalka@dickinsonisd.org](mailto:acmaidalka@dickinsonisd.org)

281-229-7662

Facebook: @DISDGatorWellness

