

STAND STRONGER: EXPAND SUPPORT FOR STUDENT WELL-BEING

The current Covid-19 pandemic has been extremely hard on students. Many reports have highlighted a rapid increase in mental health issues stemming from isolation, loneliness, changes in routines and, in some cases, lack of support. Earlier this year, the Washington Post reported that **students are struggling across the board**. Students will need support as they reenter school full time. One low-cost way secondary schools can support student well-being is by connecting each student to one adult who is responsible for checking in with them and connecting with their family. A more structured approach to this could involve an evidence-based program **like Check & Connect**. Stand for Children continues to advocate for better student support in schools, including lower student-to-counselor ratios, more social workers and other student intervention staff.



RESOURCES:

- [Check and Connect](#) is a proven intervention designed to build trusting relationships between students and caring, trained mentors. The focus is on developing problem-solving skills and engaging students in their learning.
- [Whole School, Whole Community, Whole Children \(WSCC\) model](#) - Schools play a critical role in promoting the health and safety of students. To better serve their students, school leaders and staff can incorporate the WSCC model components to meet their unique set of needs. Visit [Virtual Healthy School](#) for tools and materials on counseling, psychological and support services.

- National Education Association – [What Does the American Rescue Plan Mean for Educators and Students?](#) It means that money can be used to hire more counselors and supports to address student trauma and learning loss. See *American Rescue Plan Education Funding map* by state.
- National Association of School Psychologists – [The Relationship Between Mental Health and Academic Achievement](#) provides a research summary of evidence that shows mental health and academic achievement are interrelated.
- [EducationWeek Special Report: STUDENT MENTAL HEALTH: HELPING A](#)

[GENERATION COPE WITH COVID-19'S FALLOUT](#) looks at the results of a survey of high school students and features articles and videos.

TRAININGS/WEBINARS:

- [Youth Mental Health First Aid](#) is a course for adults (teachers/parents/caregivers) on how to help an adolescent (age 12-18) who is experiencing a mental health or addiction challenge or is in crisis. The curriculum offers tips that can be used to help young people take care of their mental health when going back to schools.
- [American School Counselor Association](#) offer webinars and articles on Crisis Response and Trauma-Informed Practices

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