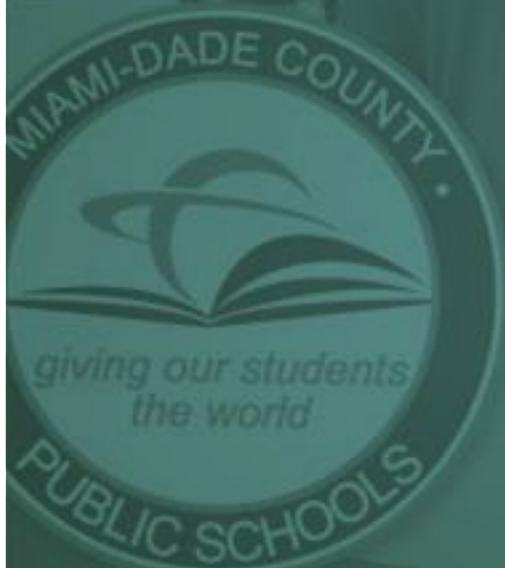




Mental Health Support in M-DCPS

SCHOOL BOARD MEETING OF MAY 18, 2022

A-1 PRESENTATION



Mental Health Resources for Employees

Well Way

305-995-2265 (M-F, 8-4:30)

wellway.dadeschools.net

Employee Assistance Program

305-995-7111 (M-F, 8-4:30)

hrdadeschools.net/empassistance

Cigna

1-800-274-7603 (24/7/365)

- ▶ In 2020, as a response to the COVID-19 pandemic's effects on the mental health of M-DCPS employees, Well Way launched the District's first website dedicated solely to employee mental health – yourmentalhealth.dadeschools.net.
- ▶ The website combines resources into a Mental Health Toolkit, **free of charge**, for employees who are enrolled and not enrolled in the Cigna plan offered by the School Board, as well as the District's EAP program. Resources include:
 - ▶ Mindfulness, stress management & on-demand coaching
 - ▶ Online counseling and wellness programs
 - ▶ Virtual care
- ▶ **All employees** received an email with live links to the Tool Kit resources.

Mental Health Resources for Students



Dept. of Mental Health Services

Assistance Line: 305-995-7100 (M-F, 8-4)

mentalhealthservices.dadeschools.net

Twitter: @MDCPS_MHS

- ▶ Over a dozen programs to educate students, staff, and parents on children's mental health
- ▶ Mental Health Coordinators – assigned to all K-12 schools
- ▶ Student Support Specialists, Part-Time Mental Health Professionals & Hourly Counselors
- ▶ Contracted Services via Mental Health Providers (at no cost to families)
- ▶ Telehealth options available



MDSPD Therapy Animal/K-9 Unit

- ▶ MDSPD has added 5 therapy/emotional support dogs to its K-9 Unit
- ▶ Emotional support dogs have been proven to help individuals cope with stress and short-term anxiety following exposure to traumatic incidents
- ▶ Collaboration with Felix Varela Senior High School's Veterinary Science Magnet Program





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