

COVID-19

School Reopening Mental Health Resources for Teachers and Leaders

NOLA PS does not endorse the external resources linked on this page; however, they are included to assist schools in identifying resources to support their schools' unique needs.

Planning Resources for School Leaders

- [Reunite, Renew, and Thrive: Social and Emotional Learning \(SEL\) Roadmap for Reopening school](#) (40+ Leading national organizations)
- [Schools and Covid-19: Planning Guide for Social and Emotional Supports for School Re-Opening and Beyond](#) (Safe Schools Nola)
- [School Re-entry Considerations: Supporting Student Social and Emotional Learning and Mental and Behavioral Health Amidst COVID-19](#) (ACSA and NASP)
- [An Initial Guide to Leveraging the Power of Social Emotional Learning As You Prepare to Reopen and Renew Your School Community](#): In this guide, CASEL shares a framework with actionable recommendations to help school leadership teams plan for the SEL needs of all students and adults during the upcoming transition into summer and the beginning of the new school year.
- [Plan Ahead to Support the Transition Back of Students, Families, and Staff](#): The UCLA Center for Mental Schools dedicated their quarterly e-journal *Addressing Barriers to Learning* to guidance and resources to support schools as they prepare to transition students back into classroom learning.
- [School Mental Health Planning for the 2020-2021 School Year during COVID-19](#): This webinar from the NCSMH and School-Based Health Alliance is part of the School Health Services National Quality Initiative webinar series on Innovation and Emerging Best Practices.
- [Supporting a Mentally Healthy Return to School](#): This document, created by School Mental Health Ontario, provides guiding principles, broad questions for consideration, and planning templates to assist your team in supporting a mentally healthy return to school.

Resources on Supporting Teacher Wellness

- [Guide to Supporting the well-being of students and staff \(LDOE\)](#)
- [COVID-19 Considerations for Reopening Schools: Supporting Student and Staff Wellness:](#)

This guidance document from the Kentucky Department of Education addresses planning considerations for the social and emotional wellbeing of students and staff during the transition when schools reopen.
- [Covid-19 Resilient Educator Toolkit](#)

This site equips teachers with actionable strategies and advice to use immediately for themselves and in working with and supporting children, parents, and families during these difficult times to become more resilient together.
- [Robert Wood Johnson Foundation- Teacher Stress and Health.](#)

This webpage and research brief outlines the impact of teacher stress on health, student performance, financing and equity. It also provides strategies for supporting teachers.
- [OEA Choice Trust: Blueprint for School Employee Wellness.](#)

This resource from Oregon outlines key steps to creating and sustaining a school employee wellness program, real world examples and links to resources.
- [Well-Being Leadership Team Guidance](#) (LDOE)
- [Tools for Educators during a Public Health Crisis](#)

Resources for Educators on Supporting Students

- [Teaching Tolerance](#)
 - [A Trauma-Informed Approach to Teaching Through Coronavirus](#)
- [Talking with kids about Covid-19](#) (CDC)
- [Helping Children Cope with changes resulting from Covid-19](#) (NASP)
- [Countering Coronavirus Stigma and Racism: Tips for Teachers and Other Educators](#)
- [Building Connectedness and Belonging for Students While School Buildings Are Closed](#)
- [Humanizing online teaching](#)

Resources for School-based Mental Health staff

- [Returning to school following Covid-19 Related School Closures: The Covid-19 School Adjustment Risk Matrix \(C-SARM\)](#) (NASP)
- [Telehealth: Recommendations for virtual service delivery](#) (NASP)
- [National Center for School Mental Health \(NCSMH\)](#)

Local Organizations

- [Safe Schools Nola](#)
This site includes instructional strategies for classrooms, tools for leadership teams to assess needs and create action plans and Covid-19 resources for supporting staff and students upon school reopening.
- Navigate Nola
This site includes SEL Lessons for schools and families.

Reopening Resources from Professional Organizations

[School Counselors](#)

[School Psychologists](#)

[School Social Work](#)

- [Covid-19 Resources for School Social Workers](#) (NASW)
- [School Social Work Association Resources](#) (SSWAA)