



**Texas Bandmasters Association
Convention/Clinic July 22-24, 2021**

Supporting Student Mental Health

**CLINICIANS:
Lee Crochet, Bethany McPhail,
Jessica Murry Zellers**



HENRY B. GONZALEZ CONVENTION CENTER - SAN ANTONIO, TEXAS

Supporting Student
Mental Health

Texas Bandmasters Association 2021 Convention

Date: 7/22/2021

Time: 4:00 PM

Room: CC 217CD



Mental Health





Student Safety

Hello!

Lee Crochet, ME School Counselor

Bethany McPhail, LPC

Jessica Murry Zellers, LMFT



Best Practices

Recognize the
signs

Know how
to respond

Create
community
of support



Signs

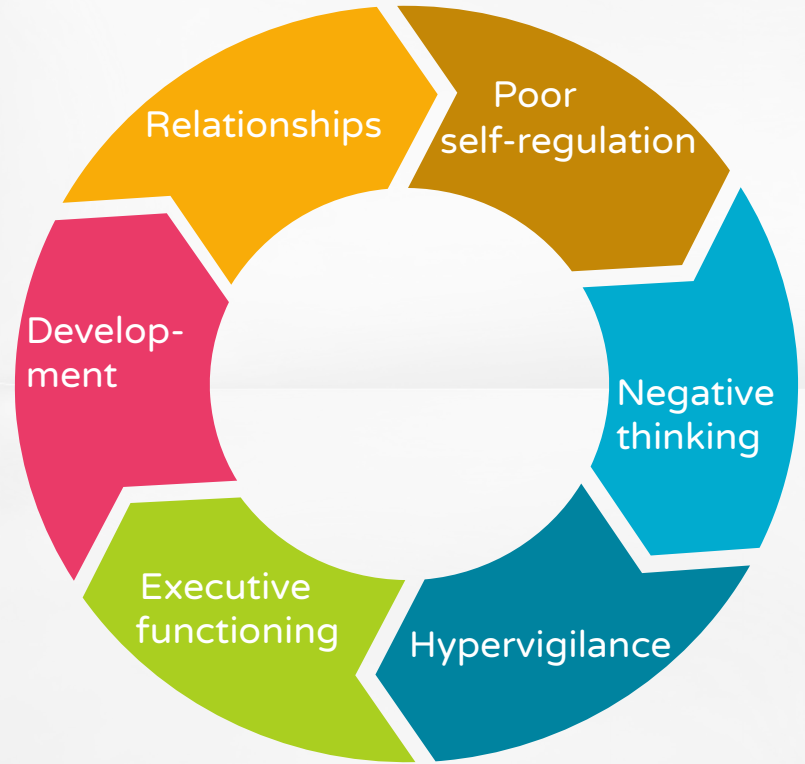
Anxiety



Depression

- ▣ Unusual sadness, even when things change
- ▣ Having a hard time paying attention
- ▣ Feeling like everything is their fault
- ▣ Changes in sleep, eating patterns, and/or energy
- ▣ Loss of enjoyment
- ▣ Harsh self-assessment
- ▣ Self-injury, suicidal thoughts and/or attempts
- ▣ **Affects all areas of a child's life**
- ▣ **Symptoms persist for a long period of time**

Trauma in the Classroom



How to Respond

Inform parents
of concerns,
specific
observations

Age
Appropriate
?

How long
?

Out of
proportion
?

Compared
to the group
?

Impairs
functioning
?

What am I seeing?

Report
the
signs



ASK About Suicide

ASK

SEEK

KNOW

ASK About Suicide

It is ok to ask directly if a student is thinking about killing themselves

Make sure you are in a private setting

Do not ask general questions such as if they want to harm themselves

SEEK More Information

Let the student know what you've observed and why you are concerned

Listen to them without judgment or offering advice

KNOW Where and How to Get Help

If you have ANY reason to believe a student may be having suicidal thoughts, GET HELP IMMEDIATELY!

Do not email this information or wait until the end of the day

DO NOT leave them alone, or send them on their own anywhere

How to Respond

Inform parents
of concerns,
specific
observations

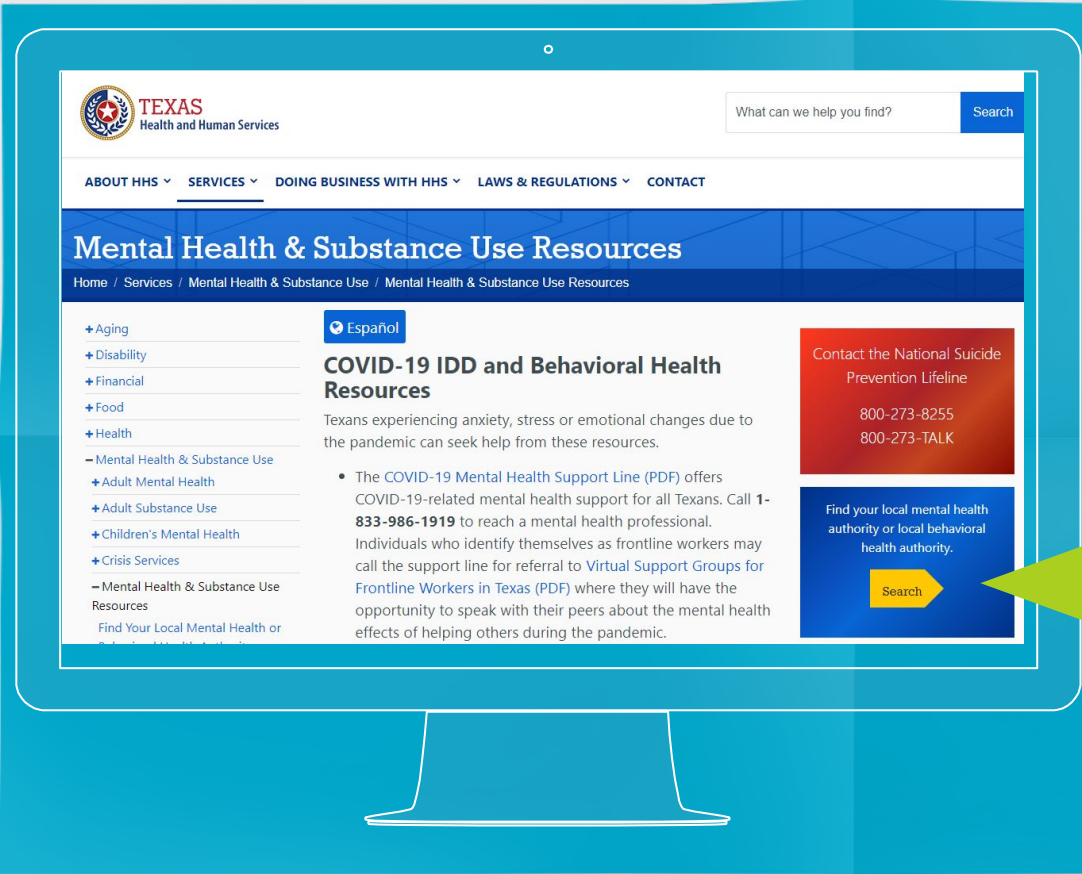
Contact school
or district
mental health
professional

How to Respond

Inform parents
of concerns,
specific
observations

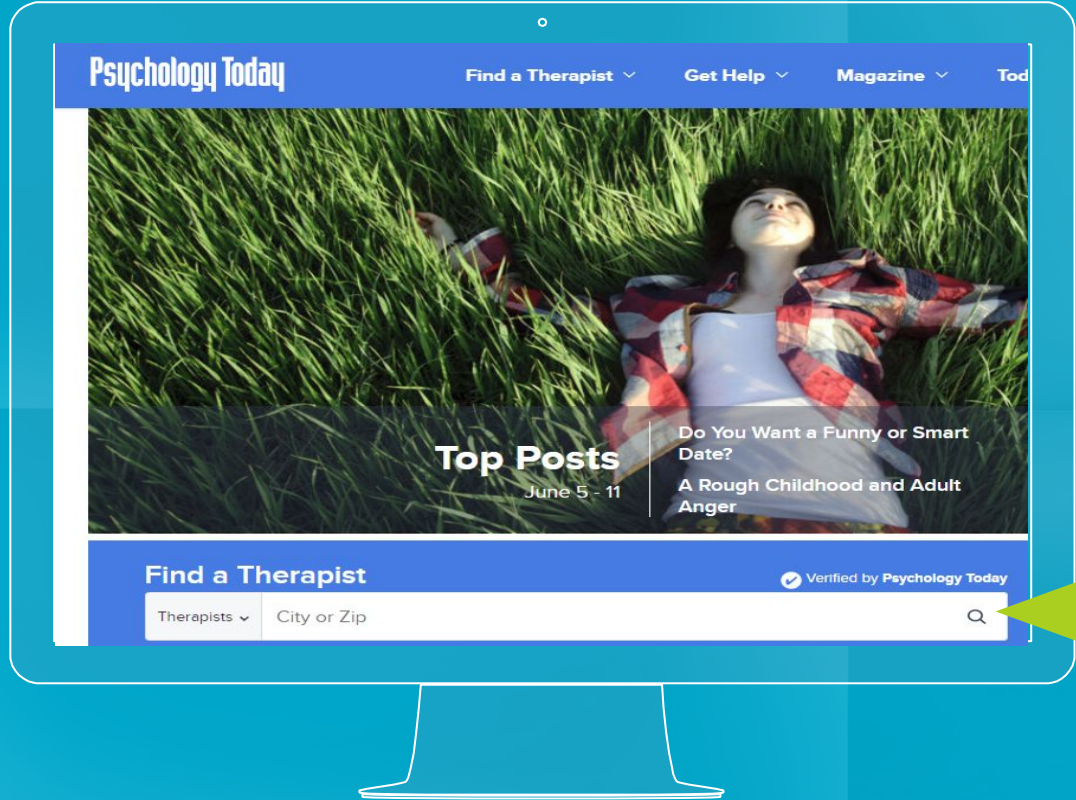
Contact school
or district
mental health
professional

Share mental
health support
resources with
parents



Texas Health & Human Services

Psychology
Today



How to Respond

Inform parents
of concerns,
specific
observations

Contact school
or district
mental health
professional

Share mental
health support
resources with
parents


Advocate for
support for
student

Creating a Community of Support




**Student
Leadership**


Starting the Conversation



I've noticed that you haven't been acting like yourself lately. Is something going on?



I've noticed you're less prepared than you normally are. Is everything ok?



It makes me afraid to hear you talking like this. Let's talk to someone about it.

Creating a Community of Support



**Student
Leadership**



Pulse Check



Enraged	Furious	Frustrated	Shocked	M	Surprised	Upbeat	Motivated	Ecstatic
Livid	Frightened	Nervous	Restless	O	Hyper	Cheerful	Inspired	Elated
Fuming	Apprehensive	Worried	Annoyed	O	Energized	Lively	Optimistic	Thrilled
Repulsed	Troubled	Uneasy	Peeved	D	Pleasant	Joyful	Proud	Blissful
M	O	O	D	M	E	T	E	R
Disgusted	Disappointed	Glum	Ashamed	E	Blessed	At Ease	Content	Fulfilled
Mortified	Alienated	Mopey	Apathetic	T	Humble	Secure	Chill	Grateful
Embarrassed	Excluded	Timid	Drained	E	Calm	Satisfied	Relaxed	Carefree
Alone	Down	Bored	Tired	R	Relieved	Restful	Tranquil	Serene

Creating a Community of Support



**Student
Leadership**



Pulse Check



Stigma



**Physical, Mental, &
Emotional Health**



Follow Up

Thoughts to Consider

What are you already doing to support student mental health?

Who will you go to for support?



Is there one change or idea you want to implement this school year?

Thanks!

Thanks!

Any questions?

References

- Child Mind Institute (depression and anxiety articles)
- Centers for Disease Control & Prevention (CDC)
- American Psychiatric Association (anxiety and depression articles)
- American Academy of Child & Adolescent Psychiatry (AACAP)
- National Center for Biotechnology Information (NCBI)