

TO: Mike Riggle
FROM: Rosanne Williamson
RE: Student Wellness Follow-up
DATE: June 17, 2013
CC: Board of Education

This memo serves as a follow-up to the student wellness study conducted during the 2012-2013 school year. As part of the process of identifying gaps in student wellness, meetings were conducted with subsets of the Student Services Department members (guidance counselors, social workers, psychologists, nurses, deans, student assistance program coordinators) and Instructional Supervisors for PE/Health/Driver Education with a specific focus on emerging trends in the student population. In addition, data were reviewed from the Illinois Youth Survey (IYS), High School Survey of Student Engagement (HSSSE) and trend data relative to student hospitalizations, homebound and concussions.

The student wellness initiative contained the following tasks:

1. Convene a committee to conduct a study of current Student Services offerings
2. Collect data on current programs and levels of use.
3. Analyze student health programs according to the CDC Health Index Survey (used as a resource to guide data review, not as an analysis instrument).
4. Use data to identify current student needs.
5. Complete analysis of current programs vs. identified needs and report findings.

Findings

- Increasing numbers of students have been hospitalized and struggle when returning to school following hospitalization. There is a need for additional programming to assist students in the transition back to the day school. Students are often re-hospitalized. Models used by other schools in the area will be studied during the 2013-2014 school year.
- Increasing number of students face homebound/cognitive rest following concussions. These students struggle in some of the same ways students returning from hospitalization do relative to catching up on school work and sometimes feeling overwhelmed when cognitive rest prevents students from keeping pace.
- Increasing numbers of students face school avoidance, some because they become overwhelmed from school work when trying to return to a regular school schedule following hospitalization or homebound.
- Given the intensity of some cases seen by school psychologists and social workers there is a need to make more use of a clinical supervision model where outside consultants are used to confer on more difficult cases. This need has emerged as families have fewer resources through medical insurance, community resources are somewhat limited and the economy has had a general impact on insurance coverage.
- Managing data regarding student wellness and those receiving interventions needs to be more accessible and centrally located so that student service personnel can quickly and easily access all relevant information when working with a student. Options will be explored for data warehousing including those available in the new student information system, PowerSchool.
- Social media continues to play a role in issues faced by students. There is a need to further develop educational information for students and parents around social media.
- Further promoting awareness among students and parents in how to seek help from school and community resources when they are struggling with social/emotional issues is needed.