

Summary – May 8th Listening & Learning Session
Show-Me School-Based Health Alliance of Missouri

Recording Available Here:

<https://moschoolhealth.box.com/s/j4t1urzgc2vhgrmltdfz8qszgz8uyoz>

Mental Health Strategies During COVID-19

The Health Care Collaborative of Rural Missouri

- Have maintained close contact with school administrators to enquire about ongoing student needs
- Utilizing several web-based platforms, including Zoom which has allowed providers to share screen & connect & interact with patients
- Marketing team created a storybook on COVID-19 for child therapist to use with young clients, review together during Zoom therapy sessions
- Outreaching to patients to address social, emotional, and mental health needs using the PREPARE assessment through NACHCs
- Community health workers are utilized at school-based sites (when school is in session) to help to assist with telehealth, Medicaid enrollment support, and provide referrals to community resources

Burrell Behavioral Health

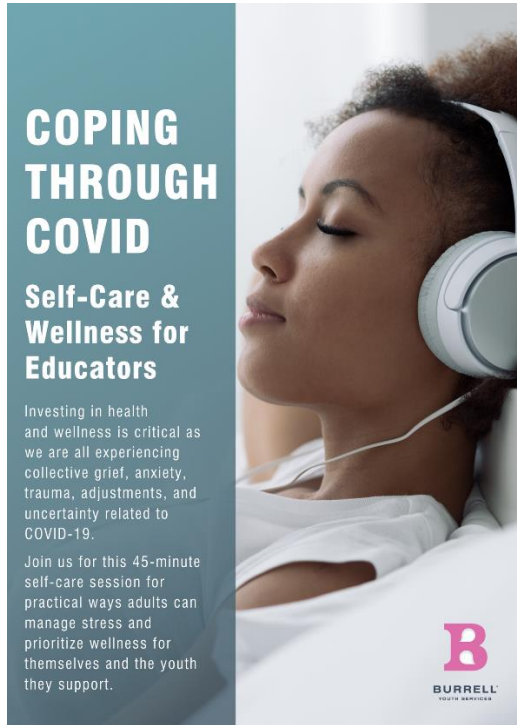
- School-based services have shifted to both telehealth & to in-person visits at Burrell's physical locations
- Focusing efforts on ensuring their providers have the resources they need and are staying well themselves; started conducting weekly Be Well sessions for employees to join and, due to the success, started offering sessions to the public as well via Facebook live
- Sending out weekly updates to staff to share resources as well as hosting weekly resource sharing meeting to share books, resources, materials, strategies, etc. for providers to use during their sessions
- Launching a YouTube channel for youth clients to access wellness activities
- Weekly, and now bi-weekly, conference call with the CEO to provide timely updates and information to staff
- Have faced some challenges with reaching students, school administrators have been very helpful in helping to follow up with students
- One benefit of Zoom has been that therapists are able to learn more about the patient's family and home situation

- Also have virtual professional development on self-care for teachers and staff – email YSTraining@burrellcenter.com for more information

Resources

From Burrell Behavioral Health

- [Be Well Community videos via Facebook](#)



- [Maintaining Mental Health During COVID – Parents](#)
- [Maintaining Mental Health During COVID – Youth](#)

From MU Extension

- [Youth Mental Health First Aid](#)
- [Taking Care of YOU: Body, Mind, Spirit](#)
- [COVID-19 Emotional Health & Well-Being](#)
- [Tips for Co-Parenting During COVID-19](#)
- [Childcare Training — May 12th & 14th](#)
- [Playing is Learning - Outdoor Play](#)
- Contact Amy Bartels for more information at bartelsa@missouri.edu.

General

- [Webinar Recording & Slides](#) | Behavioral Health for High School-Aged Patients | National School-Based Health Alliance
- APA Text, Talk, Act Activity for Teens



- [Bridging the Gap: Parents & Teens Talking Together](#) | Upcoming Webinar from APA
- [Alive & Well Communities Daily Dose of Support](#) | Everyday at 10:00 am on Facebook Live
- Additional resources available [linked in presentation slides](#).

Please find recordings and summaries of previous Listening & Learning Sessions [available here](#).

Show-Me School-Based Health Alliance of Missouri

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