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Increasing the Effectiveness of the Mental Health Programs in Our Schools Will be Essential When Students Return to Fulltime Live Learning

What Do We Know About the Pandemic Impacts on Student Mental Health?

- We know that schools are the “the de facto mental health system for many children and adolescents,” providing mental health services to 57% of adolescents who need care, according to the authors of a recent study published by *Journal of the American Medical Association Pediatrics*. We know that the absence of in-school time and the prevalence of remote learning was be disruptive to many students but was especially disruptive to students from lower-income families, ELL students, and minority families who are likely to receive mental health services exclusively from schools. The Covid-19 pandemic has worsened existing mental health problems and may lead to an increase of such problems among children and adolescents due to health issues, social isolation and economic decline for families.
- We know that mental health and academic achievement are linked. Chronic stress changes the chemical and physical structure of the brain impairing cognitive skills like attention, concentration, memory and creativity. **A student’s emotional development, beliefs and socialization play a large role in ensuring academic success.**



Roseli S. Weiss, has an Ed.D in education and an Ed.S in counseling/psychology. She had been a teacher, counselor, principal, assistant superintendent and superintendent. Since joining Ribas Associates she has been actively involved in training educators in the skills for developing social-emotional learning among students. Her clinical and education background makes her uniquely qualified to provide your district with the assistance it may need to insure optimum mental health supports for students.

Dr. Weiss will work with school districts to assess and improve their mental health services for students. Some of the services Dr. Weiss is able to provide districts include:

1. Assessment of present services to learn the strengths of the school districts’ supports of student mental health and where gaps exist,
2. Make recommendations for improvement and assist with the implementation of those recommendations,
3. Provide coaching and/or training for district mental health providers and staff

4. Provide coaching and/or training for teachers and administrators in the area of mental health and social-emotional learning,
5. Review of the coordination with community of the mental health organizations that may be servicing some of the district's students,
6. Speak to parent groups about student emotional and academic health.

For more information please contact us at the email or phone number on the letter head.

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