

Mental Health and Well-being Office Hours

ODE will be offering drop-in office hours for school staff supporting student mental health and well-being. Please see details and registration information below.

When: First Tuesday of the month from 3:30-4:30 (April 1st, May 6th, June 3rd)

Why: We would like to provide space and time for connection, support and information for building and district staff who support student mental health and well-being. If you support students around substance use/substance prevention, Transformative Social and Emotional Learning (TSEL), suicide prevention, school violence prevention, trauma informed practices, restorative practices, and workforce wellness, then these sessions are for you.

What: Interested participants can [register here](#) for the ODE Mental Health and Well-being office hours and once you arrive you can select a breakout room based on your area of interest. The options will be suicide prevention, restorative practices, Transformative SEL, substance use prevention and adult/workforce wellness.

The following ODE staff will be available and will be hosting a break out room:

- Danica Jensen Weiner, Educational Equity, Safety, and Restorative Justice Specialist - Provide information and resources for Restorative Practices and Restorative Justice training, implementation, integration into current programs and initiatives, and personal practice. Educational and community-based resources and information will be available.
- Jenn Johnson, School Safety and Prevention System Coordinator - Professional learning, guidance, and resources in the area of school violence prevention, bullying and cyberbullying prevention, Behavior Safety [threat] Assessment, supporting youth with problematic sexual behaviors, trauma informed practices in schools, and school/classroom culturally responsive strategies that promote student belonging and well-being.

- Nole Kennedy, Student Wellness and Safety Specialist - Provide information, guidance, support, and resources in the area of suicide prevention, intervention, and postvention. We'll review the legislatively mandated components of Adi's Act (districts' suicide prevention policies and comprehensive suicide prevention plans) as well as discuss ways to elevate plans.
- Dr. Fynn-Aikins, Social Emotional Learning Specialist - Provide guidance and resources, support and inspiration on all things Transformative SEL, including implementation.
- Alanna Russell, Substance Use Prevention Education Coordinator - Provide guidance and resources related to substance use prevention and intervention, promote opportunities for staff doing this work to collaborate and support each other, and facilitate two-way communication with ODE and school districts.
- Nat Jacobs, Mental & Behavioral Health Education Leader and Beth Wigham, Ed. D Career and College Readiness & School Counseling Systems Specialist - We will be holding space in the main room, providing resources, support and information on comprehensive school based mental health systems, comprehensive school counseling and everything in between.
- Bhagavati Mullock, School Community Health Strategist - Let's drop in, pause and take care of our nervous systems. Together we will practice co-regulation and somatic modalities to cultivate resilience for ourselves and will leave with resources to share back with other members of your team.

Please reach out to nat.jacobs@ode.oregon.gov with any questions and requests for accommodations.