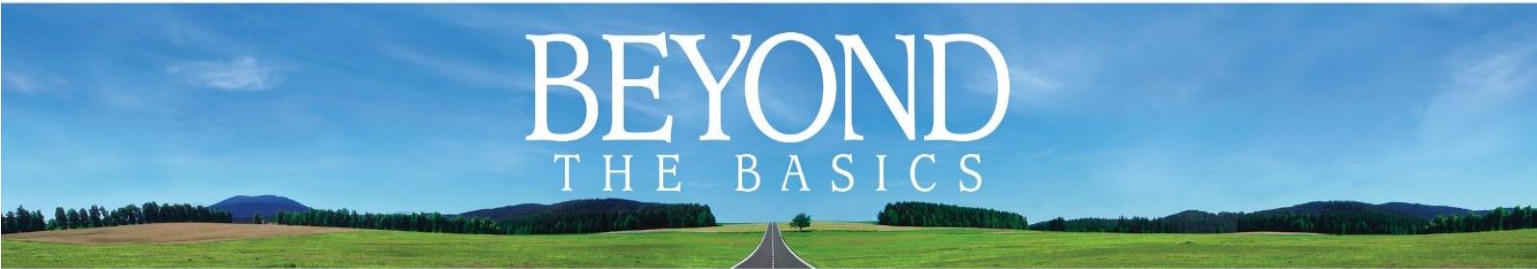


THE SOUTH CAROLINA SCHOOL BOARDS ASSOCIATION

PRESENTS

BEYOND THE BASICS





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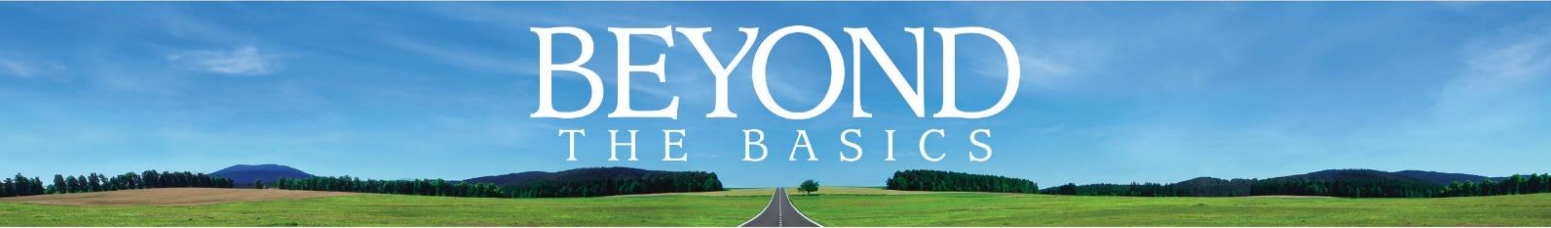
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Leading during crisis while maintaining civility
Thursday, October 8, 2020
Virtual Workshop

9:00 - 9:05 a.m. **Greetings from the SCSBA Executive Director**
Scott T. Price, Executive Director, *SCSBA*

9:05 - 9:15 a.m. **Welcome and purpose**
Cheryl Burgess, SCSBA President-elect, *Lexington School District Three*

9:15 - 10:15 a.m. **Civility during a crisis**
As local leaders, modeling civil and collaborative behavior is always important, but especially amid a crisis. During this session, we will learn techniques to address conflict effectively when tensions are high and emotions are elevated. We will discuss ways to establish and build trust in your work as a board, ultimately creating a culture of communicating with civility and respect in your district.
Ron L. Harvey, VP Operations/COO at *Global Core Strategies Consulting*

10:15 - 10:30 a.m. **Break**
Co-sponsored by Boykin & Davis, LLC

10:30 - 11:30 a.m. **Leading with understanding**
We are amid an unprecedented public health crisis, yet we also have an extraordinary opportunity to come together within our families and our communities to reduce the stigma that often surrounds mental health. In order to lead and support one another, we must first understand another’s experiences. This presentation will discuss the impact of COVID-19 on our emotional well-being, protecting against suicide, the importance of a trauma-informed response in connecting to others, and resources to help support coping.
Jennifer Butler, LISW-CP/S, *SC Department of Mental Health, Office of Suicide Prevention*

11:30 a.m. - 12:15 p.m. **Lunch**

12:15 - 1:15 pm **Leading during crisis - Lessons from the trenches**
Join this panel of school board members from around the state as they discuss challenges and opportunities the COVID-19 pandemic has presented in their communities. Hear some of their best practices related to communicating with stakeholders, managing constant change, adapting policies and budgets, and working cooperatively with district administration.
James Shadd, Board Chair, *Richland School District Two*
Keith Liner, Board Chair, *Aiken County Public School District*
Kristy Spears, Board Chair, *Fort Mill Schools*

1:15 - 1:30 p.m. **Break**
Co-sponsored by Duff Freeman Lyon, L.L.C.

1:30 - 2:30 p.m. **Supporting students during a pandemic**
School district student services professionals will share their insights on how children in our state are faring emotionally and mentally during the current COVID-19 crisis. We will learn ways that district leaders can enhance mental health services for students in their communities and how school board members can support our students in the midst of a pandemic.

Dr. Patricia P. Beason, Assistant Superintendent for Student Services, *Spartanburg School District One*

Dr. Allen Pope, District Lead School Psychologist, *Orangeburg County School District*

Gretchen Smith, LISW, Coordinator of Rehabilitative Behavioral Health Services, *Horry County Schools*

2:30 p.m. **Workshop closing**

Cheryl Burgess, SCSBA President-elect, *Lexington School District Three*

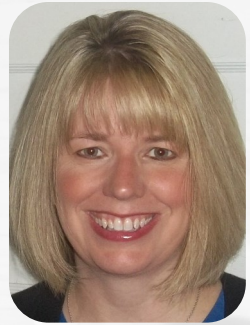
BEYOND THE BASICS



Dr. Patricia P. Beason
*Assistant Superintendent for Student
Services Spartanburg School District
One*



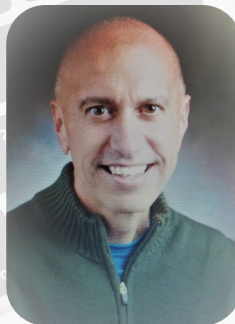
Cheryl Burgess
*SCSBA President-elect
Lexington School District Three*



Jennifer Butler, LISW-CP/S
*SC Department of Mental Health,
Office of Suicide Prevention*



Ron Harvey
*VP Operations/COO at
Global Core Strategies*



Keith Liner
*Board Chair
Aiken County Public School District*



Dr. Allen Pope
*District Lead School Psychologist
Orangeburg County School District*



Scott T. Price
SCSBA Executive Director



James Shadd
*Board Chair
Richland School District Two*



Gretchen Smith, LISW
*Coordinator of Rehabilitative
Behavioral Health Services,
Horry County Schools*



Kristy Spears
*Board Chair
Fort Mill Schools*

PRESIDENT'S

C L U B



Gold Level

Boykin & Davis, LLC

Halligan Mahoney
& Williams, P.A.

Silver Level

Burr Forman McNair

Hood Construction Company

White & Story, LLC

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Duff Freeman Lyon, L.L.C.

Haynsworth Sinkler Boyd, P.A.

Wells Fargo Bank
and Wells Fargo
Asset Management

SCSBA



Boardmanship Institute CALENDAR OF EVENTS

For the most updated conference information,
please routinely check the Training tab on our website, scsba.org.

Conferences	Date(s) & Location	Fees & Deadlines	BI Points & Hours
NSBA Advocacy Institute	January 24-26, 2021 Washington, DC TBD	National School Boards Association www.nsba.org	5 points
<u>Annual Convention, Civility and Professional Ethics Workshop, Board Chair Workshop, New Board Orientation</u>	February 18-21, 2021 Hilton Head/Hilton Head Marriott	<u>Feb 18: Civility and Professional Ethics Workshop</u> ♦ Registration fee: \$135, members only <u>Feb 18: Board Chair Workshop</u> ♦ Registration fee: \$135, members only <u>Feb 18: New Board Orientation</u> ♦ Registration fee: \$100, no charge for new board members, members only <u>Feb 18-21: Annual Convention</u> ♦ Registration fee: \$275, non-members \$475 ♦ Cancellation deadline: TBD Hotel rate: \$146, Hotel deadline: Jan 20	CPEW: 10pts 5 hrs BCW: 10pts 5 hrs NBO: 5 pts 5 hrs AC: 15 pts 14 hrs
<u>2DAC</u> (Two Days at the Capitol)	March 4, 2020 Columbia/Columbia Metropolitan Convention Center	♦ Registration fee: \$75 ♦ Cancellation deadline: February 26	5 pts 2 hrs
NSBA Annual Conference	April 4-6, 2020 Chicago, IL	National School Boards Association www.nsba.org	5 points
<u>2DAC</u> (Two Days at the Capitol)	April 22, 2020 Columbia/Columbia Metropolitan Convention Center	♦ Registration fee: \$75 ♦ Cancellation deadline: April 15	5 pts 2 hrs
<u>New Board Orientation, Make-up</u>	June 4, 2020 Virtual Conference	♦ Registration fee: \$100, no charge for new board members, members only ♦ Cancellation deadline: May 21	5 pts 5 hrs
<u>School Law Conference</u>	August 21-22, 2020 Virtual Conference	♦ Registration fee: \$150, non-members \$250 ♦ Cancellation deadline: August 6	15 pts 7 hrs
<u>Webinar-Lunch & Learn Series</u>	September 3, 2020	There is no registration fee for this event. Board secretaries <u>must register</u> their board members who plan to participate.	1 pt 1 hr
<u>Webinar-Lunch & Learn Series</u>	September 10, 2020	There is no registration fee for this event. Board secretaries <u>must register</u> their board members who plan to participate.	1 pt 1 hr
<u>Beyond the Basics Workshop</u>	October 8, 2020 Virtual Conference	♦ Registration fee: \$100, non-members \$200 ♦ Cancellation deadline: October 1	5 pts 4 hr
<u>Webinar-Legislative Preview</u>	October 2020	There is no registration fee for this event. Board secretaries <u>must register</u> their board members who plan to participate.	1 pt 1 hrs
<u>Risky Business Seminar</u>	October 15, 2020 Virtual Conference	♦ Registration fee: \$80, members only ♦ Cancellation deadline: September 1	10 pts 5 hrs

<u>Regional Advocacy Meeting</u>	October 21, 2020 1881 Event Hall 805 Spartan Boulevard Spartanburg, SC 29301	♦ Registration fee: \$55	5 pts 2 hrs
<u>Regional Advocacy Meeting</u>	October 28, 2020 Lowcountry Conference Center 406 Sigma Drive Summerville, SC 29486	♦ Registration fee: \$55	5 pts 2 hrs
<u>Regional Advocacy Meeting</u>	October 29, 2020 Cooperative Conference Center 169 Laurelhurst Avenue Columbia, SC 29210	♦ Registration fee: \$55	5 pts 2 hrs
<u>Legislative Advocacy Conference</u>	December 3, 2020 Virtual Conference	♦ Registration fee: \$125, non-members: \$250 ♦ Cancellation deadline: November 20	10 pts 5 hrs
<u>Delegate Assembly</u>	December 4, 2020 TBD		

Conferences held on Saturday and Sunday begin approximately 8 a.m. and may require Friday and Saturday night hotel stay.

Registration fees are subject to change.

- ♦ No refunds after the cancellation deadline.
- ♦ Registration fees increase \$25 for registrations made after the deadline.

Who to call

800.326.3679

We welcome your calls and e-mails. Call toll-free. After hours, dial the extension to leave a voice mail.

SCSBA

Scott Price, Executive Director

Extension 0259, sprice@scsba.org

chief executive officer, individualized district studies (curriculum, organizational, salary, etc.), superintendent search

Judy LeGrand, Executive Assistant and Superintendent Search Coordinator

Extension 0226, jlegrand@scsba.org

liaison to SCSBA board of directors

Rodney Nixon, IT Manager

Extension 0241, rnixon@scsba.org

Ranae Mack, Receptionist

Extension 0220, rmack@scsba.org

Melissa Donald, Director of Finance

Extension 0238, mdonald@scsba.org

Susan Hagedorn, Office Operations and Accounting Manager

Extension 0234, shagedorn@scsba.org

Gwen J. Hampton, MSW, CMP, Director of Leadership Development

Extension 0251, ghampton@scsba.org

annual convention, association workshops/conferences, board assessments, Boardmanship Institute, on-site training

Blair Warren, Conference Service Associate

Extension 0260, bwarren@scsba.org

Debbie Elmore, Director of Governmental Relations

Extension 0224, delmore@scsba.org

advocacy services, legislative services, referendum information

Becky Bean, Director of Communications

Extension 0227, rbean@scsba.org

awards and recognition, board data, media relations, publications, website (scsba.org)

Erin Hughes, Administrative Assistant for Communications and Governmental Relations

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Dr. Tiffany N. Richardson, General Counsel and Director of Policy and Legal Services

Extension 0258, trichardson@scsba.org

Rasheeda Cleveland, Staff Attorney

Extension 0247, rcleveland@scsba.org

Rachael O'Bryan, Administrative Assistant

Extension 0233, robryan@scsba.org

Emma Brody, Paralegal

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SCSBIT

Steve Mann, CPA, Director of Insurance Services

Extension 0254, smann@scsba.org

risk control services, self-insured property & casualty program, self-insured workers' compensation program

Jennifer Ayers, Administrative Assistant

Extension 0256, jayers@scsba.org

Sheri Miracle, Office Assistant

Extension 0221, smiracle@scsba.org

Property & Casualty

Kim Anderson, Asst. Dir., Property and Casualty Extension 0252, kanderson@scsba.org

Nicky Shova, Administrative Assistant

Extension 0222, nshova@scsba.org

Risk Control

Tim Hinson, CPSI, Risk Control Manager

Extension 0248, thinson@scsba.org

Workers' Compensation

Danny Deal, Assist. Dir., Workers Comp.

Extension 0240, ddeal@scsba.org

Civility During A Crisis

An important part of civility is the ability to trust and be trusted.

Learning Summary

To Listen Actively

- Have a reason.
- Leave enough time and be patient.
- Keep your attention on the speaker.
- Clarify and paraphrase.
- Keep an open mind.
- Avoid interrupting unnecessarily.
- “Listen” to nonverbal communication.

To Convey Clear Messages

- Choose the right medium, time, and place.
- Think about your audience.
- Know what you want to say.
- Be specific, respectful, accurate and honest.
- Speak clearly and make eye contact.
- Use positive language.
- Ask questions.

To Convey Civility Expectations

- Be complete and specific.
- Check for understanding.
- Encourage questions.
- Be respectful at all times.

To Set Performance Goals

- Create space and time for the dialogue.
- Ask clarifying questions.
- Define agreed-upon goals in writing.
- Review progress regularly.

To Coach Employees

- Ask whether they want coaching and what level.
- Focus on asking questions.
- Make suggestions instead of giving advice.

To Give Useful Feedback

- Think of feedback as useful.
- Choose the right time and place.
- Be specific.
- Focus on facts, behavior, and results.
- Ask questions.
- Encourage employees to respond.

To Help Individuals Learn

- Provide context.
- Involve them in the learning process.
- Reinforce their efforts.
- Create safe space for learning.
- Meet people where they are.
- Allow mistakes.
- Provide resources and support.

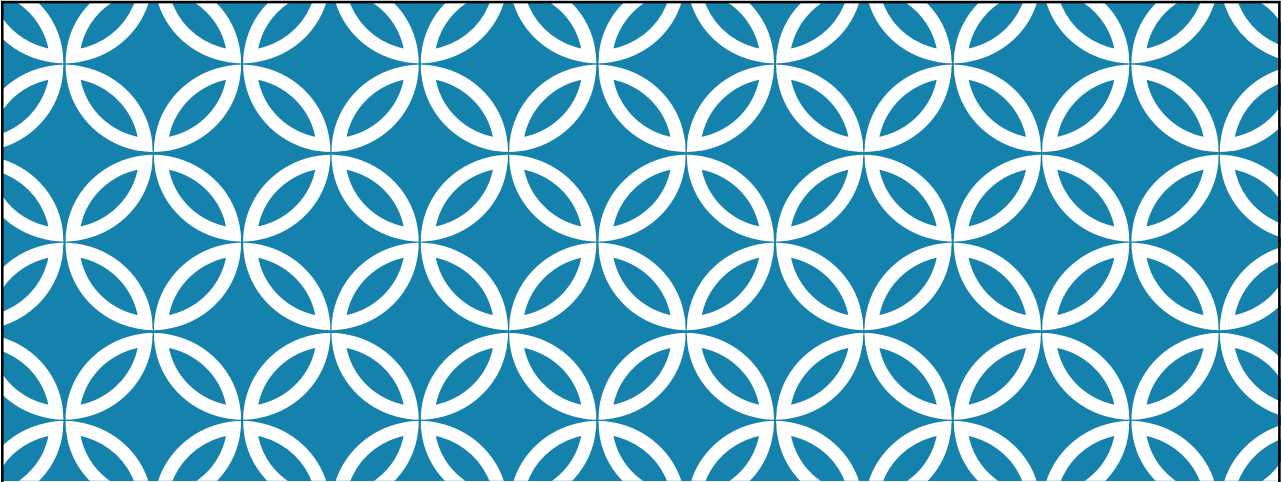
To Manage Conflict and Civility

- Determine whether to communicate to a group or to individuals.
- Determine the best method.
- Explain what the expectations are.
- Encourage everyone to ask questions.
- Acknowledge and share your own feelings.
- Keep others informed.
- Make sure messages are consistent.
- Explain that you expect everyone to do the right thing all the time.

Continuing to Improve

- Practice, practice, practice.
- Learn from your experiences.
- Get feedback.
- Take classes.





LEADING WITH UNDERSTANDING

Jennifer Butler, LISW-CP/S
SC Department of Mental Health
Office of Suicide Prevention
October 2020

1



2



3

EXPOSURE TO TRAUMA

Trauma can be from

- A single event
- A connected series of events
- Chronic lasting stress

4


COVID IMPACT ON OUR KIDS

“To understand impact on the world’s children, it is helpful to distinguish three channels through which their lives are being affected.

- *The first channel is through infection with the virus.*
- *The second channel is through the socioeconomic effects of the virus and related measures to suppress transmission and control the pandemic.*
- *The third channel is the risk that the virus and its response poses to the longer-term efforts to achieve the Sustainable Development Goals and ensure the realization of the rights of all children.”*

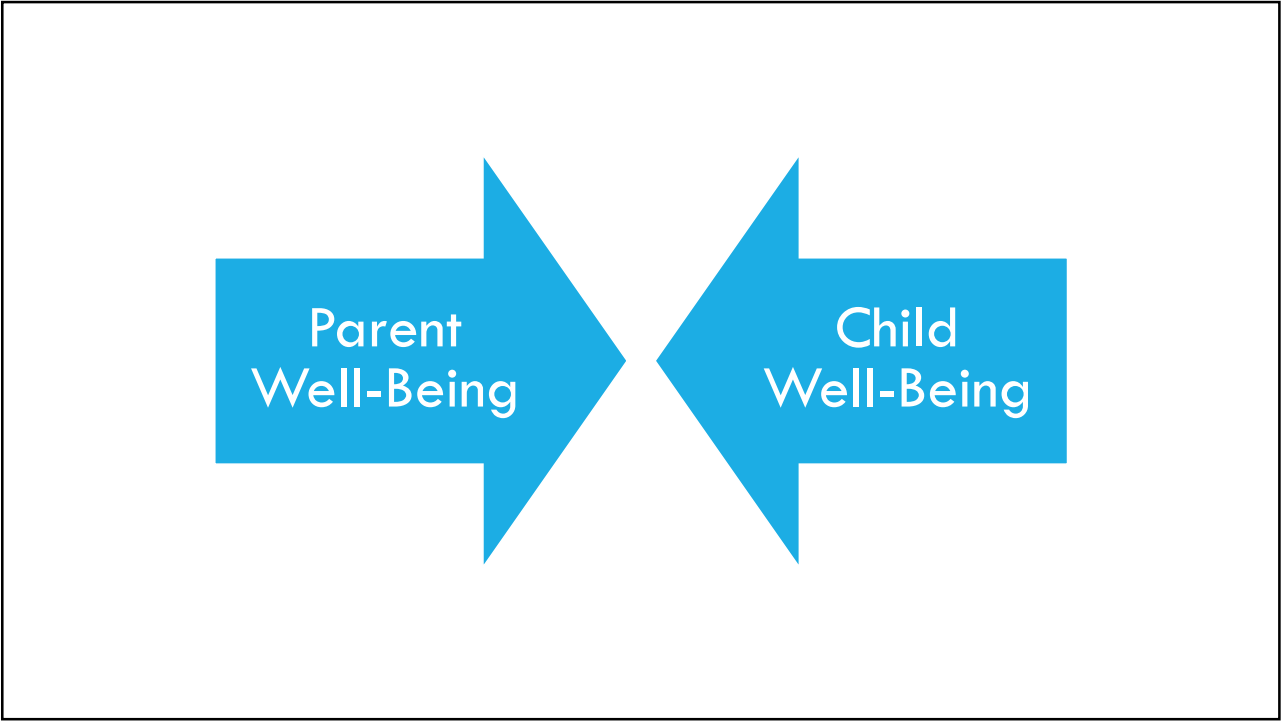
https://www.un.org/sites/un2.un.org/files/policy_brief_on_covid_impact_on_children_16_april_2020.pdf

5



There’s no such thing as a child.....
There’s a child and someone!

6



7



8

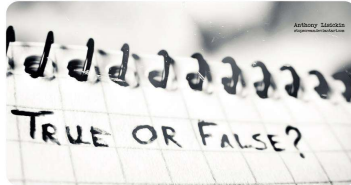
COMMON RESPONSES TO TRAUMA		
Young Children Fear, anxiety, worry Changes in sleeping and eating Difficulty separating from caregivers Regressed behaviors (losing speech, wetting the bed) Reenacting aspects of the traumatic event in play	School-age Children Fear, anxiety, worry Feelings of guilt, shame, and self-blame Headaches, stomachaches Nightmares, disrupted sleep Difficulty concentrating Angry outbursts, aggression, and withdrawal Over- or under-reactions to situations in the environment (e.g., sudden movements, loud noises, physical contact)	Adolescents Fear, anxiety, worry Concerns about how others will view them after the event Shame, guilt, responsibility, embarrassment Withdrawal from family, peers, activities Avoid reminders of the event More intense mood swings Decline in school performance Increase in risk-taking behaviors (e.g., alcohol/drug use, sexual behaviors, fights, self-harm)

9

BE MINDFUL OF STUDENTS WITH COMPLEX/CHALLENGING HOME LIVES
<ul style="list-style-type: none">❖ Community risks❖ Neglect/abuse❖ Substance misuse in home or community❖ Previous exposure to violence or traumatic experiences❖ Higher ACEs score❖ Recent loss or complicated grief❖ Family health issues

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IF YOU'RE CONCERNED ABOUT SOMEONE...



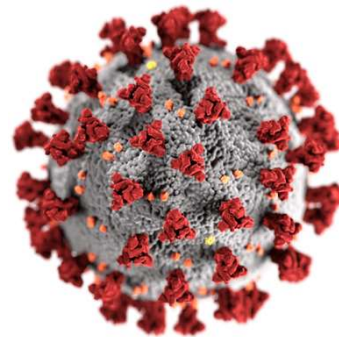
Though pandemic context may make it more challenging or awkward, it is still critically important to ask directly about suicide concerns and about the person's suffering and experience.

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SUICIDE RISK FACTORS AND COVID-19

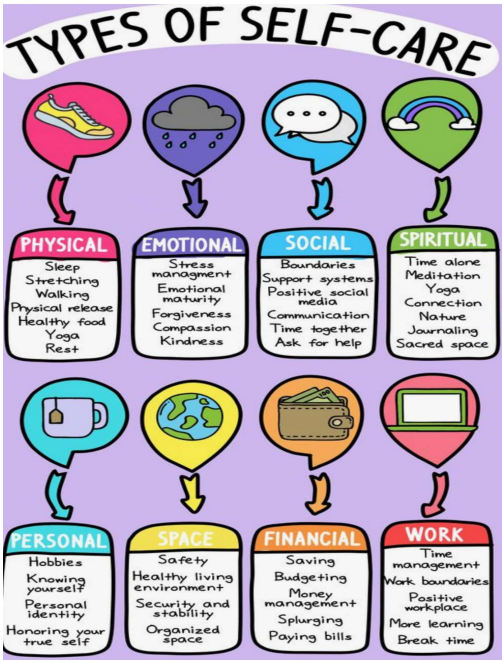
What are some risk factors associated with the necessary public health interventions introduced by COVID-19?

- Job loss/economic strain
- Feelings of isolation through social distancing
- Less community and religious support
- Barriers to Mental Health Treatment
- Additional stressors and global anxiety
- Firearm sales
- Application to families of first responders



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RISK FACTORS ARE NOT
PREDICTIVE FACTORS DUE TO
PROTECTIVE FACTORS



13

PROTECTIVE FACTORS

- Safer homes
- Connectedness/Belongingness
- Access to effective mental health/health care
- Supportive and accepting family
- Problem solving skills
- Conflict resolution and nonviolent methods to handle disputes
- Help-seeking
- Cultural and religious beliefs
- HOPE

14

MAINTAINING A TRAUMA-INFORMED LEARNING ENVIRONMENT

Establish a routine and maintain clear communication.

Provide information in digestible amounts.

Encourage students to lead the way in sharing what they do and do not understand about their current situation.

Show appreciation for students' efforts to complete assignments. Remember that students may be dealing with many different home life situations while trying to maintain their academics. Students may feel embarrassed to share that their personal situation impacts their ability to complete assignments.

Actively focus on inclusive attitudes during the shift to distance learning.

Create, and utilize, relational rituals before checking on distance learning assignments with students.

Provide opportunities for students to complete social emotional learning practices and wellness activities that affirm their competence, sense of self-worth, and feelings of safety.

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GENERAL MENTAL HEALTH APP RESOURCES FOR STUDENTS

- Worry Box – ages 6-16
- Stop Breathe Think – Ages 5-10, website includes classroom toolkits and resources for educators – <https://www.stopbreathethink.com/educators/>
- Positive Penguins – Ages 7-11; Cost range: one-time of \$ 0.99 – 1.99
- Breathe 2 Relax – ages 6+
- Superbetter – ages 13+, can access through website also <https://www.superbetter.com/>
- MindShift CBT – Ages 13+, website has an anxiety plan for teenagers and several resources for educators – <https://www.anxietycanada.com/resources/mindshift-cbt/>
- Sanvello – ages 13+. Premium access during COVID-19 crisis. Can access tools through the website <https://www.sanvello.com/self-care/>
- PTSD Coach – Ages 15+

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COPING TIPS

People that are feeling emotional distress related to COVID-19 can take actions to help support themselves and others.

Set a limit on media consumption, including social media, local or national news.

Stay active. Make sure to get enough sleep and rest. Stay hydrated and avoid excessive amounts of caffeine or alcohol. Eat healthy foods when possible.

Connect with loved ones and others who may be experiencing stress about the outbreak. Talk about your feelings and enjoy conversation unrelated to the outbreak.

Get accurate health information from reputable sources. For health information about COVID-19, please contact the Centers for Disease Control at [cdc.gov](https://www.cdc.gov), your local healthcare provider, or your local 211 and 311 services, if available.

The national [Disaster Distress Helpline](https://www.cdc.gov/disasterdistresshelpline) is available to anyone experiencing emotional distress related to COVID-19. Call 1-800-985-5990 or text TalkWithUs to 66746 to speak to a caring counselor.

If you're experiencing emotional distress related to COVID-19, please call the [National Suicide Prevention Lifeline](https://www.suicidepreventionlifeline.org) or your [local crisis line](#).

For coping tools and resources, visit the Lifeline website at [suicidepreventionlifeline.org](https://www.suicidepreventionlifeline.org) or Vibrant Emotional Health's Safe Space at vibrant.org/safespace.

[The National Domestic Violence Hotline](#) has highly trained advocates available 24/7 to ensure services and continue to support survivors.

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OTHER HELPFUL RESOURCES TO SUPPORT YOUR MENTAL AND EMOTIONAL WELLBEING:

- CDC's "[Manage Anxiety and Stress](#)" page provides what stress can look like and tips to manage that stress.
- The National Child Traumatic Stress Network has a guide for parents and caregivers to help families cope with the Coronavirus Disease 2019 (COVID-19).
- Mental Health America has compiled a range of resources and information on their "[Mental Health and COVID-19](#)" page.
- SAMHSA's "[Coping With Stress During Infectious Disease Outbreaks](#)" page outlines the signs of stress and steps you can take to alleviate stress.
- SAMHSA's "[Taking Care of Your Behavioral Health](#)" page provides tips for social distancing, quarantine and isolation during an infectious disease outbreak.
- SAMHSA's "[Talking With Children: Tips for Caregivers, Parents, and Teachers During Infectious Disease Outbreaks](#)" page provides parents, caregivers, and teachers with strategies for helping children manage their stress during an infectious disease outbreak.
- Vibrant Emotional Health's [Safe Space](#) provides interactive coping tools to help users when they need it.

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REACH OUT

NATIONAL
SUICIDE
PREVENTION
LIFELINE
1-800-273-TALK (8255)
suicidepreventionlifeline.org

CRISIS TEXT LINE |

Text HOPE4SCto 741741

SC HOPES

Mental Health & Addictions
Support for Challenging Times
Call and get help today! Available 24/7.
1-844-SC-HOPES

DMH
DAODAS

19

TAKE A MOMENT

Consider some ways physical distancing has impacted your role.

Reflect on some of the strategies you've found helpful to navigate those changes.

ALTERNATIVES TO HANDSHAKES, HUGS, HIGH FIVES AND HONGI

THE WAVE

THE HAND ON HEART

NAMASTE

NZSL: HOW ARE YOU?

THE 'HI-BROWS'

THE 'ALL GOOD' NOD

THE 'EAST COAST WAVE'

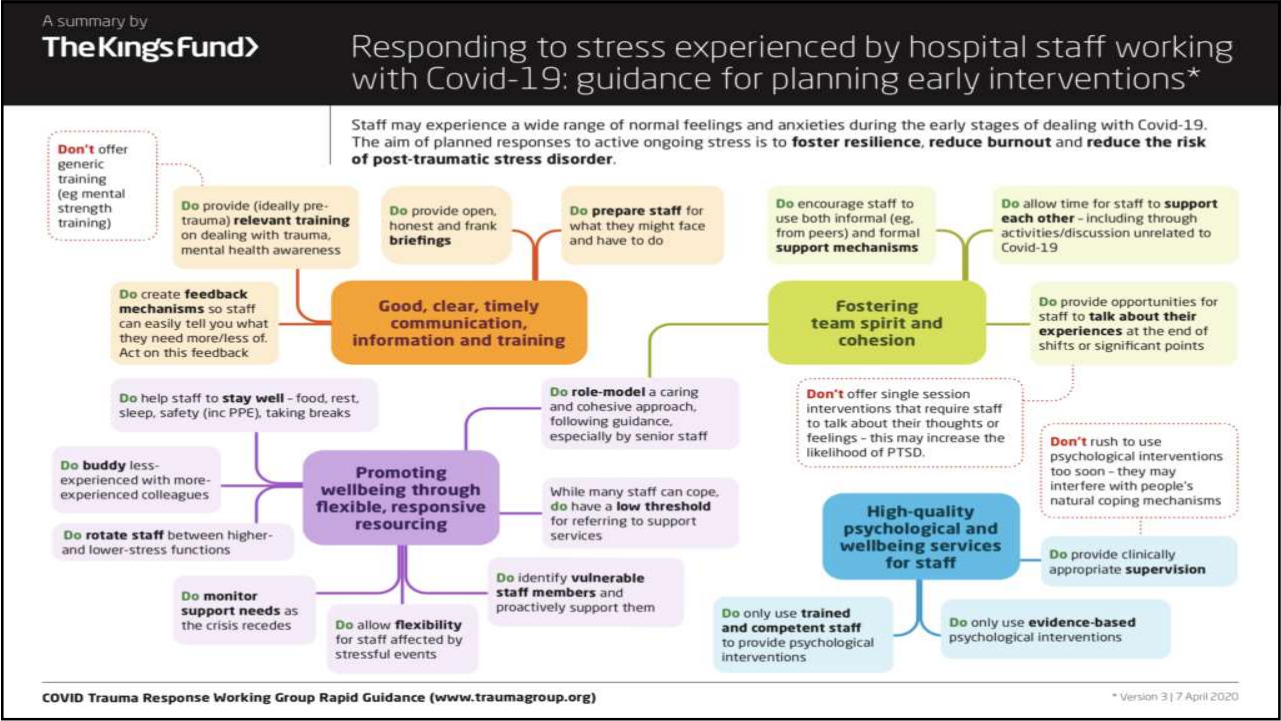
THE 'WHAT A WORLD EH?'

20

Jennifer Butler, LISW-CP/S

20

10



21

WITH HELP, COMES

Signs Matter, an online suicide prevention training for k-12 educators

safeTALK is a four-hour face-to-face workshop where you'll learn how to prevent suicide by recognizing signs, engaging someone, and connecting them to an intervention resource for further support.

Applied Suicide Intervention Skills Training (ASIST), a two-day face-to-face workshop featuring powerful audiovisuals, discussions, and simulations.

The *Connect* training is recognized as a comprehensive model for planning and implementing suicide prevention and postvention practices.

More Than Sad for Educators; Parents; Teens: More Than Sad has taught over a million students and educators how to be smarter about mental health.

It's Real: College Students and Mental Health is a documentary featuring the stories of six college students from across the country.

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YOU ARE NEEDED!

AS+K?
Ask About Suicide
To Save a Life™





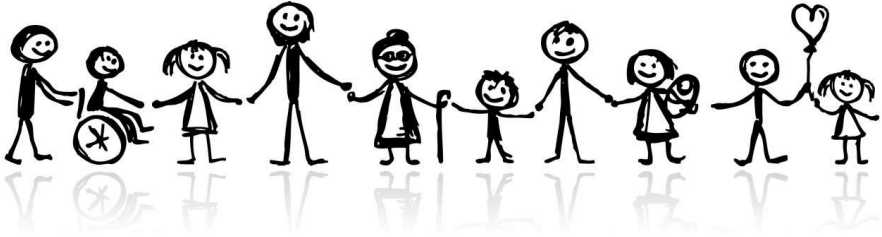
23


CONTACT THE SCDMH OFFICE OF SUICIDE PREVENTION

Tinotenda Martin at (803) 896-4740
or tinotenda.martin@scdmh.org

24

We are all in this **together**. There is really no other way to put it. Through all that is happening in the world today, and with the uncertainty of the future, we cannot do our work without each other.

An illustration of ten diverse stick figures holding hands in a line. From left to right: a man, a person in a wheelchair, a girl, a man, a woman with a cane, a boy, a man, a woman holding a baby, a man holding a heart-shaped balloon, and a girl. Each figure has a unique hairstyle or feature, representing a variety of people. They are all smiling and holding hands, symbolizing unity and community.



BEYOND THE BASICS

[illegible]
