

## Kohl's Circle of Wellness Workshop Q&A

PRO Wellness will be facilitating roundtable discussions on many of the topics below. If you are interested in participation, [please click this link](#).

### Nutrition and Physical Activity

#### Questions

- **How to address diet and nutrition with the middle/high school age groups** – Food labs, nutrition curriculum

### Psychological and Social Services

#### Questions

- **How to start using the Elementary Student Assistance Program (ESAP)** – Contact your local SAP coordinator through [www.pnsas.org](http://www.pnsas.org) to register for trainings or to receive guidance for screenings and assessments.  
(For example: Adams, Lancaster, Lebanon, and York counties can contact Susan Billy [susan\\_billy@iu13.org](mailto:susan_billy@iu13.org), with the IU13 for any training/resources needed for the SAP program)
- **How to improve on the mental health stigma and school based services** – Start the conversation! The best way to decrease the stigma is to be a positive role model for mental health advocacy.
- **Are there mental health screening tools for elementary schools** – Talk with your SAP coordinator to determine what tools should be used and how to use them (for example: the PHQ9 is used in high schools).

Note: check with your school district to ensure you are using the same screeners to stay consistent.

## School Health Environment

### Questions

- **Would like more education on communicating the topic of vaccinations** – Visit our website for more information on education of vaccinations, toolkits, and more.  
<https://prowellness.childrens.pennstatehealth.org/school/physical-environment/health-services/>
- **How to discuss parental substance abuse/use** – For information on how to handle parental substance abuse/use please visit [Project CONNECT](#), [National Center on Substance Abuse and child Welfare](#), or local police stations or centers for additional resources and training.
- **COVID – teacher related anxiety and stress surrounding recent increase in exposure rates** – The IU13's [toolkit](#) provides information on COVID related teacher resources and trainings. PRO Wellness provides a wealth of information and resources regarding COVID-19 and its impact on mental health. Please visit our [website](#) for more information. wellness club, focus topic areas around anxiety and stress (find an article on controlling your response to environmental stimulus)

CDC's recommendations for managing COVID-19 related anxiety:

<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html>

- **How are other schools addressing sexual health** – PRO Wellness will be facilitating a roundtable discussion on schools addressing sexual health, if you would like to participate, [please click this link](#)

Additional Resources:

Teen Health Matters has teen-focused information on sexual health

<https://teenhealthmatters.org/sex-ed/>

The Society for Adolescent Health and Medicine offers trainings and CME's on sexual health for teachers and school staff

[https://www.adolescenthealth.org/Training-and-CME/Adolescent-Medicine-Resident-Curriculum/Adolescent-Medicine-Resident-Curriculum-\(3\).aspx](https://www.adolescenthealth.org/Training-and-CME/Adolescent-Medicine-Resident-Curriculum/Adolescent-Medicine-Resident-Curriculum-(3).aspx)

School Health and Wellness Policy

### Questions

- **How to improve virtual communication** – Several schools found success by setting up websites, and holding virtual office hours (nurses or wellness committee members) to provide answers to questions parents and students may have.

The IU13 offers resources on remote learning - <https://www.iu13.org/publications/iu13-outlook/iu13-outlook-june-2020/iu13-supports-schools-with-online-learning/>

- **How to begin and sustain a wellness committee/coordinator that includes members from the community** –
  - Create a survey to gauge interest ([Google Forms](#))

- Set up meetings (Zoom, Microsoft Teams, Skype, etc.), get buy-in early!
- Think about who would want to be associated in school wellness, i.e., family medicine, fitness centers, local police and EMS, public health majors/schools research students.

## Health Promotion

### Questions

- **What is the best way to advertise/spread the word wellness programs** – What works for your school based on past experience (social media, websites, flyers, email, or text)?
- **How to maximize low funding due to COVID** – Free resources/trainings ([IU13](#), [health.gov](#), [PRO Wellness](#)).

Reflection: How is your school protecting vulnerable student groups such as at risk or minority students during the pandemic?

- **What are the best practices for addressing the conversation of lifelong health, rather than just current health** – Start the conversation early, fun images or programs (start your own garden, how does a plant grow...), integration into all areas, not just health class. School wide challenges (ongoing) including teachers and students.  
See <https://www.cdc.gov/healthyschools/vhs.htm> for more

### Additional Questions?

Please reach out to PRO Wellness for technical assistance at

[PROwellness@pennstatehealth.psu.edu](mailto:PROwellness@pennstatehealth.psu.edu).