

# COVID-19 School Reintegration Resources Matrix

This list of existing behavioral, social, emotional, and mental health resources for successfully reintegrating students on school campuses during the COVID-19 pandemic is offered as a supplemental resource to Local Education Agencies (LEAs) to support planning for the expansion of Medi-Cal funded behavioral health supports and services.

It is offered as a complement to the “Practical Guide for Financing Social, Emotional, and Mental Health in Schools” developed by Breaking Barriers and its partners, released in Fall 2020.

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## *School Reopening Plans and Guidance*

### Federal Resources

**CASEL: Collaborative for Academic, Social, and Emotional Learning**  
**Social and Emotional Learning (SEL) Roadmap: Actions for a Successful Second Semester (January 2021)**

- + Re-examines efforts to make needed adjustments and refocus on supportive relationships, equitable environments, and the academic, social, and emotional development and overall well-being of all students and adults.
- + **2.2 Ensure access to mental health and trauma support**
  - + *Compassion Resilience Toolkit for Schools* (Wisconsin Initiative for Stigma Elimination): This toolkit addresses teacher compassion fatigue and how to build resilience.
  - + *The Educator Context and Stress Spectrum* (Center on Great Teachers and Leaders at American Institutes for Research): This tool supports educators in gaining a greater awareness of how their current personal and professional context affects their levels of stress in the time of COVID-19.
  - + *Self-Care Strategies for Educators During the Coronavirus Crisis* (WestEd): This brief offers practical guidance for educators who face the stresses of the pandemic, school building closures, online service provision, and quarantine conditions.
  - + *Responding to COVID-19: School Mental Health* (Mental Health Technology Transfer Center Network): This webpage compiles upcoming virtual trainings and other tools specific to school mental health that can be useful when coping with the effects of widespread public health crises.

### + 3.3 Implement a comprehensive system of supports

- + *Guidance for Trauma Screening in Schools* (National Center for Mental Health and Juvenile Justice): This guide outlines the role of schools with trauma screening, including key considerations and cautions, different screener options, intervention options, and connections to a whole-school approach.
- + *Why We Need Trauma-Sensitive Schools* (Trauma and Learning Policy Initiative): This video stresses the importance of trauma-sensitive learning environments to support students.
- + *Trauma-Informed School Strategies During COVID-19* (The National Child Traumatic Stress Network): This fact sheet offers information on the physical and emotional well-being of staff, creating a trauma-informed learning environment, identifying and assessing traumatic stress, addressing and treating traumatic stress, partnerships with students and families, cultural responsiveness, emergency management and crisis response, and school discipline policies and practices.
- + *COVID-19 Pandemic Resources* (National Center for School Crisis and Bereavement): These resources to support grieving students include sample scripts for educators, presentations for mental health professionals and school staff, and tips to share with families.

## Federal Resources

Type/Organization	Title	Sub-section	Date	Description
American Federation of School Administrators	<b>School Reopening Resources</b>		7/2/2020	+ Provides resources to help you think through your school reopening plan, including a comprehensive Reopening Guide.
		Comprehensive Reopening Guide: A Plan to Safely Reopen America's Schools and Communities		+ Reopening Schools Safely in the Age of COVID: A Preliminary Guide for School Leaders – imagining a new normal for public education, public health, and our economy in the age of COVID-19.
The School Superintendents Association (AASA) Guidelines for Reopening Schools	<b>COVID-19 Resources: Emergency Management, School Safety, and Crisis Planning</b>	Estimated Resource Costs for Implementation of Mitigation Strategies in Pre-K through 12 Public Schools	12/18/2020	+ These findings offer schools, school districts, and other decision-makers cost information to budget and prioritize school resources during the COVID-19 pandemic.
		K-12 Schools COVID-19 Mitigation Toolkit	12/3/2020	+ Designed for public health officials, K-12 administrators, school district officials, and occupational safety and health (OSH) professionals to assess hazards and implement mitigation strategies to reduce the spread of COVID-19 in schools.
		Getting Schools Ready for In-Person Learning: How to Plan and Execute a COVID-19 Mitigation Walkthrough	12/1/2020	+ In partnership with local public health officials, school or district administrators can use this step-by-step guide to plan and execute a COVID-19 mitigation walkthrough, ensuring that they are prepared to resume in-person learning at school buildings or campuses.
		Monitoring and Evaluation Tools for K-12 Schools	11/13/2020	+ This resource provides example evaluation questions, indicators, and data sources to help state and local public health and education agencies, school and district administrators, and evaluation professionals monitor and evaluate the implementation and impact of COVID-19 mitigation strategies in K-12 schools on the transmission of SARS-CoV-2.

## Federal Resources

Type/ Organization	Title	Sub-section	Date	Description
	<b>Guidelines for Reopening Schools</b>		4/30/2020	+ This report presents a synthesis of the Guidelines for Reopening Schools recommended by superintendents throughout the United States as part of an ongoing AASA task force.
Office of Special Education Programs (OSEP)	<b>Continuity of Learning During COVID-19</b>	Continuity of Learning During COVID-19 Resource Database	2020	+ The links offer information, tools, and resources to help educators, parents, families, and related service providers meet the educational, behavioral, and emotional needs of children and youth with disabilities through remote and virtual learning.

## State Resources

### California's Safe Schools for All Plan (December 2020)

- + California's Safe Schools for All \$2 billion plan provides the support and accountability to establish a clear path to minimize in-school transmissions and enable, first, a phased return to in-person instruction, and then ongoing safe in-person instruction.
  - + **Rationale:** With the Right Precautions, We Can Minimize Transmissions in Schools—Especially in Elementary Grades.
  - + **Science:** This is a summary of the evidence thus far that informs safe and successful in-person instruction in TK-6 schools in the context of the COVID-19 pandemic.
  - + **PowerPoint on School Reopening:** Contains more details about the Safe Schools for All Plan.
  - + **Quick Guide: How does Gov. Newsom's "Safe Schools for All" plan work?:** (1/4/2021) Districts will receive additional funding: a base amount of \$450 per student if they file their application to participate by Feb. 1, 2021 or \$337 per student if they file by March 2021, plus an additional amount per student based on the number of high needs students (low income students, English learners, foster and homeless children) in their district, as defined by the Local Control Funding Formula.
  - + **Addendum to the Plan: Safe Schools for All:** (1/6/2021) Seven districts signed a letter to Governor Newsom proposing addendums to the "Safe Schools for All" Plan, calling on the State to take the actions necessary so all California children can receive the education they deserve.
  - + **Newsom's school reopening plan puts tight deadlines on districts, legislature:** (1/11/2021) Schools would have to offer in-person learning for primary students starting Feb. 16, 2021 in order to get the full funds under the Governor's \$89.5 billion education budget. Lawmakers would need to meet deadlines in February and March 2021, far earlier than normal.
  - + **Health & Human Services Letter RE: Safe Schools for All Plan and Key Near-Term Issues Regarding School Reopening:** (1/19/2021) Highlights a few key issues regarding schools that are currently open or plan to re-open in the coming weeks.

### CDE Coronavirus Response and School Reopening Guidance

- + Information and resources regarding the California Department of Education's (CDE) COVID-19 response efforts, including the guidance document for safely reopening schools for the 20-21 school year.
  - + **Reopening Schools Guidance Document:** (6/8/2020) Recorded webinar on the Reopening Schools Guidance Document led by State Superintendent Tony Thurmond with State Board of Education President Linda Darling-Hammond from the CDE.
  - + **Stronger Together: A Guidebook for the Safe Reopening of California's Public Schools:** (6/9/2020) (pg. 34 [mental health and wellbeing for all](#))
  - + **Distance Learning – Guidance and Resources:** (2020) Guidance and resources for teachers and families in K–12 schools regarding high quality distance learning.
  - + **California School Dashboard and System of Support:** (2020) California's new accountability and continuous improvement system provides information about how LEAs and schools are meeting the needs of California's diverse student population.

- + **Guidance on after-school and supplemental programs available to students:** (2020) COVID-19 and Reopening In-Person Learning Framework for K-12 Schools in California, 2020-2021 School Year.
- + **CDPH Reopening Schools Letter:** (7/17/2020)
- + **Multi-Tiered System of Supports: (4/23/2020)** A framework that aligns Response to Instruction and Intervention with the California State standards and the systems necessary to ensure academic, behavior, and social success.

## Policy Analysis for California Education

- + **Brief: Community Schools – A COVID-19 Recovery Strategy:** (7/1/2020) This brief draws on how the crisis-motivated responses of educators and school leaders might serve as integral investments in successful and sustainable community schools.
- + **Webinar: Community Schools in California – Aligning Systems to Support the Whole Child:** (7/28/2020) This webinar presents findings from two publications on community schools: the Policy Analysis for California Education (PACE) brief “Community Schools: A Coronavirus Recovery Strategy;” and “Leveraging Resources Through Community Schools: The Role of Technical Assistance” by the Learning Policy Institute.
- + **Learning Policy Institute: Leveraging Resources Through Community Schools: The Role of Technical Assistance:** (7/17/2020) This brief examines how local government and nonprofit agencies in two California counties—Los Angeles and Alameda—have provided technical assistance to support community school initiatives.
- + **Multi-Tiered System of Supports (MTSS) to Address Childhood Trauma: Evidence and Implications:** (8/1/2020) This brief summarizes the existing evidence base on multi-tiered trauma-informed practices that offer increasingly intensive tiers of support.
- + **Expanding MTSS in California: Sanger Unified and the Pivot–Sanger MTSS Project** (8/1/2020): This study combines previous research about Sanger’s education improvement efforts with data from the Pivot–Sanger MTSS Project to identify a set of lessons learned that might help guide the State’s continued expansion of MTSS.

## State Resources

Title	Type/ Organization	Date	Description
<b>COVID-19 and Reopening In-Person Instruction Framework &amp; Public Health Guidance for K-12 Schools in California, 2020-2021 School Year</b>	California Department of Public Health	1/14/2021	+ The California Department of Public Health (CDPH) developed this framework to support school communities as they decide when and how to implement in-person instruction for the 2020-2021 school year.
<b>Safe Schools for All Hub</b>	CA State Government Website: Safe Schools for All Hub	1/14/2020	+ School leaders, staff, and families will have the resources, information, and supports to create safe working and learning environments.
<b>Reopening Schools &amp; Expanded Learning</b>	Guide: California Afterschool Network (CAN)	6/8/2020	+ Resources for Mental Health, State & Federal Guidelines, Local Initiative.
<b>Local Control and Accountability Plan (LCAP)</b>	LCAP	2020-2021	+ The Learning Continuity and Attendance Plan (Learning Continuity Plan) is a key part of the overall budget package for K-12 that seeks to address funding stability for schools while providing information at the LEA level for how student learning continuity will be addressed during the COVID-19 crisis in the 2020–21 school year.
<b>Reopening Schools in the COVID-19 Climate: Political Insights for 2020-21</b>	California Association of School Business Officials	2020-2021	+ PowerPoint webinar addressing the Legislative Update, CDPH Updated Guidance, Distance Learning Requirements, and Learning Continuity and Attendance Plan.

## *Anticipating and Planning for Student Social, Emotional, Behavioral, and Mental Health and Trauma When Schools Reopen*

Federal Resources				
Type/ Organization	Title	Sub-section	Date	Description
Child Trends	<b>As schools reopen, addressing COVID-19-related trauma and mental health issues will take more than mental health services</b>		7/28/2020	+ Regardless of whether students return to school in person or via distance learning, education leaders and policymakers across the country must equip schools to address the social, emotional, and behavioral effects of the ongoing pandemic. To address these issues, many policymakers are turning to school-based mental health services as a key strategy for supporting student wellness.
California Association of School Counselors	<b>COVID-19 K-12 Counseling Resources</b>		2020	+ As schools prepare to reopen, either virtually or in-person for the 2020-21 school year, it is essential that school leaders provide professional development specifically about trauma to all school staff. We must recognize the collective trauma that our communities have faced, and the importance of building a safe and welcoming school. These are some resources to begin this work.
Washington Post Article	<b>Partly hidden by isolation, many of the nation's school children struggle with mental health</b>		1/21/2021	+ More than 10 months into the pandemic, mental health is a simmering crisis for many of the nation's schoolchildren, partly hidden by isolation, but increasingly evident in the distress of parents, the worries of counselors, and an early body of research.
Centers for Disease Control and Prevention (CDC) Research on Youth Mental Health Hospitalization	<b>Mental Health–Related Emergency Department Visits Among Children Aged &lt;18 Years During the COVID-19 Pandemic</b>		11/13/2020	+ Beginning in April 2020, the proportion of children's mental health–related Emergency Department (ED) visits among all pediatric ED visits increased and remained elevated through October 2020. Monitoring indicators of children's mental health, promoting coping and resilience, and expanding access to services to support children's mental health are critical during the COVID-19 pandemic.



## State Resources

Type/ Organization	Title	Sub-section	Date	Description
EdSource Article	<b>Student anxiety, depression increasing during school closures, survey finds</b>		5/13/2020	+ School closures were intended to keep students safe during the pandemic but, for many, it's ushered in a different set of dangers: anxiety, depression, and other serious mental health conditions.
		American Civil Liberties Union of Southern California Student Wellness Survey	5/8/2020	+ Many students in California still are not receiving the mental health services they need, according to a recent survey by the American Civil Liberties Union of Southern California.
		Youth Liberty Squad of ACLU Southern CA Letter to Gavin Newsom	5/9/2020	+ The youth committee sent the responses to Gov. Gavin Newsom and State Superintendent of Public Instruction Tony Thurmond, as part of a plea for expanded mental health services in schools.
CalMatters Article	<b>Newsom, Legislature must urgently prioritize kids and reopen schools</b>		1/24/2021	+ In the Bay Area, more than 30 doctors from the University of California (UC) San Francisco recently penned a letter urging the reopening of schools by Feb. 1, 2021 as the closures are widening the achievement gap and taking a heavy toll on kids' mental health which could lead to long-term trauma.
California Children's Trust	<b>Practical Guide for Financing Social, Emotional, and Mental Health in Schools</b>		8/1/2020	+ A guide for school district leaders interested in exploring partnerships and accessing Medi-Cal to meet the social, emotional, and mental health needs of students in schools.
California Partnership for the Future of Learning	<b>Mental Health and Social Emotional Well-Being Checklist During COVID-19</b>		2020	+ Advocating for social-emotional learning and mental health supports through the Learning Continuity and Attendance Plan.

## *Implementing School-Based Student Emotional, Behavioral, and Mental Health and Trauma Programming During the Pandemic*

Federal Resources			
Title	Type/ Organization	Date	Description
<b>Implementing School-Based Trauma Programs During the COVID-19 Pandemic</b>	Guide/Resources: Trauma Services and Adaptation (TSA) Center	7/12/2020	+ Together with national partners, the TSA Center developed guidance and suggestions for implementing school-based trauma interventions during the pandemic ( <a href="#">guidance document</a> ).
<b>Providing Better Support to Students of Color: The Importance of School Climate, Belonging, and Well-Being</b>	Research: Urban Institute	1/12/2021	+ This concept paper highlights the need for philanthropic and government investment to better understand the social-emotional needs of students of color.
<b>Trauma-Informed School Strategies during COVID-19</b>	Guide: The National Child Traumatic Stress Network (NCTSN)	7/12/2020	+ Provides trauma-informed school strategies in response to COVID-19. This fact sheet offers information on the physical and emotional well-being of staff, creating a trauma-informed learning environment, identifying and assessing traumatic stress, addressing and treating traumatic stress, trauma education and awareness, partnerships with students and families, cultural responsiveness, emergency management and crisis response, and school discipline policies and practices.
<b>Providing Effective Social–Emotional and Behavioral Supports After COVID-19 Closures</b>	Research: National Association of School Psychologists	7/12/2020	+ Universal Screening and Tier 1 Interventions: As schools reopen, it will be important to understand students’ Social, Emotional, and Behavioral (SEB) functioning. Universal screening is used to identify early signs of SEB concerns and facilitate intervention before they become a more significant impairment down the road.
<b>Back-to-School Blueprint</b>	Rennie Center for Education Research & Policy	2020	+ This Back-to-School Blueprint is an interactive series of research-based, online action guides to help schools support students this school year.
<b>ACTION GUIDE 1: Helping Students Heal from Trauma</b>		2020	+ Many children will return to school still grappling with the emotional toll of the crisis. This guide helps schools address trauma and anxiety through an equity lens, helping students heal from both individual and collective trauma.

## State Resources

Title	Type/ Organization	Date	Description
<b>California Student Mental Health Implementation Guide</b>	Guide/Resources	11/30/2020	+ This guide is intended to support LEAs and county behavioral health departments (BHDs) as they seek to partner to deliver comprehensive, high-quality school mental health services.
<b>Every Young Heart and Mind: Schools as Centers of Wellness</b>	Mental Health Services Oversight & Accountability Commission	10/7/2020	+ As part of the Commission's School Mental Health Initiative, they have released <i>Every Young Heart and Mind: Schools as Centers of Wellness</i> , a plan for transforming California's K-12 schools into centers for wellness.

## Mental Health Resources

### Federal & State Resources

Title	Type/ Organization	Date	Description
<b>Mental Health Resources for Adolescents and Young Adults</b>	Society for Adolescent Health & Medicine (SAHM)	7/12/2020	+ Includes online resources, support groups, peer networks, helplines, treatment locators, and advocacy opportunities.
<b>COVID-19 Resource Library</b>	American Academy of Child & Adolescent Psychiatry (AACAP)	2020-2021	+ AACAP has compiled resources for parents, patients, and clinicians to help with the impact of the novel coronavirus (COVID-19). Check back often for updates.
<b>Parenting and Caregiving Resources</b>	American Psychological Association (APA)	2020-2021	+ Advice and guidance on caring for, educating, and supporting loved ones during COVID-19.

## District/County Initiatives

Title	District/County	Date	Description
<b>Learning Hubs Sacramento</b>	Sacramento	8/9/2020	+ The Sacramento County Unified School District (SCUSD) opened six learning hubs throughout the district for highest needs students.
<b>Return to School Guide</b>	Novato	2020-2021	+ Provides their schools and families with a district plan to reopen their schools for the 2020-2021 school year: specific wellness resources & Acceleration Strategies for English Language Learner (ELL), Homeless, Foster, Socioeconomically Disadvantaged students.
<b>Learning Continuity and Attendance Plan</b>	Shoreline	2020-2021	+ In-person instructional offerings: Transitional Cohorts returning to site five days a week when possible, etc. The Shoreline Wellness Team (composed of four school counselors, one school psychologist, the site principals, and the superintendent) meets monthly to discuss school-wide efforts and efforts targeted for specific students or populations.
<b>Learning Continuity and Attendance Plan</b>	Marin County Office of Education (COE)	2020-2022	+ They were one of only a few sites to have a small reopening in person this Spring, and they also operated a cohort-based, in-person summer program. Mental Health Resources include Learning Coaches, parent Empowerment Specialist, and Work Experience Education (WEE) program.
<b>Kern County – Reopening Schools Planning Assumptions &amp; Considerations</b>	Kern County	5/11/2020	+ Assumptions & Considerations for K-12 schools in Kern County to create contingency plans for reopening schools: Mental Health Plan – Implement social-emotional learning lessons to develop strong coping skills. Adapt MTSS when schools are working under the modifications described above.
<b>Los Angeles (LA) County Schools: Rising to the Challenge COVID-19</b>	LA	8/3/2020	+ Updated guidance on new requirements, such as the Learning Continuity and Attendance Plan, and communication supports for districts to engage their communities in conversations.
<b>Education/ Mental Health Resources</b>	LA	2020	+ Collection of mental health and wellbeing resources for you to review, use, and share with your family and school communities.

Title	District/County	Date	Description
Be Well	Orange County (OC)	2020	+ Be Well OC brings together a robust, community-based, cross-sector strategy—public, private, academic, faith, and others—to create a community-wide, coordinated ecosystem to support optimal mental health.
School Reopening Considerations: Planning and Assumptions	Sonoma COE	5/13/2020	+ It is intended to provide information and considerations for schools to use when planning for the reopening and continued operation of school while COVID-19 persists.

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## ***Breaking Barriers Materials and Resources***

### **Breaking Barriers California**

Breaking Barriers is a collaborative of leaders across child-serving systems throughout California who are united by the conviction that only through collaborative planning and problem-solving can we ensure the educational, social, emotional, and behavioral wellbeing of California's children and youth.

- + **Symposium** (2020)
- + **Briefing Book** (2019)
- + **Toolkit** (2019)
- + **Briefing Book** (2018)
- + **Symposium Report** (2018)