

Bedford Public Schools Faculty Support Counseling Department

Self and Collective Care

September 2, 2020

Bridge for Resilient Youth in Transition (BRYT)

A framework for self-care that integrates both individuals taking care of ourselves and community members taking care of each other, because both are critical. This session will also emphasize that educators need both personal and professional supports, and uses the multi-tiered systems of support framework as a way of capturing different levels and types of needs and supports.

[Collective and Self Care Toolkit](#)

Understanding Trauma and Trauma-Sensitive Schools in the Midst of COVID-19

September 14, 2020

Riverside Trauma Center

2 sessions - Grades Pre-K-5 and Grades 6-12

This training is designed to help people working within school systems understand the impact of trauma in education as well as to plan for and respond to the impact of the COVID-19 pandemic on themselves in their roles as educators as well as on their students. Using the guiding principles of safety, predictability, and control to think about how to respond to the universal and yet deeply inequitable impact of COVID-19, the training looks at why a focus on trauma is important. It explores how educators may not know how individual students are impacted, and while many student reactions may be grief or acute stress responses, using the lens of trauma and toxic stress can help all students and staff to feel safer and more supported.

The whole school approach of a trauma-sensitive or safe and supportive school is described, as well as how this differs from and overlaps with trauma treatment. The training includes discussions of what school personnel can do to ensure their practices/policies are more trauma-informed as schools transition into the new school year whether they are continuing with remote learning, returning to the school building, or using a blended learning environment. Particular attention is paid to self- and co-regulation, affect management, and self-care skills both for students and school personnel.

Educator Drop In Sessions/Open Office Hours

November 2020

BPS Counseling Team & Mental Health Team

We recognize that teaching is challenging any year, but this year has many more challenges than usual. One of our goals is to enhance self/collective care for educators by providing opportunities to increase feelings of wellness, reduce stress, and create connections with fellow educators. "Peer support is a way for people from diverse backgrounds who share experiences in common to come together to build relationships in which they share their strengths and support each other's healing and growth." *Note- this is for all staff within a school building, not just teaching staff!*

We know from our own first-year educator mentoring program the benefit of having a supportive colleague to provide emotional support, share information and advice, create social connection, and instill hope and empowerment in a non-judgmental manner.

In an effort to give ourselves an opportunity to do just that, pairs of counselors in all four schools will be providing time and space for staff to connect and share with colleagues. A zoom link will be provided.

Strategies for Your Well-Being

Tuesday, November 17, 2020

Dr. Marc Brackett

Join Dr. Marc Brackett, author of [Permission to Feel](#) and director of the [Yale Center for Emotional Intelligence](#), As the adults in schools, we must take care of our own well-being so that we can both show up as our best selves for our students and preserve our own mental and physical health. Don't miss this interactive, practice-oriented webinar, where Dr. Brackett will share research-based strategies to help educators manage their own emotions and build a culturally responsive approach to supporting students in managing their emotions.

Supporting Families Is Rewarding...And So Challenging During COVID-19

December 16, 2020

Jon Mattleman

On Wednesday, December 16th from 2-3 pm, the Bedford Health and Human Services Department and Bedford Public Schools Counseling Department are sponsoring a support webinar for town and school staff with Jon Mattleman, a mental health counselor and presenter for over 35 years. Jon will present "Supporting Families Is Rewarding...And So Challenging During COVID-19. Understanding our new norms and supporting ourselves during the COVID-19." Recognizing that the challenges that families face during these challenging times are complex, and often exhausting, Jon's work is grounded in delivering tools and techniques that can be implemented in real time. Please set the time aside to join us for this informative presentation for Town of Bedford Staff and Bedford Public Schools Staff with a Q&A period at the end. Please register by navigating to: <https://event.webinarjam.com/register/172/q7m5rswr>

Clinical Supervision (for Adjustment Counselors PK-12)

This year we are providing biweekly small group clinical supervision for all adjustment counselors in the district. Clinical supervision is led by Dr. Ostrowsky, MD, who is a Child & Adolescent Psychiatrist. He is a clinician at MIT and an area high school, a consultant to schools and on the faculty at Harvard. Dr. Ostrowsky is a graduate of Northwestern University Feinberg School of Medicine, completed his internship and residency at Cambridge Health Alliance/Harvard Medical School.

EAP Information

Town of Bedford has an Employee Assistance Program (EAP) is available 24/7. This is a free confidential counseling service available to all employees. Professional counselors are available to talk with

employees and their family members about any issue - work related or personal - that may be making it difficult to be entirely productive or to cope in all areas of life. You can reach the EAP at 800-451-1834.

- The MIIA benefit provides 3 free 60-minute sessions.
- Secure a provider/counselor who takes that client's health insurance, so there's the option of continuing beyond the initial EAP sessions, if desired. And, many insurance plans are accepted.
- Find a provider as geographically convenient as possible for the client, 'virtual' considerations notwithstanding. They're able to filter for many 'specialties', modality to a great extent and certain characteristics as circumstances permit.
- Generally connect clients to affiliates/providers within two business days and quicker under certain clinical conditions, when needed.