

SEQUATCHIE COUNTY MIDDLE SCHOOL

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Kim Turner and her team were concerned about their students' mental health after reviewing universal behavior screening data. As they looked at teacher ratings, they realized that internalizing scores were much higher compared to last school year. As the school psychologist, Kim Turner was aware of the crisis in mental health caused by the pandemic and the changes it has caused in students' lives. She wanted to design a Tier I intervention to target internalizing behaviors affecting middle school students.

Each classroom had a 15-minute presentation and discussion on coping with stress and depression. The team used a video clip from the movie *Soul Surfer* as an attention getter. Then, students completed a graphic organizer about the negative and positive things they do when stressed. They talked about the things that will have a positive effect on stress as well as what it looks like to deal with stress in a negative way and how that harms them. Then students were given a cartoon/meme that they glued on a binder or notebook to carry with them daily as a reminder of their discussion.

"It's never the wrong time to take a minute to talk about mental health and to give our adolescents strategies on how to deal positively with their own stress"

- Kim Turner, School Psychologist

See the team's resources attached to this post!