

# Engagement Summary

Baldwinsville Central School District  
Community Café: Wellness for the Mind and Body  
May 8, 2024



What is the most important thing the BCSD can do to ensure staff and student wellness?



## PARTICIPATION

### Breakdown of Participation



**14**  
Participants



**15**  
Thoughts



**114**  
Ratings

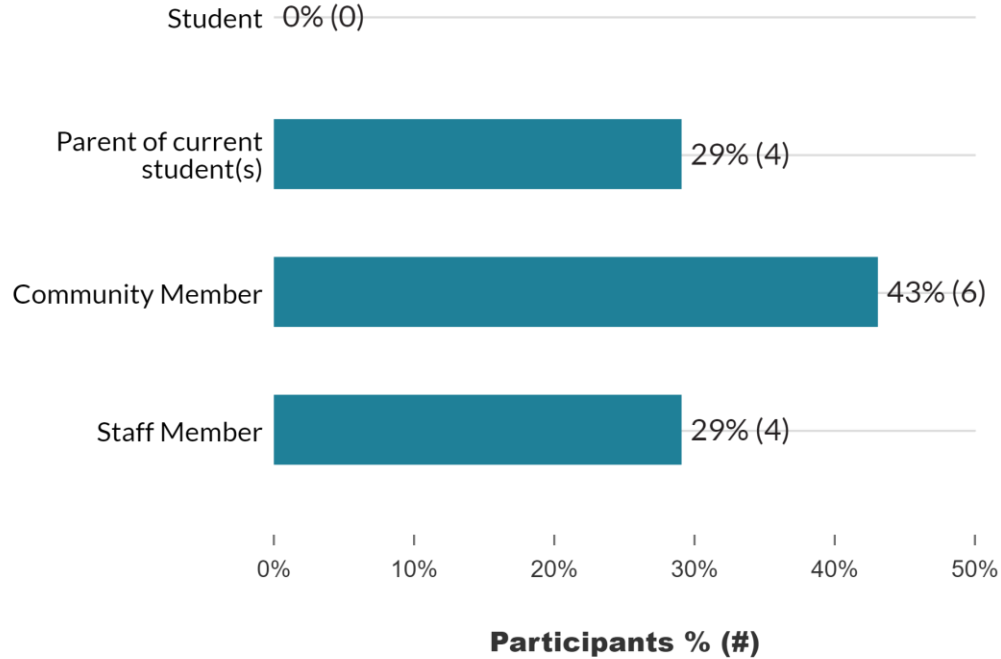
---



## PARTICIPATION Breakdown of Participation



Which group do your responses tonight best represent?





## PARTICIPATION

### Breakdown of Participation




Which school building(s) are your responses representing?



14

Responses

%		Answer <i>(Multiple select)</i>
7%	(1)	Elden Elementary
7%	(1)	McNamara Elementary
21%	(3)	Palmer Elementary
14%	(2)	Reynolds Elementary
14%	(2)	Van Buren Elementary
50%	(7)	Ray Middle
36%	(5)	Durgee JHS
71%	(10)	Baker HS

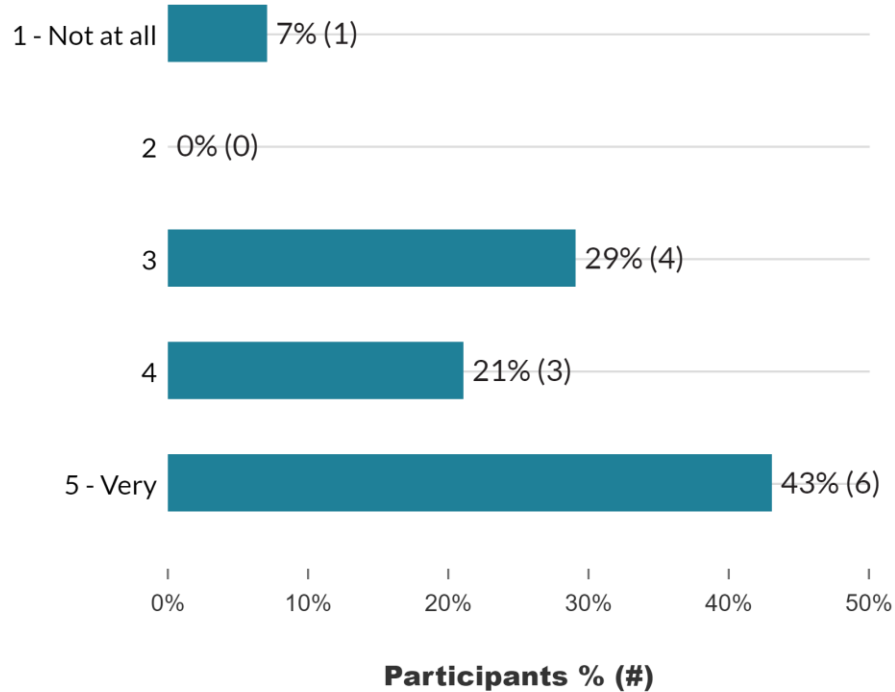


## PARTICIPATION

### Breakdown of Participation



Please rate your familiarity with the wellness-related resources/activities the BCSD offers.







## COMMENTS

### List



### What are the most common barriers to staff and student wellness?

- Schedule, time constraints
- Not sure.
- Time Stigma Confidentiality
- Lack of Staff
- Students- social media can be a major obstacle
- Understanding what wellness is and why it is a priority TIME - creating space for wellness practices Knowing how to integrate wellness into the academic day/curriculum
- Letting students and staff know what programs and options they are eligible for.
- Training
- Not enough supports available to keep up with the needs and stigma around Mental Health.
- As a teacher I feel we need much more education in how to help students cope, and/or respond to, the traumas they are, or have been, living with.
- Facility availability - a wellness room could be helpful in the buildings beyond elementary. Mental health staffing and training. The students are so diverse in their needs.
- Knowledge of resources. Stigma (real or perceived) when asking for help with your mental health.
- Things that students and staff are dealing with outside the school setting
- Too busy; the culture we are all grappling to understand/navigate



## THOUGHTS

### Key Thoughts



**Making sure students and staff are given the tools to maintain their physical and mental health.** To be at their best, they need to feel their best.

4.2  ( 11  )

Ranked #1 of 15

**Training/ education** As new research emerges or mental health professionals weigh in with techniques that work, it's important to be informed as a community

4.2  ( 11  )

Ranked #2 of 15

**To let people know it's ok to feel anxious or nervous and help them to respond to the situations.** It's important to learn what works for each person and each situation.

4.2  ( 10  )

Ranked #3 of 15





## THOUGHTS

### Training and education



**Training/ education** As new research emerges or mental health professionals weigh in with techniques that work, it's important to be informed as a community

4.2  (11 )

**Educate students on appropriate social media use**

4.1  (11 )

**Training on mental health first aid** To be able to recognize when a person is having a mental health challenge or is in a crisis and what to do to get them help.

4.1  (10 )



## THOUGHTS

### Relationships



**To let people know it's ok to feel anxious or nervous and help them to respond to the situations.** It's important to learn what works for each person and each situation.

4.2  ( 10  )

**Empathy and follow-through by staff** Ensuring a full and prolonged response/followup

4.0  ( 10  )

**Trust** Students need to feel they can trust staff.

3.9  ( 4  )



## THOUGHTS Resources



**Making sure students and staff are given the tools to maintain their physical and mental health.** To be at their best, they need to feel their best.

4.2  (11 )

**Exploration of a variety of ways to address the wellness needs of all students and staff** Wellness strategies differ for each individual

4.1  (10 )

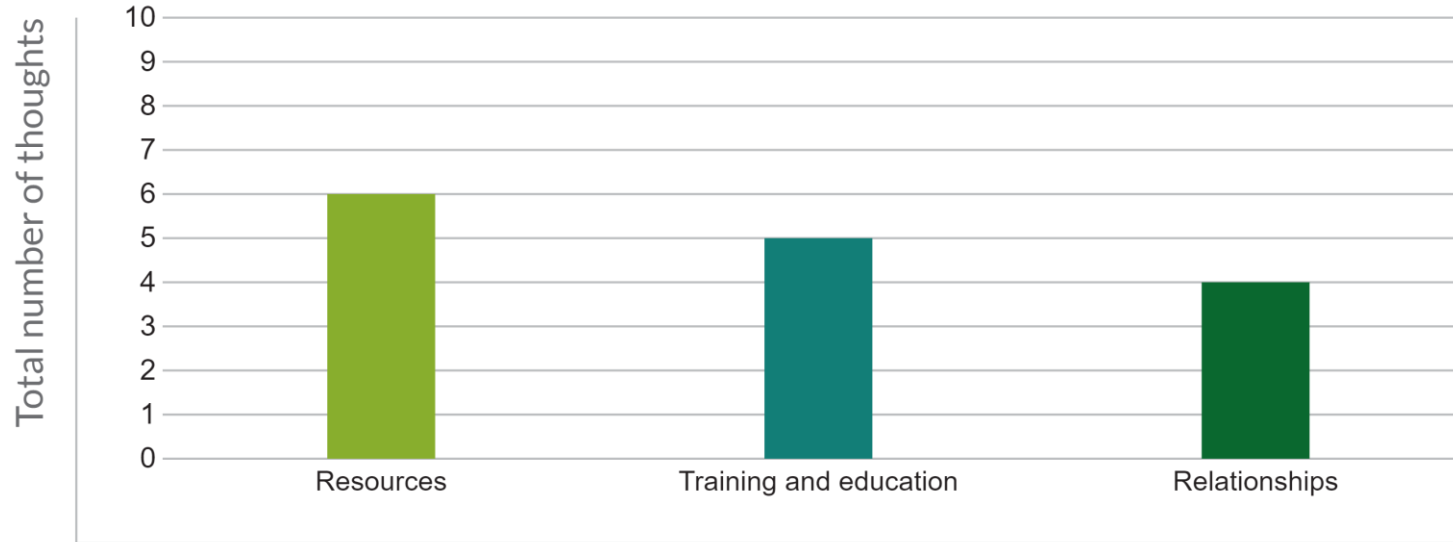
**Keep talking about wellness and providing as many resources as possible.** Staff and students have to know the district is invested in wellness.

4.1  (10 )



## CAFE THEMES

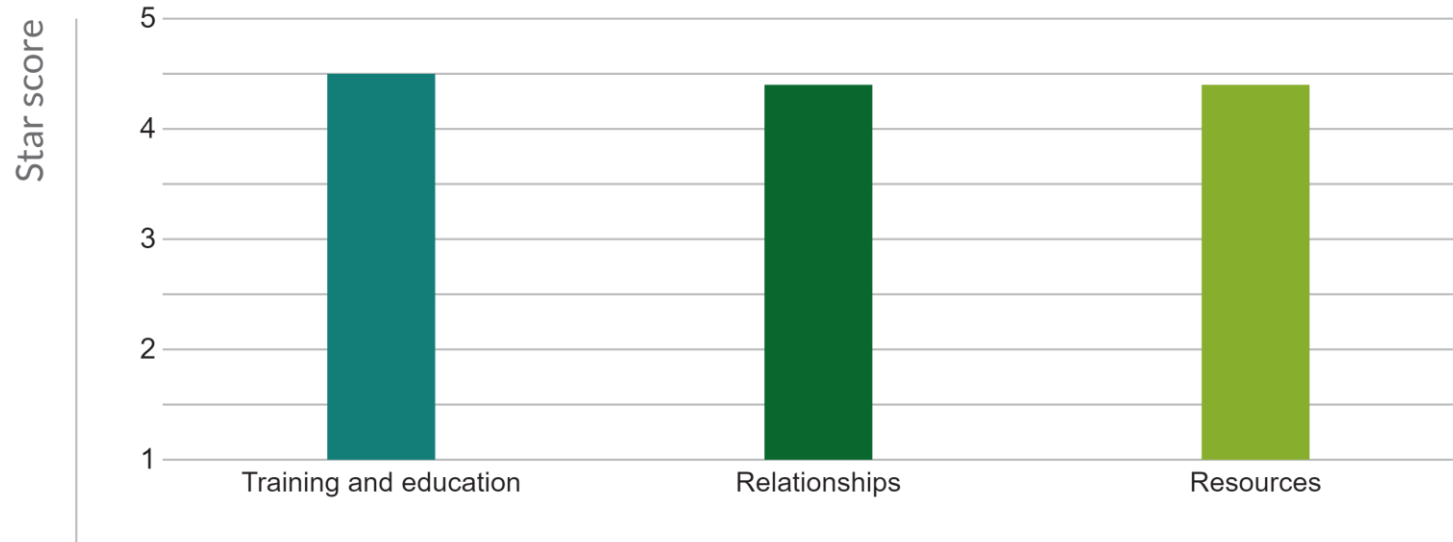
### Top Themes by total thoughts





## CAFE THEMES

### Top Themes by star score





## WRAP UP Next Steps



### **Thanks for participating**

We'll be carefully considering what we learned and sharing our actions back with you.