

**School Practitioner Community of Practice**  
(A network for sharing & exchange)  
(December 22, 2020)

Contents

**>Holidays during the pandemic: What are your plans?**

**>Links to a few other relevant shared resources**

**(Scroll down to read about the above and for hotlinks to resources)**

**Note:** Go to <http://smhp.psych.ucla.edu/> for links to other Center resources.

**This resource is from the**

**Center for MH in Schools & Student/Learning Supports, UCLA**

*So please feel free to share with anyone you think might benefit (e.g., forward our resources to individuals and share on listservs and websites).*

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**For those who have been forwarded this and want to receive resources directly, send an email to [Ltaylor@ucla.edu](mailto:Ltaylor@ucla.edu)**

**For previous postings of community of practice discussions, see <http://smhp.psych.ucla.edu/practitioner.htm>**

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**For discussion and interchange:**

**>Holidays during the pandemic: What are your plans?**

*We're better than this!* says Paul Slovic (professor of psychology at the University of Oregon in Eugene) in response to the psychic numbing surrounding COVID-19. *And indeed we are.*

We have seen so many folks doing amazing things in response to challenges and hardships over the past months. Students, families, and school staff have endured so much and shown great resilience.

*Anyone who does anything to help a child in his life is a hero ....* – Fred Rogers

Part of the holiday time needs to be devoted to thanking those who have demonstrated the better side of human-kind and also regenerating ourselves in preparation for the challenges and opportunities of the coming year.

*As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them.* – JFK

Here's a couple of excerpts from articles that have come our way:

From *How to celebrate the winter holidays safely during COVID-19*

<https://www.dailyherald.com/entlife/20201129/how-to-celebrate-the-winter-holidays-safely-during-covid-19>

The holiday season is a happy, magical time. The anticipation of celebrations and family gatherings gives many people -- especially children -- a warm and happy excitement that they look forward to each year. Maintaining this tradition is important....

These times, while restrictive, can provide an opportunity for families to be creative and focus on what is important, tapping into their internal strengths and innate resilience. Include children in the discussion of why it is important to do things differently this year. This will be very helpful for them. Invoking a child's sense of altruism and cooperation, explaining that by doing this we are doing our part in protecting "grandma and grandpa" and other people in the community and playing a role in the greater good of our community and country, is an opportunity for building community awareness....

From Kaye Hermanson at UC Davis Health

<https://health.ucdavis.edu/health-news/newsroom/winter-is-coming-covid-fatigue-is-merging-with-winter-blues-and-sad/2020/11>

*What we're dealing with is historic. Instead of letting it all go by, look around, be proud of how you've adapted and of everything you've done right. Think about what you'll say when you look back.*

*One thing you can do to give yourself a little sense of control is to make a commitment: Just do the things you have control over to keep yourself and your friends and family as safe as possible. This may be difficult for many people, but try to keep some positive mindfulness in your life.*

A few holiday coping tips:

- >Embrace the holidays at home, however you observe or celebrate them.
- >Keep your social connections: Have virtual toasts and parties.
- >If you need a mood boost, call or conference someone. Any socializing, even virtual, boosts our mood. We can still talk and laugh with friends, as always.
- >Keep your family connections: Tell the people you love, how much you love them. That makes them feel good and it makes you feel good.
- >Reflect with gratitude.
- >Get outside and enjoy the day: Weather permitting.
- >Drive around with those in your household and look at lights: There may be even more houses decorated this year.
- >Check in on what you're feeling:
- > Plan an alternative holiday in the future.
- >Spread the love: Probably, the best thing you can do to make yourself, and someone else, feel better, is to do something nice for someone. Pay it forward any way you can. Maybe it's a small gesture or donation, if you can afford it. Maybe it's finding a way to volunteer. It can be as simple as telling someone how much they mean to you.

Here's a few resources:

>**Safe and festive holiday ideas during COVID**

<https://pdxparent.com/safe-and-festive-holiday-ideas-during-covid/>

>**Happy holidays during COVID**

<https://www.connecticutchildrens.org/coronavirus/happy-holidays-during-covid-week-4-care-packages-to-make-quarantine-special/>

>**Innovative holiday and winter gatherings in the time of COVID-19**

<https://www.jhsph.edu/covid-19/articles/innovative-holiday-and-winter-gatherings-in-the-time-of-covid-19.html>

>**COVID friendly ways to celebrate the holidays**

<https://www.care.com/c/stories/17055/COVID-friendly-ways-celebrate-holidays/>

>**Ideas for safe holiday giving during COVID-19**

<https://www.bannerhealth.com/healthcareblog/advice-me/7-ideas-for-safe-holiday-giving-during-covid-19>

>**Creative ways for families to practice gratitude during the holidays**

<https://carescenter.ucla.edu/creative-ways-practice-gratitude-your-family-holiday-season>

>**How to help kids handle holiday disappointment during COVID-19**

<https://www.connecticutchildrens.org/coronavirus/how-to-help-kids-handle-holiday-disappointment-during-covid-19/>

***And we certainly hope you can take some time to relax and enjoy the winter break. You have our best wishes – be well!***

**What's happening in your locale?**

Please let us know so we can share the info widely. Send to [ltaylor@ucla.edu](mailto:ltaylor@ucla.edu)

## >Links to a few other relevant shared resources

The MHTTC Network has created specialty webpages highlighting products, resources, and events related to COVID-19, as well as other resources from reputable national organizations. In addition to a general COVID-19 page, they cover grief, loss, and bereavement, intimate partner violence (IPV) and child abuse, mental health disparities, telehealth, and provider well-being.

*the CDC Healthy Schools Partner Toolkit*

<https://orau.gov/HSC/SHB/healthy-schools-toolkit/index.html>

*Improving Distance Education in the Early Grades*

[https://edpolicyinca.org/publications/improving-distance-education-early-grades?utm\\_campaign=6c6b386a50-EMAIL\\_CAMPAIGN\\_2020\\_12\\_05\\_04\\_12\\_COPY\\_01&utm\\_medium=email&utm\\_source=PACE%20All&utm\\_term=0\\_9f1af6b121-6c6b386a50-522725185](https://edpolicyinca.org/publications/improving-distance-education-early-grades?utm_campaign=6c6b386a50-EMAIL_CAMPAIGN_2020_12_05_04_12_COPY_01&utm_medium=email&utm_source=PACE%20All&utm_term=0_9f1af6b121-6c6b386a50-522725185)

*Evidence-Based Social and Emotional Learning Programs: CASEL Criteria Updates and Rationale*

<https://casel.org/wp-content/uploads/2020/11/CASEL-Program-Criteria-Rationale.pdf>

*Environmental Education and Nature-Rich Experiences: Essential for Youth and Community Well-Being During the COVID-19 Pandemic and Beyond*

<https://edpolicyinca.us9.list-manage.com/track/click?u=dc5c37ddafe5d3418812162d&id=6626e5caeb&e=f90e4d7f7d>

*Healthy and Ready to Learn: Recommendations for the Next Administration*

<https://healthyschoolscampaign.org/resources/single/healthy-and-ready-to-learn-recommendations-for-the-next-administration/>

*Coping After a Natural Disaster -- Resources and Information for Teens*

[https://www.cdc.gov/disasters/teens.html?CDC\\_AA\\_refVal=https%3A%2F%2Fwww.cdc.gov%2Fdisasters%2Fteens%2Findex.html](https://www.cdc.gov/disasters/teens.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fdisasters%2Fteens%2Findex.html)

*Young People's Mental Health in 2020 (report)*

<https://mhanational.org/get-involved/download-young-peoples-mental-health-2020-report>

*New Interactive Module on Exploring Strengths with Young People*

<https://www.pathwaysrtc.pdx.edu/learning-tools>

*Unstuck!: 10 Things to Do to Stay Safe and Sane During the Pandemic (Free Kindle Edition)*

[https://www.amazon.com/Unstuck-Things-Stay-During-Pandemic-ebook/dp/B089K2XJM8/ref=sr\\_1\\_1?dchild=1&keywords=unstuck+Bonnie+zucker&qid=1607930054&sr=8-1](https://www.amazon.com/Unstuck-Things-Stay-During-Pandemic-ebook/dp/B089K2XJM8/ref=sr_1_1?dchild=1&keywords=unstuck+Bonnie+zucker&qid=1607930054&sr=8-1)

*A Kid's Guide to Coronavirus (Free Kindle Edition)*

[https://www.amazon.com/Kids-Guide-Coronavirus-Rebecca-Growe-ebook/dp/B089CLFWZB/ref=sr\\_1\\_3?crid=421BR7VM5TQH&dchild=1&keywords=a+kids+guide+to+coronavirus&qid=1607930124&sprefix=a+kids+guide+to+coro%2Caps%2C152&sr=8-3](https://www.amazon.com/Kids-Guide-Coronavirus-Rebecca-Growe-ebook/dp/B089CLFWZB/ref=sr_1_3?crid=421BR7VM5TQH&dchild=1&keywords=a+kids+guide+to+coronavirus&qid=1607930124&sprefix=a+kids+guide+to+coro%2Caps%2C152&sr=8-3)

*High-priority evidence gaps for clinical preventive services: 10th annual report to Congress.*

*U.S. Preventive Services Task Force*

<https://www.uspreventiveservicestaskforce.org/uspstf/sites/default/files/inline-files/10th-USPSTF-Annual-Report-to-Congress.pdf>

## A Few Upcoming Webinars

Links at <http://smhp.psych.ucla.edu/webcast.htm>

1/14 Facilitate Courageous Conversations in Anti-racist Organizations

2/10 Mental Health Awareness

2/10 Transforming Your Leadership And Those You Lead

2/16 Build a Positive School Culture via a Student Leadership Team

2/16 Stakeholder and Family Engagement

2/23 Beyond Equity - the Lens Through Which We Lead

## 2/23 The Resiliency Journey

*How Learning Happens* (Edutopia's updated series of videos explores how educators can guide all students, regardless of their developmental starting points, to become productive and engaged learners.

<https://www.edutopia.org/how-learning-happens>

Webinar recording: Unpacking the Impacts of Structural Racism on Youth

<https://preventioninstitute.us17.list-manage.com/track/click?u=5f4bf5a36bd9f72789255d49a&id=17f472fea9&c=b6757fd9d7>

For more webinars, go to the our Center's links to Upcoming/Archived Webcasts/Podcasts –  
<http://smhp.psych.ucla.edu/webcast.htm>

### Schools and Mental Health

We are receiving many requests expressing concerns about mental health and the role of schools. Our approach to mental health in schools differs markedly from those who see the role of schools mainly as a component of the mental health care delivery system.

We urge all who want to embed mental health in schools to consider the discussions in the following brief documents:

*Time for Straight Talk about Mental Health Services and MH in Schools*  
<http://smhp.psych.ucla.edu/pdfdocs/mhinschools.pdf>

*Embedding Mental Health into a Learning Supports Component:  
An Essential Step for the Field to Take Now*  
<http://smhp.psych.ucla.edu/pdfdocs/embeddingmh.pdf>

For an in-depth discussion of the opportunity to advance mental health in schools during the current crisis and beyond, see our new, free book:

*Embedding Mental Health as Schools Change*  
[http://smhp.psych.ucla.edu/improving\\_school\\_improvement.html](http://smhp.psych.ucla.edu/improving_school_improvement.html)

And look at our new policy brief prepared at the request of PACE:

*Restructuring California Schools to Address Barriers to Learning and Teaching in the COVID 19 Context and Beyond*

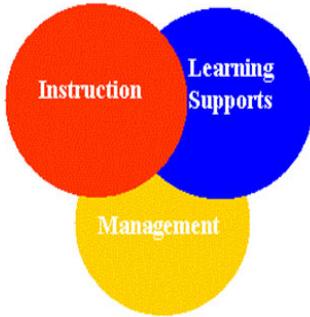
[https://edpolicyinca.org/publications/restructuring-california-schools-address-barriers-learning-and-teaching-covid-19?utm\\_source=PACE+All&utm\\_campaign=61b8aabde4-EMAIL\\_CAMPAIGN\\_2020\\_11\\_17\\_07\\_36\\_COPY\\_05&utm\\_medium=email&utm\\_term=0\\_9f1af6b121-61b8aabde4-522725185%20The%20content,%20of%20course,%20is%20applicable%20to%20other%20states](https://edpolicyinca.org/publications/restructuring-california-schools-address-barriers-learning-and-teaching-covid-19?utm_source=PACE+All&utm_campaign=61b8aabde4-EMAIL_CAMPAIGN_2020_11_17_07_36_COPY_05&utm_medium=email&utm_term=0_9f1af6b121-61b8aabde4-522725185%20The%20content,%20of%20course,%20is%20applicable%20to%20other%20states)

**Are you sad about not having our regular holiday celebrations?**



**No, I'm sad because so many people are dying from COVID!**

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*For information about the*  
**National Initiative for Transforming Student and Learning Supports**  
go to <http://smhp.psych.ucla.edu/newinitiative.html>

**Equity of opportunity is fundamental to enabling civil rights;  
transforming student and learning supports is fundamental to  
promoting whole child development, advancing social justice,  
and enhancing learning and a positive school climate.**

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**Invitation to Listserv Participants:**

**Everyone has a stake in the future of public education. This is a  
critical time for action. Send this resource on to others. Think  
about sharing with the growing number who are receiving it.  
AND Let us know about what we should be including.  
Send to [Ltaylor@ucla.edu](mailto:Ltaylor@ucla.edu)**

**THE MORE FOLKS SHARE, THE MORE USEFUL AND  
INTERESTING THIS RESOURCE BECOMES!**

**For new sign-ups – email [Ltaylor@ucla.edu](mailto:Ltaylor@ucla.edu)**

**Also send resources ideas, requests, comments, and experiences for sharing.**

**We post a broad range of issues and responses to the Net Exchange  
on our website at <http://smhp.psych.ucla.edu/newnetexchange.htm>  
and on Facebook (access from the Center's home page <http://smhp.psych.ucla.edu/> )**