

Are You Experiencing Pooh's Dilemma?

While Christopher Robin is dragging Pooh by his heel downstairs and the bear's head is bumping on each stair, Winnie the Pooh thinks:

There must be a better way to do this if only I could stop bumping long enough to think of it.

We know how busy everyone has been, and as a result, many folks have not had time to stop bumping long enough to take time to read about matters of major concern. This has particularly been the case with respect to considering how to move in new directions to better address barriers to learning and teaching.

We hope with the summer rapidly approaching, more time can be used to read, reflect, and plan ways to improve student/learning supports.

With this in mind, we are resending links to the following brief messages our Center has sent out since January related to the increased need for schools to cope with learning, behavior, and emotional problems:

- >6/2/22 – *This School Year Ends with Mixed Emotions: Moving Ahead with a Focus on Enhancing Equity of Opportunity* <http://smhp.psych.ucla.edu/pdfdocs/6-2-22.pdf>
- >5/26/22 – *A Caution About How the Feds Think About Student/Learning Supports and Mental Health* <http://smhp.psych.ucla.edu/pdfdocs/5-26-22.pdf>
- >5/19/22 – *Enhancing How Schools Address Barriers to Learning and Teaching is a Critical Step in Improving Support for Public Education* <http://smhp.psych.ucla.edu/pdfdocs/5-19-22.pdf>
- >5/12/22 – *Mental Health in Schools: Taking Stock, Moving Ahead* <http://smhp.psych.ucla.edu/pdfdocs/5-12-22.pdf>
- >5/5/22 – *Time for Schools to Remind the Community: "Here's the Positive Contribution We are Making"* <http://smhp.psych.ucla.edu/pdfdocs/5-5-22.pdf>
- >4/28/22 – *Mental Health in Schools: An Opportunity Gained! An Opportunity Lost?* <http://smhp.psych.ucla.edu/pdfdocs/4-28-22.pdf>
- >4/21/22 – *Is public education in a state of crisis?* <http://smhp.psych.ucla.edu/pdfdocs/4-21-22.pdf>
- >4/13/22 – *A cautionary note about how schools focus on students' mental health* <http://smhp.psych.ucla.edu/pdfdocs/4-13-22.pdf>
- >4/6/22 – *Embed School-based Services into a Unified, Comprehensive, and Equitable System of Student/Learning Supports* <http://smhp.psych.ucla.edu/pdfdocs/4-6-22.pdf>
- >3/31/22 – *Mental Health in Schools: More than Providing School-Based Services* <http://smhp.psych.ucla.edu/pdfdocs/3-31-22.pdf>
- >3/24/22 – *How School Boards Can Pursue New Directions to Help Schools Address Barriers to Learning and Teaching* <http://smhp.psych.ucla.edu/pdfdocs/3-24-22.pdf>
- >3/17/22 – *Transforming Student/Learning Supports: What We've Learned so Far* <http://smhp.psych.ucla.edu/pdfdocs/spring2022.pdf>

- >3/10/22 – *Integrated SERVICES, MTSS, SEL, COMMUNITY SCHOOLS, and???*
What is Widely Advocated is Too Limited but Can Be Built on in ways that Fundamentally Transform How Schools Address Barriers to Learning & Teaching
<http://smhp.psych.ucla.edu/pdfdocs/3-10-22.pdf>
- >3/3/22 – *Schools already have good sources for screening a student's problems; they don't need to waste resources by adopting another screening instrument*
<http://smhp.psych.ucla.edu/pdfdocs/3-3-22.pdf>
- >2/28/22 – *We must transform how schools address barriers to learning* <https://edsource.org/2022/we-must-transform-how-schools-address-barriers-to-learning/668110>
- >2/24/22 – *Don't Limit Thinking about How Schools Can Best Help Address Students' Mental Health*
<http://smhp.psych.ucla.edu/pdfdocs/2-24-22.pdf>
- >2/17/22 – *Planning to Apply for a Full Service Community Schools' grant?* <http://smhp.psych.ucla.edu/pdfdocs/2-17-22.pdf>
- >2/10/22 – *Improving Student/Learning Supports Requires Reworking the Operational Infrastructure*
<http://smhp.psych.ucla.edu/pdfdocs/2-10-22.pdf>
- >1/27/22 – *ACTION STEPS for Improving How Schools Address Barriers to Learning and Teaching – including mental health concerns* <http://smhp.psych.ucla.edu/pdfdocs/1-27-22.pdf>
- >1/18/22 – *Mental Health in Schools: We won't Argue Against Adding More Counselors, BUT ...* <http://smhp.psych.ucla.edu/pdfdocs/1-18-22.pdf>

Ready to move forward? More in-depth presentations about new directions can be found in three recent, free books from the Center:

- > *Addressing Barriers to Learning: In the Classroom and Schoolwide*
 - > *Improving School Improvement*
 - > *Embedding Mental Health as Schools Change*
- all three resources can be accessed
at http://smhp.psych.ucla.edu/improving_school_improvement.html

A host of other free resources are available on the Center's website <http://smhp.psych.ucla.edu>

Let us know if there are resources you need that we might be able to provide.

Also, note that our Center offers free technical assistance and coaching; see <http://smhp.psych.ucla.edu/pdfdocs/coach.pdf>

