




Counseling Department Professional Development



The Preuss School UC San Diego
Friday, 8/21/20



At The Preuss School
UC San Diego,
our goal is to be a
Trauma Informed, or
Compassionate
School.

“Without the structure and safety of school, children who are already vulnerable to abuse and neglect at home, face a greater threat”

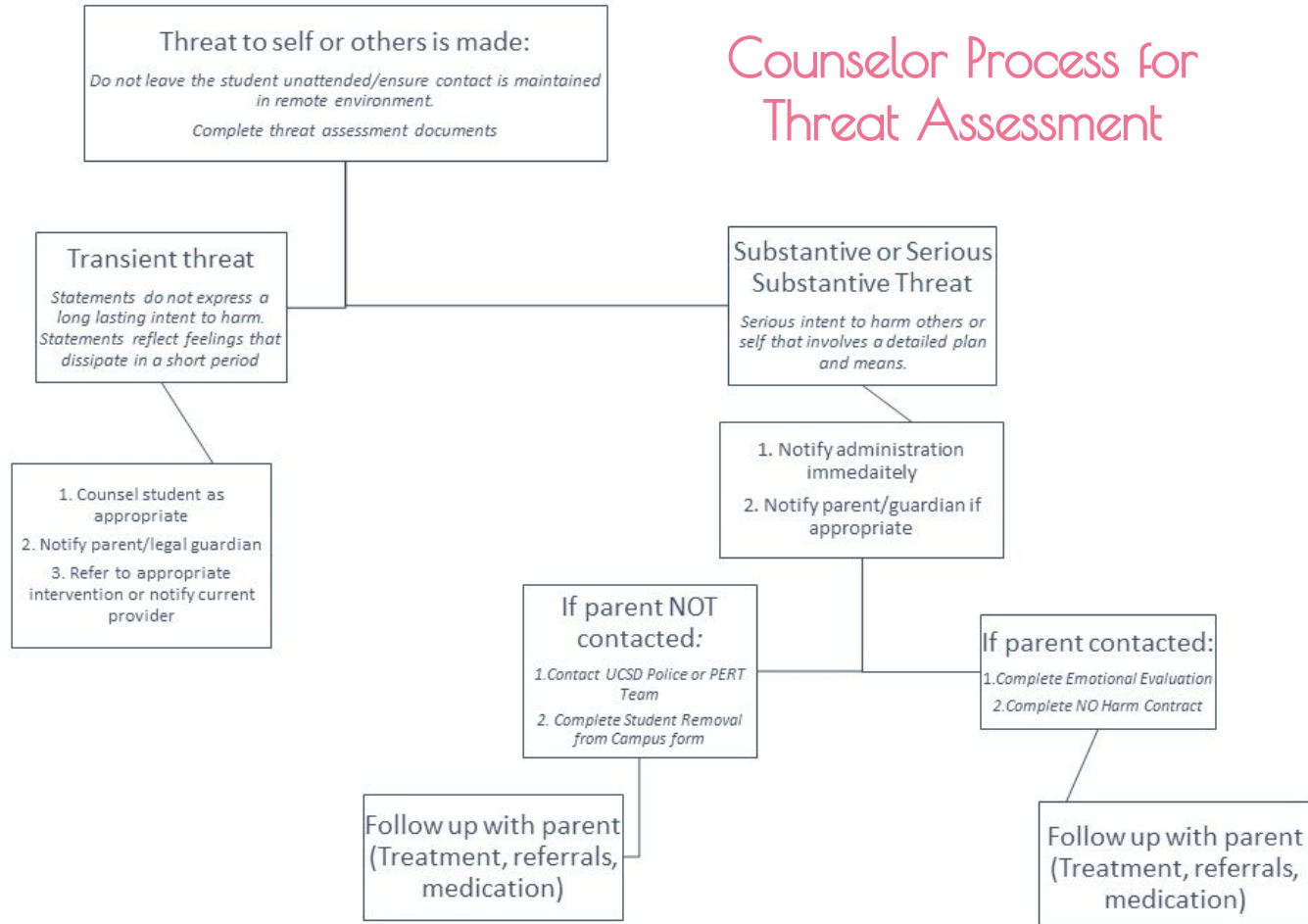
-California Governor Gavin Newsom





Threat Assessment in a Virtual Setting

Counselor Process for Threat Assessment



Concerning Behaviors in a Virtual Setting

- Threats made during Zoom classroom sessions
- Concerning social media posts
- Engagement with virtual communities that encourage violence
- Cyberbullying
- Increased resentment due to societal and educational inequities
- Mental health concerns due to social isolation
- Symptoms of previous MH concerns
- Anxiety, depression, suicidal ideation, and substance abuse
- Increased exposure to domestic violence
- Student, family, & community stressors

Increase Area of Awareness in Virtual Setting

- Typed/Written Assignments
- Zoom Chat
 - Limiting private chats in Zoom
- Loud/unidentified noises coming from Zoom
- Social Media posts
- Group Chats for Class/Google Hangouts
- Inconsistent Attendance (i.e. frequently late or leaves before class ends)



What do I do if I suspect a student may be showing threat to others/threat to self/other concerning behaviors?

If you are in direct contact with a student in crisis, **DURING Zoom meeting:**

- Step 1: Maintain video/voice contact with student
- Step 2: Verbalize/private chat student to remain in the Zoom until we can connect them with additional support.
- Step 3: Call/text School Counselor immediately
- Step 4: After Zoom class, email School Counselor and Admin regarding concerns that were presented



What do I do if I suspect a student may be showing threat to others/threat to self/other concerning behaviors?

If you are in indirect contact with a student in crisis (i.e. concerning assignment turned in, text/email from student, etc.):

- Email School Counselor and Admin regarding concerns with attached documentation
 - If appropriate, you may offer student support or comfort with concerns presented



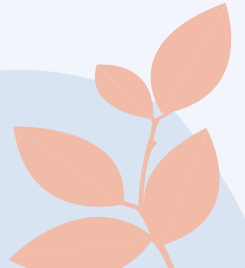
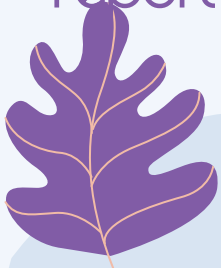
All Preuss Employees are Mandated Reporters

All permanent and temporary Preuss employees including faculty, admin, **substitutes** and classified staff

→ Volunteers are not legally obligated to report abuse, but if they discuss concerns with you, you are required to follow up

Remember, we are not investigators

- Do not interrogate a child, CWS or law enforcement will handle the investigation
- Be aware that family could intimidate a child into recanting allegations
- You are not required to inform a parent if you file a CPS report



Child Welfare and Abuse Reporting

Kids Need Schools to Continue Reporting Abuse During COVID-19 Crisis

Empowering teachers, counselors, nutrition staff, and others in their role as mandated reporters during the COVID-19 crisis.



Students not being in school creates new challenges to reporting abuse

In times of crisis and economic instability, child abuse and neglect rates increase. However, reports of child abuse and neglect in San Diego County have declined dramatically. The ability to speak up for kids' safety is crucial at this time.

Making a report is asking for help and services

If you reasonably suspect a child is unsafe – report. You do not need proof. You are not making an accusation. You are asking for a professional to help a child and their family.

To report effectively, explain why you suspect abuse or what the student has shared

Example: On two separate occasions during morning meetings in the virtual classroom, (child) shared that there is no food in the home and there is no running water or clean clothes. (Teacher) has attempted outreach to the parent on five occasions since student self-reported with no response; school social worker has also not been able to reach them.

You may be the only person to act

While schools are closed, school/district employees, administrators, and athletic coaches still have a duty to report. If you suspect abuse or neglect - report it.



Where To Report
24-hour/seven days a week
Child Protective Services
Abuse Hotline
1-800-344-6000

Helpful Tips for Protecting Children

Continue to let students know you remain a supportive, caring adult in their lives:

- Check in regularly with students and/or caregivers. Provide encouraging messages.
- Ask questions to engage children. Ex: "Give me one word that describes how you feel today?" "How is learning from home different from learning at school?"

Signs of concerns:

- If a child communicates they feel unsafe, you see a child in a dangerous environment, or you notice a significant change in a child's mood/behavior.
- For students with technology/internet access: lack of virtual attendance or homework not completed over a long period of time.
- If you have had no contact at all with a family after many repeated phone calls/messages.


Make an extra effort with children who:

- Have a history of emotional, sexual, physical abuse or neglect, drug use, or discussed/attempted suicide.
- Are responsible for the care of other children or live in a highly stressful family situation with limited support systems.
- Require assistance due to physical, mental, behavioral, or medical disabilities or delays.

Legal Responsibilities and Protections:

- School personnel are mandated reporters. If you have reasonable cause to suspect child abuse or neglect, you must directly report it immediately to the hotline: 1-800-344-6000.
- No administrator or supervisor may impede or inhibit any report.
- When you make a report in good faith you are protected against civil/criminal penalty or adverse employment action.

Reported rates of child abuse and neglect are 5 times higher for children in families with low socio-economic status compared to children in families with higher socio-economic status.

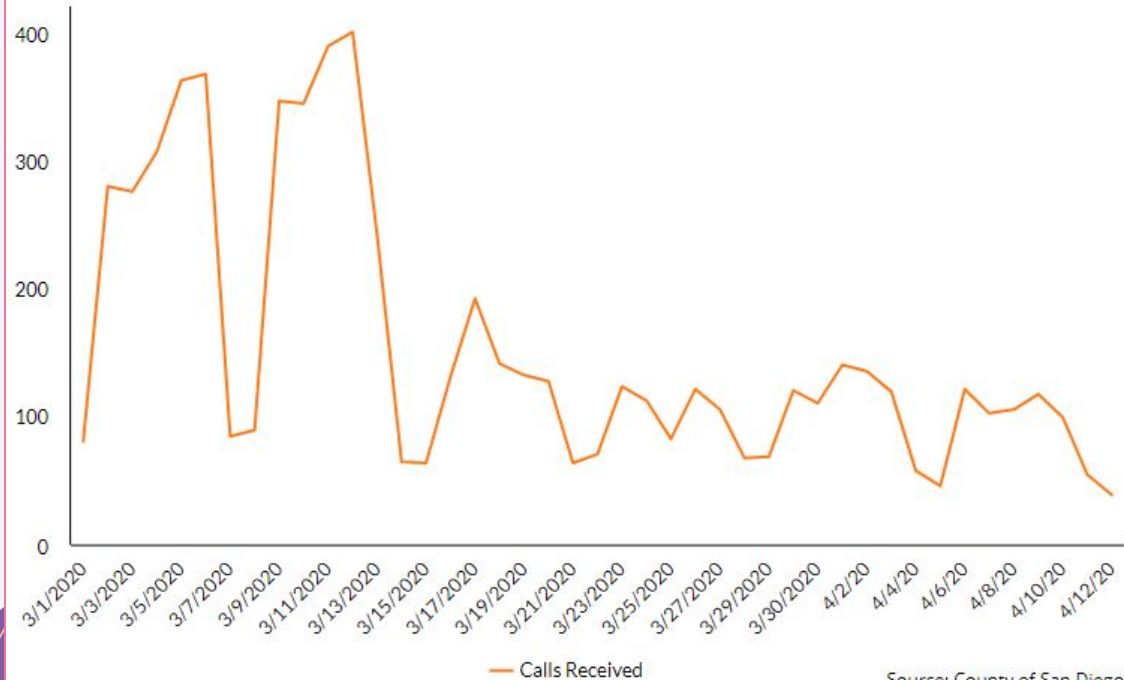
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- The month of April saw a sharp decline in Child Abuse Reports once schools were closed or virtual due to the pandemic.
 - Comparing 2019 to 2020 by month, the data shows that the monthly state totals of child abuse reports were an average of 14.2 percent lower in March 2020, 40.6 percent lower in April and 35.1 percent lower in May.

San Diego

San Diego County received 1,525 calls to its child abuse hotline the week before schools closed. The following week, calls plummeted by nearly half to 856.

In April 2019, there were 5,731 calls to the hotline. Up until April 12, there have only been 1144.

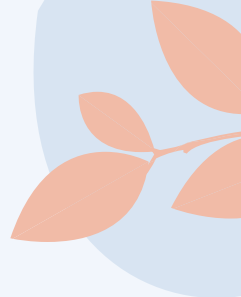
Calls to San Diego's Child Abuse Hotline



Source: County of San Diego Health & Human Services Agency



Do we need to
have evidence to
make a child
abuse report?



NO

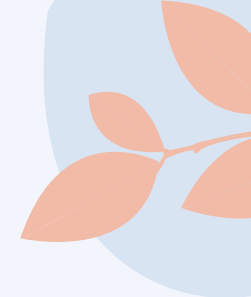
A mandated reporter only needs to have *reasonable suspicion* that a child has been mistreated.



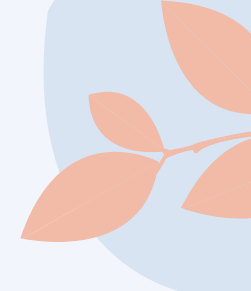
What Must Be Reported



- Physical Abuse
- Sexual Abuse
- Emotional Abuse
- Neglect



Report Suspected Child Abuse by Phone



Call ASAP: Child Welfare Services OR

The Police or Sheriff's Department

- Call immediately or as soon as possible
- Whomever the child discloses to should be the one to call in the report
- If 2 employees hear disclosure, 1 report is sufficient



Local Child Abuse Prevention Hotline

1(800) 344-6000

or

(858) 560-2191



In Addition to Calling:



- A written report must be:
 - Sent by mail
 - Faxed
 - Emailed (with provided link)

Suspected Child Abuse Report Form

https://www.sandiegocounty.gov/content/dam/sdc/hhsa/programs/phs/documents/EMS-FormSS8572_SuspectedChildAbuse.pdf

Reminders

UCSD OPHD Reporting

If the child abuse relates to bias, harassment, or discrimination, as a University employee you may be required to report motivated incidents to OPHD.

Ways to Report

Report suspected bias incidents to the OPHD office in the following ways:

- Online – ReportBias.ucsd.edu (Available at any time)
- Email – Send a report to ophd@ucsd.edu (Available at any time)
- By Phone – (858) 534-8298



As Always...

*If you suspect...
report!*

Resources for Students

You are not alone.

Support is always available.

TEEN GUIDE TO MENTAL HEALTH AND WELLNESS



Taking Care of You and Your Friends' Mental Health



National Suicide Prevention Lifeline
1-800-273-TALK (8255)



National Domestic Violence Hotline
1-800-799-7233 • Text LOVEIS to 22522
Resources for teen dating abuse



Crisis Text Line
Text TALK to 741741 to text with a trained counselor for free



Child Abuse Hotline
1-800-344-6000 (24/7)
If you or a friend is being hurt or neglected



California Warmline
1-855-845-7415 available 24/7
A non-emergency resource for anyone seeking emotional support



My3 App
Define your network and your plan to stay safe
my3app.org



The Trevor Project
TrevorLifeline: 1-866-488-7386
Text TREVOR to 1-202-304-1200
TrevorChat: Via thetrevorproject.org



MindShift App
Strategies to help cope with stress and anxiety



10 SELF-CARE STRATEGIES FOR TEENS

- 1 It's OK to feel overwhelmed. Focus on what you can control, like your breathing and being in the present moment.
- 2 Spend time outside, even if you're avoiding crowds.
- 3 Engage in mindfulness activities, such as starting a gratitude journal or preparing your favorite meal.
- 4 Practice self-care in whatever form it looks like to you, which may include exercising, reading, meditation or getting adequate sleep.
- 5 Reach out to whomever and whatever you know helps you.
- 6 Make a list of your favorite songs or movies, and share the list with your friends.
- 7 Challenge negative beliefs about change.
- 8 Find new ways to connect with your friends. Social distancing should not mean social isolation.
- 9 Make your space comfy and cozy.
- 10 Set boundaries with your media consumption.

TEEN APPS FOR SELF-CARE



GritX
GRITX



STOP, BREATHE, THINK



VIRTUAL HOPE BOX



Personal Wellness Resources

Teacher/Staff Resources

AB 1432 – CALIFORNIA SCHOOL PERSONNEL: MANDATED REPORTER TRAINING

San Diego County Suicide Prevention Council Resource
Guide for Schools 2020

Phased PreK-12 Schools Re-Opening
Guideline: Mental Health

Reporting Abuse During COVID-19 - San Diego
County Office of Education

Sources Cited

- <https://www.cdc.gov/violenceprevention/childabuseandneglect/fastfact.html>
- <https://www.cdc.gov/violenceprevention/pdf/CAN-factsheet.pdf>
- <https://salud-america.org/latino-childhood-development-research-childhood-trauma/>
- <http://www.mandatedreporter.ca.com/training/training.htm>
- http://www.acf.hhs.gov/programs/cb/stats_research/index.htm#can
- <http://www.publiccounsel.org/tools/publications/files/Statutory-Rape-What-Teens-Should-Know.pdf>
- <https://www.voiceofsandiego.org/topics/news/child-abuse-calls-have-dropped-and-thats-not-a-good-thing/>