



**Department of
Education &
Workforce**

Enhancing Student Wellness in Ohio

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2025 Out-of-School Time Conference



**Department of
Education &
Workforce**

Learning Objectives

Identify mental health needs for Ohio students.

Understand trauma and potential impacts on education.

Share resources to support students.

Agency Priorities

Literacy

Workforce Readiness

Accelerating Learning

Student Wellness

Office of Whole Child Supports

Safe and Supportive Schools

- Safety
- PBIS
- School Climate
- Attendance
- Family and Community Engagement
- Student Voice

School Wellness

- Mental Health
- School-Based Health
- Prevention
- Medicaid in Schools

Vulnerable Youth

- Military
- Justice Involved
- Foster Care
- English Learners
- Homeless



Student Wellness Needs and Challenges



The Need

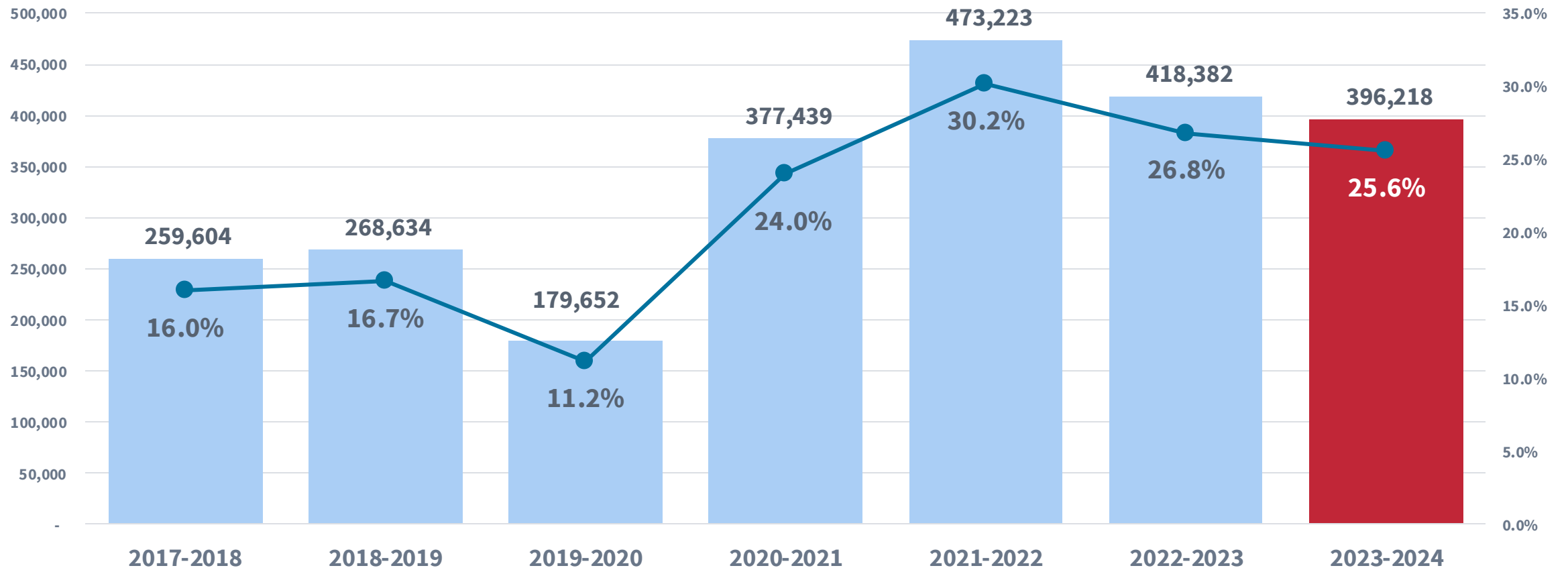
- 24,046 experienced homelessness¹;
- 829,879 (49.6%) economically disadvantaged¹;
- 703,214 students participated in Medicaid²;
 - 42% of Ohio's K-12 students; and
 - ↑ 20,500 from previous year.

1. Ohio Department of Education and Workforce: <https://reports.education.ohio.gov/report/report-card-data-district-enrollment-by-student-demographic>

2. Ohio Department of Education and Workforce: Healthy Student Profiles: <https://education.ohio.gov/Topics/Student-Supports/School-Wellness/Healthy-Students-Profiles>



Chronic Absence Statewide



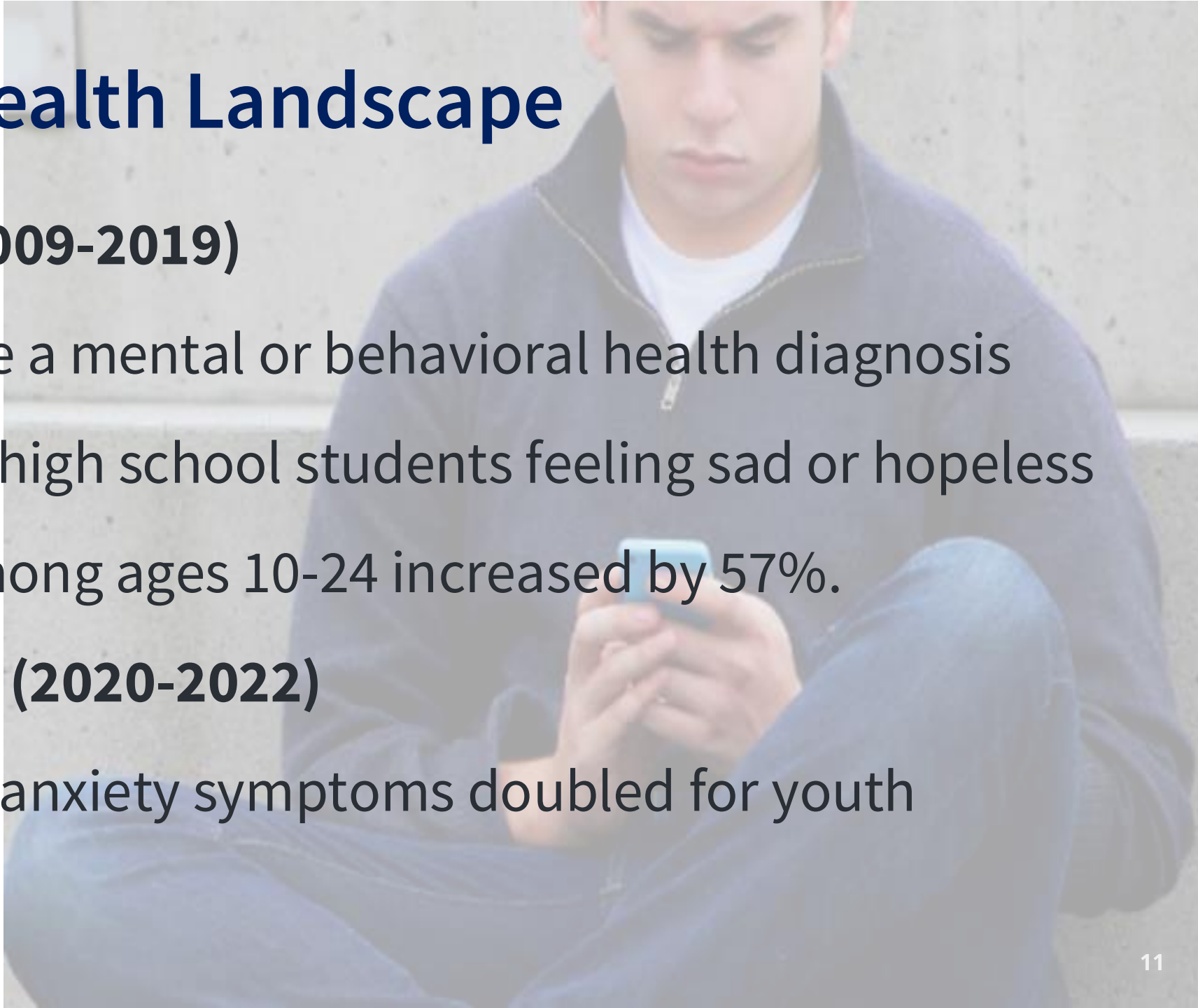
U.S. Mental Health Landscape

Pre-Pandemic (2009-2019)

- 1 in 5 youth have a mental or behavioral health diagnosis
- 40% increase in high school students feeling sad or hopeless
- Suicide rates among ages 10-24 increased by 57%.

During Pandemic (2020-2022)

- Depressive and anxiety symptoms doubled for youth



Ohio Students Facing Challenges



- **1 in 3 Ohio students reports challenges with anxiety**
- **1 in 3 Ohio students reports feeling sad and hopeless**
 - Almost 115,000 high-school aged kids in Ohio have experienced depression
- **Workforce Shortages**

Adverse Childhood Experiences (ACEs) in Ohio

Ohio high school students and Adverse Childhood Experiences:

In a classroom of **30** Ohio high school students, around **22** of those students have experienced at least one ACE in their lifetime (**74%**)



In a classroom of **30** Ohio high school students, around **10** of those students have experienced 4+ ACEs in their lifetime (**33%**)



Impact of Adverse Childhood Experiences in Ohio

77% of Ohio high school students who have experienced **4 or more ACEs** reported stress, anxiety, or depression in the past 30 days, compared to **43%** of students with **0 ACEs**



Possible Impacts of Childhood Trauma

Learning

- Organizing narrative material
- Cause and effect
- Taking another's perspective
- Attentiveness
- Regulating emotions
- Executive functioning
- Engaging in curriculum

Possible Impacts of Childhood Trauma

Behavior

- Reactivity and impulsivity
- Aggression
- Defiance
- Withdrawal
- Perfectionism
- Fight, Flight, Freeze

Interventions



Essentials of Trauma-Informed Care

- Focus on relationships
 - Promote safety and trustworthiness
 - Engage in choice and collaboration
 - Encourage skill-building and competence
-
- Physical environment considerations
 - Consistency, predictability, routine, and structure

Relationship Building

Relationship building is crucial

- Safe, supportive relationships are most effective neurobiological interventions
- Psychologically safe relationships help brain return to Neocortex (regulation)
- Coregulation (“Connect before Correct”)
- Felt Safety

Supporting Mental Health In Schools



What Schools and Districts Can Do



- Use data to inform decisions
- Develop partnerships
- Prioritize evidence-based practices and strategies
- Implement universal wellness supports
- Strengthen Tier II and III supports
- Offer professional development

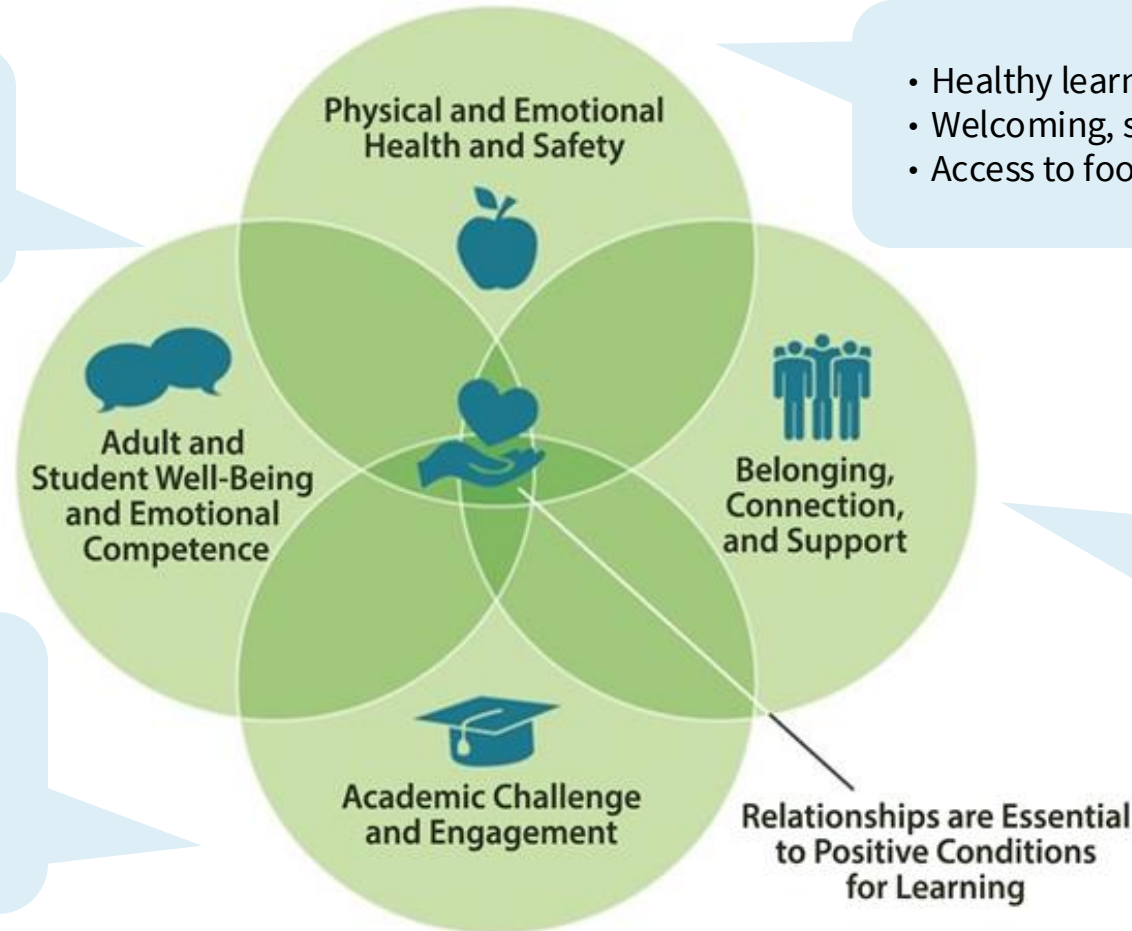
Strategies to Support Positive Conditions for Learning

- Access to health care and mental health supports
- Trauma-informed practice
- Staff self-care

- Healthy learning environments
- Welcoming, safe school climate
- Access to food and other basic needs

- Access to tech and internet
- Learning supports
- Project-based learning
- Credit recovery opportunities
- Internships or community service
- Alternative scheduling options

- Active student and family engagement
- Advisories and meetings to build community
- Enrichment and clubs
- Positive peer connections



Additional Resources

School Based
Mental Health
Web Page

Student and
Staff Well-being
Toolkit

Trauma-
Informed
Schools

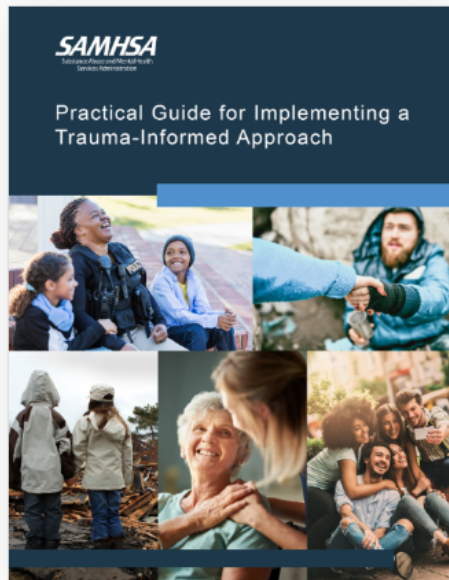
Prevention
Education

School-Based
Health Toolkit

Student
Wellness and
Success Funding

Practical Guide For Implementing a Trauma-Informed Approach

Practical Guide for Implementing a Trauma-Informed Approach



This practical guide updates and expands the discussion presented in SAMHSA's Concept of Trauma and Guidance for a Trauma-Informed Approach Resource from 2014. The primary goal of this guide is to provide implementation strategies across multiple domains based on the original publication.

Authoring Agency:

Substance Abuse and Mental Health Services Administration (SAMHSA)

[View Resource](#)

Supporting Student Wellness

Key: ● Student Wellness and Success Funding ■ Disadvantaged Pupil Impact Aid

- [School Payment Reports](#)
- [Student Wellness and Success Funds and Disadvantaged Pupil Impact Aid](#)

- **At least 50% of SWSF must be used for mental or physical health services or a combination of both**

	Initiatives	Examples
● ■ Mental health services	Mental health services, including telehealth services, community-based behavioral health services and recovery supports	Hiring new or additional social workers and school counselors to provide supports to students Partnering with community agencies to identify student needs and provide evidence-based behavioral health services and recovery support
● ■ Physical health services	Physical health care services, including telehealth services and community-based health services	Hiring school nurses and healthcare providers to serve students during the school day Providing telehealth services to meet students' physical health needs in rural communities Constructing or adapting existing space for a school-based health center Collaborating with community partners to address student physical and mental health needs through school-based health care

Thank You!

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