



PROMOTING COMMUNITY WELLNESS IN THE TIME OF COVID

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WHO WE ARE

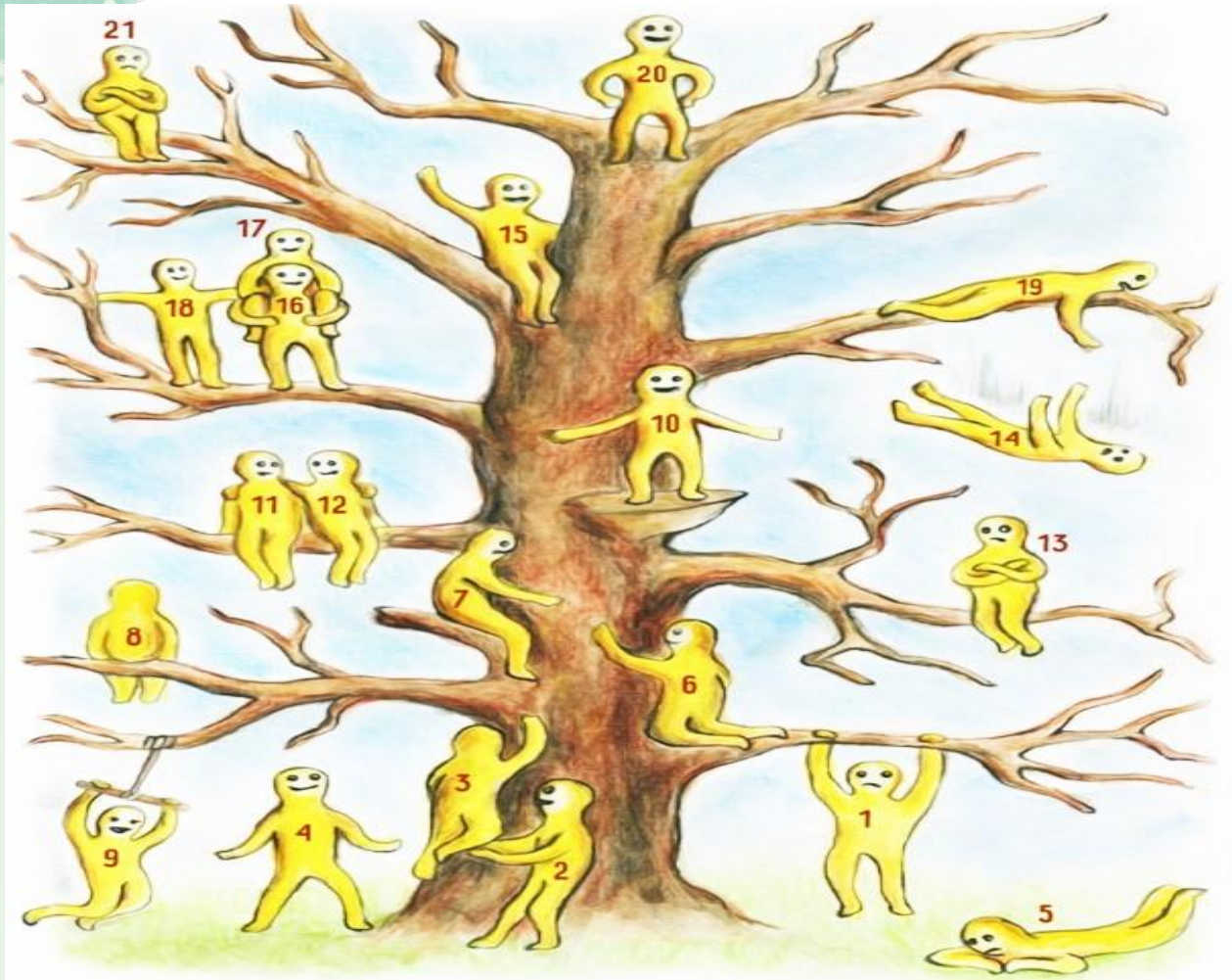


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BURN 5:
Which
number are
you today?
August
2021?



WHO WE ARE: RAVENS CROFT

- Raleigh, NC
- Founded in 1862
- Co-ed PK-12 school of 1230 students on one campus
- 249 Faculty and Staff
- 32% students of color
- 21% Faculty and Staff of color
- Dedicated Lower School, Middle School and Upper School buildings





FALL OF 2021

- Delta Wave
- Return to in-person learning after a year of hybrid
- Increased mental health concerns
- Increased behavioral concerns
- Faculty fatigue



SHIFT FROM REACTIVE TO PROACTIVE SUPPORT

- How do we balance the emerging need to be both faculty centered and student centered?
- Previous models for wellness and support are no longer sufficient
- Polarity of Care and Accountability

CONNECTION BEFORE CONTENT

- Resilience rests on relationships
- Introduction and re-introduction to the campus and community
- Proximity of administration not initiatives
- Opportunities to engage with the institution:
 - Strategic plan process
 - Hiring process

FACULTY WELLNESS

INITIAL ATTEMPTS

- Bonuses
- Days off
- Dress down
days/spirit weeks



SUCCESSSES

- Work & wellness days
- Faculty yoga
- Partnering with the PA
- Ongoing affinity spaces

STUDENT WELLNESS

- Space for social gatherings and connection
- Therapy dog visits
- Integration of mindfulness into advisory, community time, and classes
- Use of new wellness room for student yoga classes and club
- Regular student affinity space meetings



STUDENT SUPPORT & EARLY INTERVENTION

- Support from Divisional Counselors
 - Point people for mental health needs and support at school
 - Liason for outside mental health support
 - Auto replies with mental health and crisis resources during weekends and breaks
- Revamped Senior Transition program
- SAT Team
- Mental Health First Aid



KEY TAKEAWAYS

- Connection & community
- Optionality where possible
- Setting boundaries
- In-person communication
- Polarity of care and accountability



Questions?

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