



# Safe and Healthy Schools Newsletter

## NEW SPECIALIST ON THE TEAM

Kendra Muir began working for Utah State Board of Education (USBE) in early December 2020 as the School Nursing/Wellness Specialist for the Safe and Healthy Schools Team. She became a registered nurse in 2005 and began working at Primary Children's Medical Center in Salt Lake City. In 2007 she started work for the Tooele County School District as a school nurse. Kendra worked in schools providing care for school-aged children for five years before taking a position at the Tooele County Health Department (TCHD) in the Women, Infants, and Children's Program (WIC). Seven years later, she became TCHD's Nursing Director and managed the School Nursing Bureau, WIC Bureau, and Community Health Bureau. Kendra is currently in the last semester of her Master's degree in Health Leadership, and plans to graduate in early 2021. She is very excited to learn and begin her journey at USBE. Kendra is passionate about helping Utah's school-aged children succeed and looks forward to working hard and making a difference.

You may contact Kendra at (801) 538-7904 or [kendra.muir@schools.utah.gov](mailto:kendra.muir@schools.utah.gov).



## SPECIAL POINTS OF INTEREST

- Utah's School Behavioral Health Toolkit
- Grant Opportunities
- School Counseling Services
- What to do if you suspect you may have symptoms of COVID-19.



utah department of  
**human services**  
SUBSTANCE ABUSE AND MENTAL HEALTH

### FOLLOW ALONG WITH THE 2021 LEGISLATIVE SESSION

2021 Utah Legislative  
Session

- ◆ [2021 Education Bill Tracking Document](#)
- ◆ [Utah State Legislature website](#)



### MEET THE TEAM

[Contact Us page](#)

## UTAH'S SCHOOL BEHAVIORAL HEALTH TOOLKIT

The Utah State Board of Education (USBE) and Division of Substance Abuse and Mental Health (DSAMH) are collaboratively developing *Utah's School Behavioral Health Toolkit: Partnering to Address Mental and Emotional Wellness for School-aged Children*. This toolkit will assist local education agencies (LEAs) and local mental health authorities in creating a comprehensive school behavioral health program. It will include resources and information on assessing system needs, building capacity, planning, implementation, evaluation, and best practices. The framework for this toolkit was created by a collaborative group of state and local, school and community partners. The input from this group, and additional stakeholder feedback, has provided a valuable community lens for this project. The anticipated release for the online version is Spring 2021.



**SCHOOL  
SAFETY  
CENTER**



## THE USBE SCHOOL SAFETY CENTER

The Utah State Board of Education School Safety Center (SSC) works to provide technical assistance regarding multi-disciplinary teams, student threat assessment procedures, and Standard Response Protocols. During the beginning of the 2020-2021 school year, the SSC worked closely with state and local safety experts to create guidelines for schools to use when conducting emergency drills during the pandemic. Additionally, this year the SSC released the School Safety Pilot Program Grant. Three schools were selected through a competitive grant process to participate in this three-year program. The SSC also oversees the School Safety Survey, which will be available to building administrators in April 2021. To learn more, visit the [SSC webpage](#).

*“Be the change you wish to see in the world.” - Gandhi*



## SCHOOL COUNSELOR DIRECT AND INDIRECT SERVICES

School counselors are an integral part of the educational team. Understanding the role of the professional school counselor allows local education agencies (LEAs) and administrators to effectively leverage the school counselor’s unique training, abilities, and skills to help students succeed while limiting tasks that pull them away from providing direct services to students. Board Rule R277-464: School Counselor Direct and Indirect Services went into effect on January 1, 2020. This Board rule applies to all school counselors, not just for schools that receive state school counseling program funding. R277-464-3: Incorporation of School Counselor Services Document further defines direct and indirect student services, school counselor time allocation, and appropriate and inappropriate school counseling activities. As documentation for compliance, each school counselor should complete a Time/Task Analysis annually to ensure a minimum of school counselor time reflects at least 85% for direct services to students, with a maximum of 15% of school counselor time for indirect services to students. This Board rule aligns with the Utah School Counseling College and Career Readiness School Counseling Program Model. Adherence to this Board rule allows school counselors to do what they do best, equip every student (K-12) with the academic, social and emotional supports necessary to graduate high school – college and career ready.



### UPCOMING GRANT OPPORTUNITIES

- ◆ Elementary School Counseling Grant Program
- ◆ School-based Mental Health Qualified Grant Program (FY22)
- ◆ School-based Mental Health Screening Program Grant (FY22)
- ◆ School Safety Pilot Program Grant (additional schools)

Visit the [Grant Opportunities](#) page to get more details for each grant.

## NEWSLETTER CONTRIBUTIONS

- ◆ *New Specialist on the Team*  
(Kendra Muir, USBE)
- ◆ *Utah's School Behavioral Health Toolkit*  
(Ashley Lower, USBE; Scott Eyre, DSAMH; Michelle Knight, USBE)
- ◆ *The USBE School Safety Center*  
(Ashley Pistello, SafeUT ; Rhett Larsen, USBE)
- ◆ *School Counselor Direct and Indirect Services*  
(Kim Herrera, USBE )
- ◆ *What to Do if You Suspect You May Have Symptoms of COVID-19*  
(BettySue Hinkson, UDOH)

## WHAT TO DO IF YOU SUSPECT YOU MAY HAVE SYMPTOMS OF COVID-19

What should you do if you suspect you may have symptoms of COVID-19? Stay home!

- **Stay home.** Most people with COVID-19 have mild illness and can recover at home without medical care. Do not leave your home, except to get tested or receive medical care.
- **Take care of yourself.** Get rest and stay hydrated. You can take over-the-counter medicines to help you feel better.
- **Stay in touch with your doctor.** Call before you get medical care. Be sure to get care if you have trouble breathing, or have any other emergency warning signs.
- **If you have an emergency warning sign (including trouble breathing),** get emergency medical care immediately.

Symptoms include fever of 100.5 degrees F or higher, shortness of breath, cough, sore throat, muscle aches and pain, and decreased sense of taste or smell.

Testing locations can be found here: <https://coronavirus.utah.gov/utah-covid-19-testing-locations/>

Resource: <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html>

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*“Nothing is impossible. The word itself says I’m possible.” - Audrey Hepburn*

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## ADDITIONAL COVID-19 RESOURCES

[USBE Coronavirus Information Resources page](#)