

THE MIND INSIDE EPISODE 3

DISCUSSION GUIDE

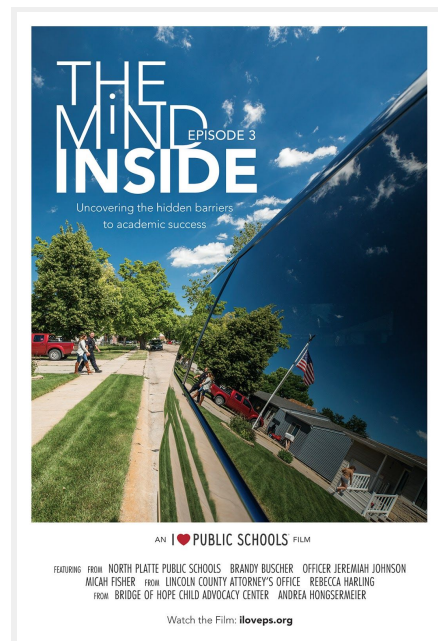
STREAM ONLINE FREE | iloveps.org/TMI

Runtime | approx 50 min

For a free download of the film, contact team@nelovesps.org

The Mind Inside, an **I Love Public Schools** docuseries, explores the landscape of mental health issues in Nebraska schools.

Episode Three follows the journey of two school heroes who take on the often daunting task of connecting vulnerable children and families with the necessary support to keep their kids engaged in school. With earnest accounts from students and guardians, the stories presented in this episode uncover how inherited trauma, generational poverty, drug abuse, neglect, and other home dynamics complicate the path to academic success. See how one school provides refuge for families, intervenes to protect the welfare of students, and navigates through systems of support to offer hope for the future.



Discussion Questions

- What information did you learn that is new and/or surprising to you about schools and their relationship with the child welfare system? Where is the gap?
- Which of the four student stories impacted you the most? Discuss.
- In what ways can you provide assistance to students in need? Who can you contact in your community to help understand the issues happening in your school community – the school services, homeless outreach, or mentorship coordinator? Does your school have a pantry or other support measures?
- Schools utilize School Resource Officers in various ways. Officer Johnson approaches many of the student issues as a public health problem, rather than a criminal justice problem. What difference does this make?
- What assumptions were made about families experiencing poverty? How were they challenged? Use examples from the film.
- Do you know what resources are available for students in your local school? What Alternative Response procedures exist to support schools and build a bridge between services.
- In light of the pandemic, in what ways do you anticipate issues in the home becoming more problematic at school?

Statistics

- The majority of Nebraska counties (**88 of 93**) face a significant shortage of health professionals ¹
- Schools are the number one reporting source for Child Abuse and Neglect Reports to the Nebraska Department of Health and Human Services ²
- As of 2019, Nebraska had **2,910** Child, Family, and School Social workers and **329,290** students (2020) ¹
- Professional standards recommend at least one counselor and one social worker for every **250** students.
In Nebraska: the student to social worker ratio is **3,350 : 1** ³
the student to counselor ratio is **347 : 1** ³
- The National Association of School Psychologists (NASP) recommends a ratio of **500-700** students per school psychologist.
In Nebraska: the student to school psychologist ratio is **1,164 : 1** ³

Sources

¹ U.S. BUREAU OF LABOR STATISTICS

² Nebraska Department of Health and Human Services / Child Abuse and Neglect Annual Data, 2018

³ ACLU

Resources

National Suicide Prevention Lifeline
1-800-273-TALK
suicidepreventionlifeline.org

Boys Town National Hotline
1-800-448-3000
yourlifeyourvoice.org

National Domestic Violence Hotline
1-800-799-SAFE (7233)
thehotline.org

National Sexual Assault Telephone
Hotline
1-800-656-HOPE (4673)

National Substance Abuse and Mental
Health Services
1-800-662-HELP (4357)
Samhsa.gov

An expanded list of resources for this mental health series is available online at iloveps.org/TMI

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From short films about the positive happenings in today's classroom to feature films about societal issues impacting students and families, Nebraska Loves Public Schools documents the stories of public schools across Nebraska. View our collection of more than 100 films on topics from poverty to community investment, career education and more at iloveps.org.

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