

An Introduction to Classroom WISE and Mental Health Awareness

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Mountain Plains MHTTC
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Disclaimer and Funding Statement

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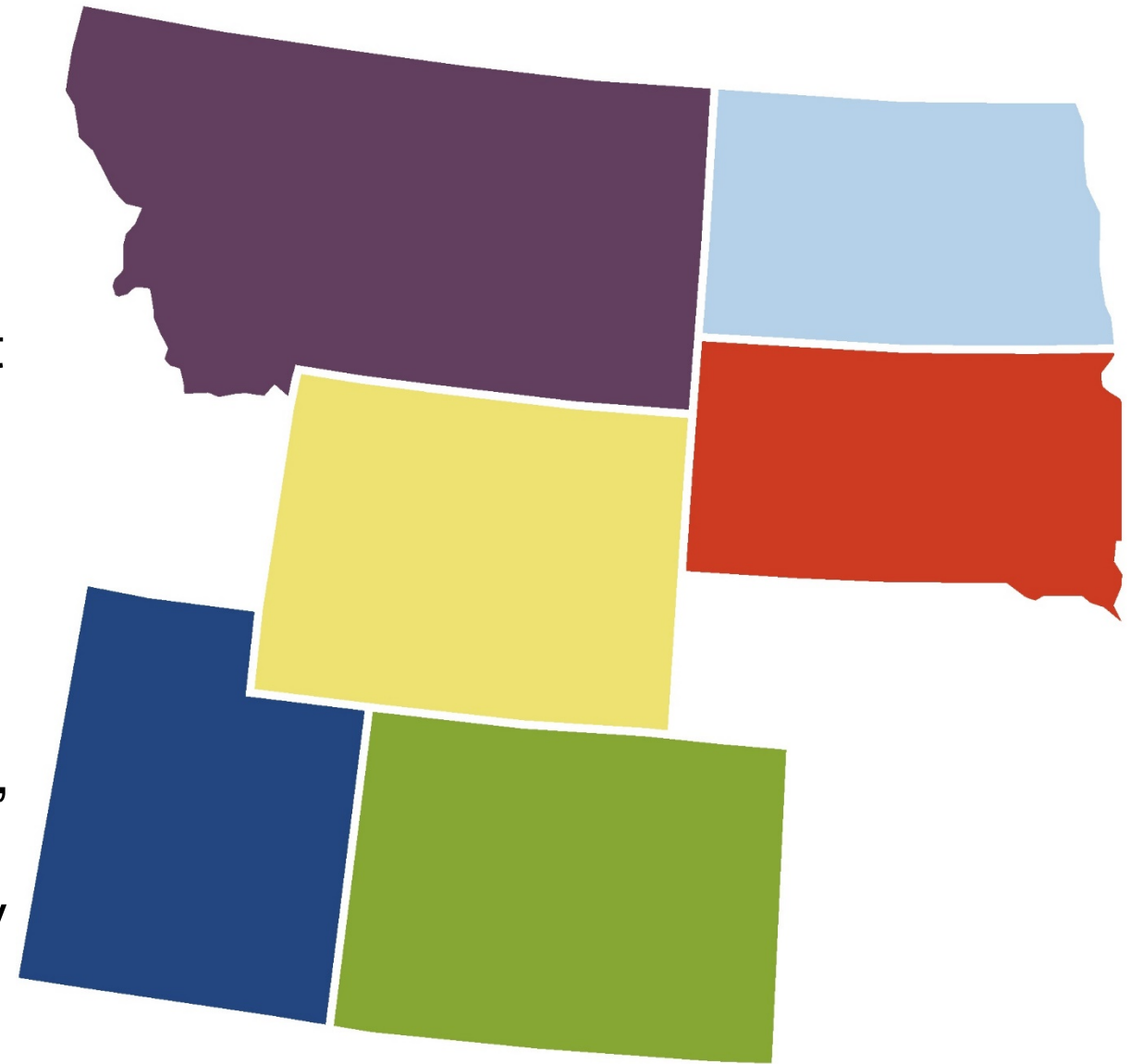
At the time of this presentation, Tom Coderre served as acting SAMHSA Assistant Secretary. The opinions expressed herein are the views of Stefanie Winfield, MSW and do not reflect the official position of the Department of Health and Human Services (DHHS), or SAMHSA. No official support or endorsement of DHHS, SAMHSA, for the opinions described in this presentation is intended or should be inferred.

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The Mountain Plains Mental Health Technology Transfer Center

The Mountain Plains Mental Health Technology Transfer Center (Mountain Plains MHTTC) provides training and technical assistance to individuals who serve persons with mental health concerns throughout Region 8 (Colorado, Montana, North Dakota, South Dakota, Utah and Wyoming).

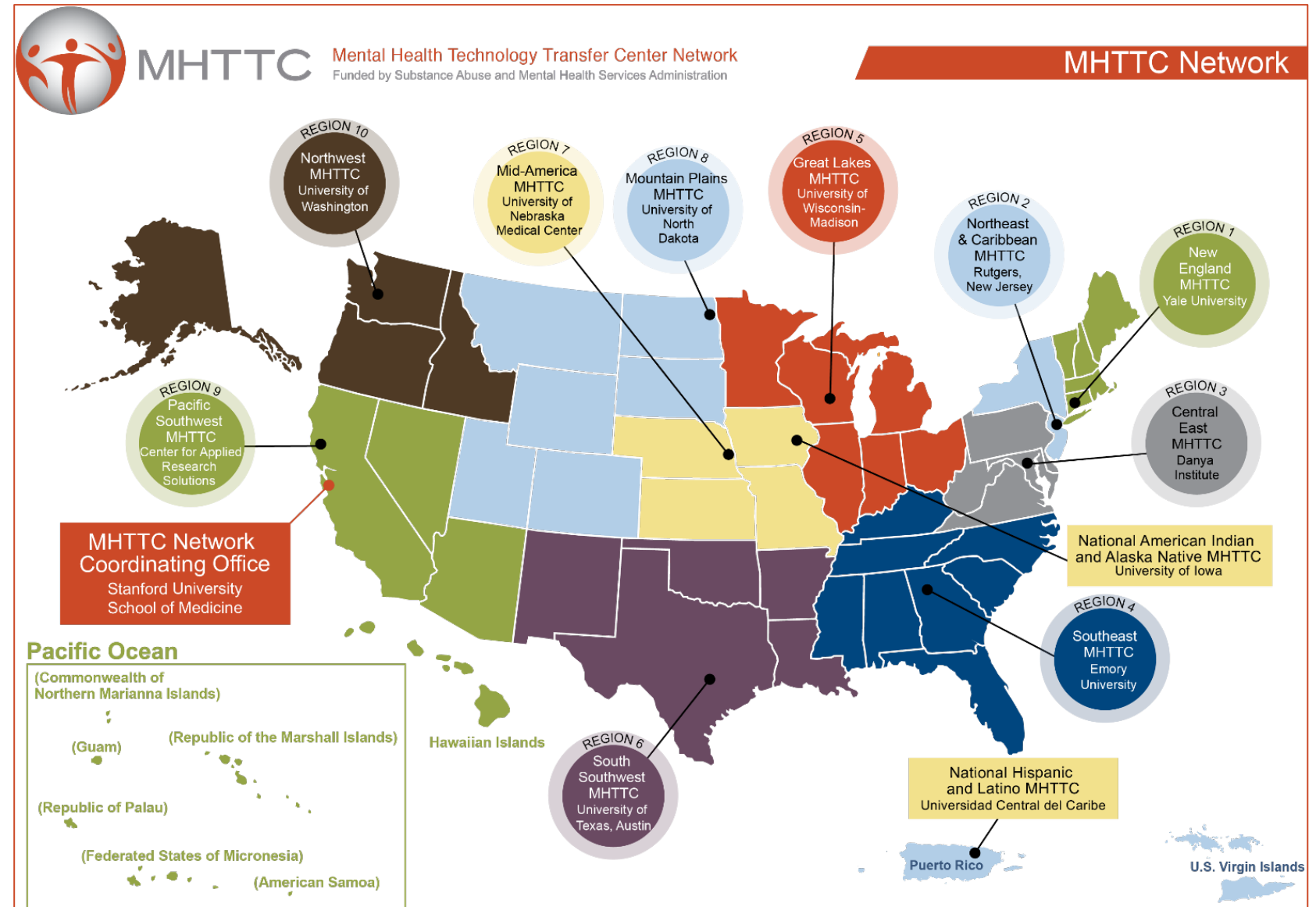
We belong to the Technology Transfer Center (TTC) Network, a national network of training and technical assistance centers serving the needs of mental health, substance use and prevention providers. The work of the TTC Network is under a cooperative agreement by the Substance Abuse and Mental Health Service Administration (SAMHSA).



Mental Health Technology Transfer Center (MHTTC) Network

The purpose of the MHTTC Network is technology transfer - disseminating and implementing evidence-based practices for mental health prevention, treatment, and recovery.

Visit the MHTTC website at
<https://mhttcnetwork.org/>



The MHTTC Network uses
affirming, respectful and
recovery-oriented language in
all activities. That language is:

STRENGTHS-BASED
AND HOPEFUL

INCLUSIVE AND
ACCEPTING OF
DIVERSE CULTURES,
GENDERS,
PERSPECTIVES,
AND EXPERIENCES

HEALING-CENTERED AND
TRAUMA-RESPONSIVE

INVITING TO INDIVIDUALS
PARTICIPATING IN THEIR
OWN JOURNEYS

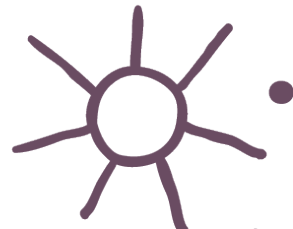
PERSON-FIRST AND
FREE OF LABELS

NON-JUDGMENTAL AND
AVOIDING ASSUMPTIONS

RESPECTFUL, CLEAR
AND UNDERSTANDABLE

CONSISTENT WITH
OUR ACTIONS,
POLICIES, AND PRODUCTS

Classroom WISE: Well-Being Information and Strategies for Educators



Developed by the MHTTC Network in partnership
with the National Center for School Mental Health



MHTTC

Mental Health Technology Transfer Center Network
Funded by Substance Abuse and Mental Health Services Administration

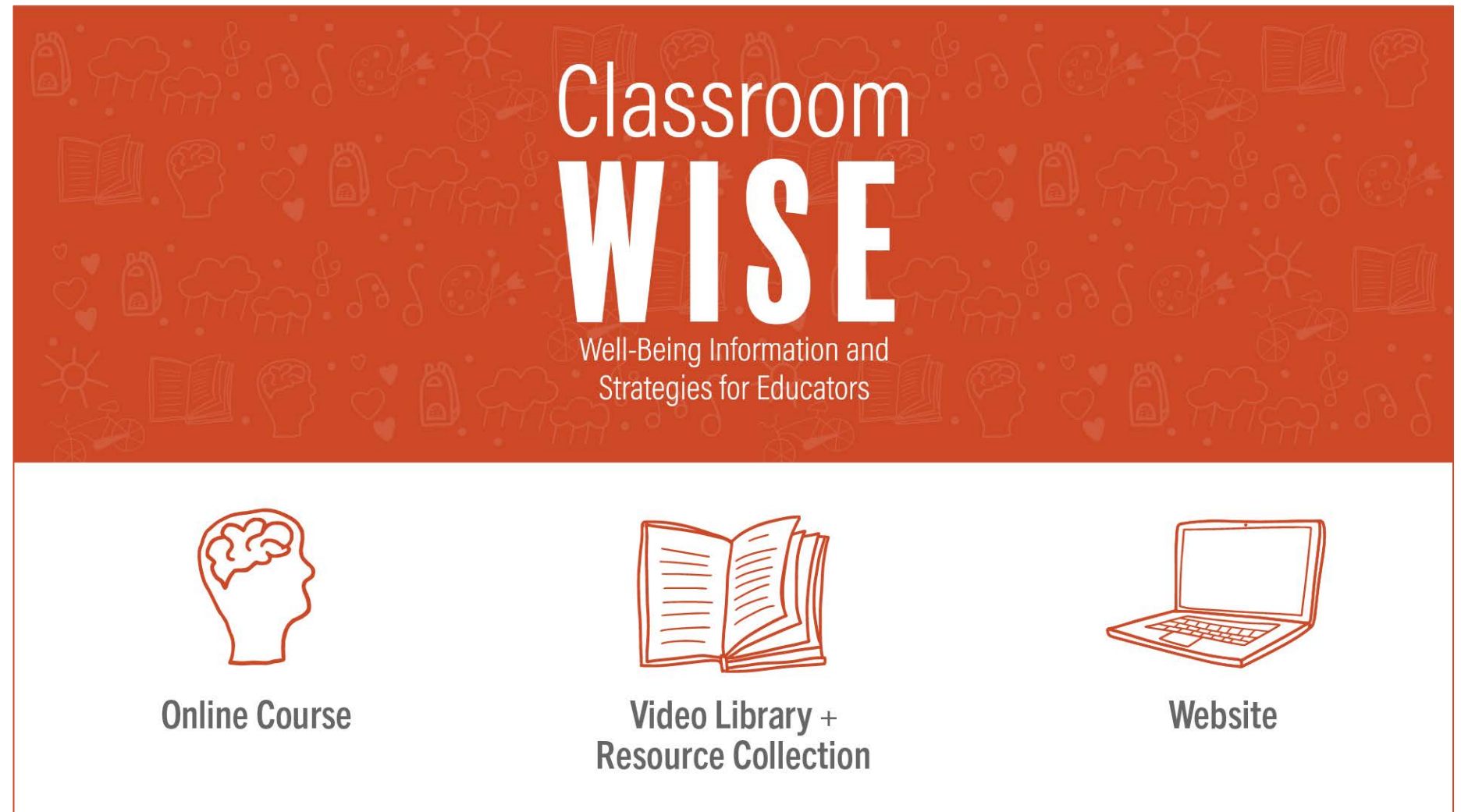


Learning Objectives

- Increase understanding of Classroom WISE development, structure and content.
- Learn strategies to promote student well-being and support students experiencing adversity, distress, and mental health challenges in the classroom.
- Identify talking points and implementation ideas to support Classroom WISE utilization in schools or districts.

Classroom WISE: Well-being Information and Strategies for Educators

- FREE 3-part training package for K-12 educators and school personnel on mental health literacy/awareness.
- Development process included input from educators, students, and school mental health leaders.



Available at www.classroomwise.org



<http://bit.ly/cwise-sneak-peek>



Classroom
WISE

Well-Being Information and
Strategies for Educators

Evidence-Based Content

- Classroom WISE offers evidence-based strategies to promote student mental health and support students with mental health challenges.
- Skills are based on the scientific literature on school climate, mental health literacy/awareness, social emotional learning, and school-based interventions for mental health problems.

Step 1



Classroom WISE
Well-Being Information and Strategies for Educators

About Classroom WISE About the Developers
Video Library Resource Collection Contact Us

[Launch Course](#)

Introduction to Classroom WISE

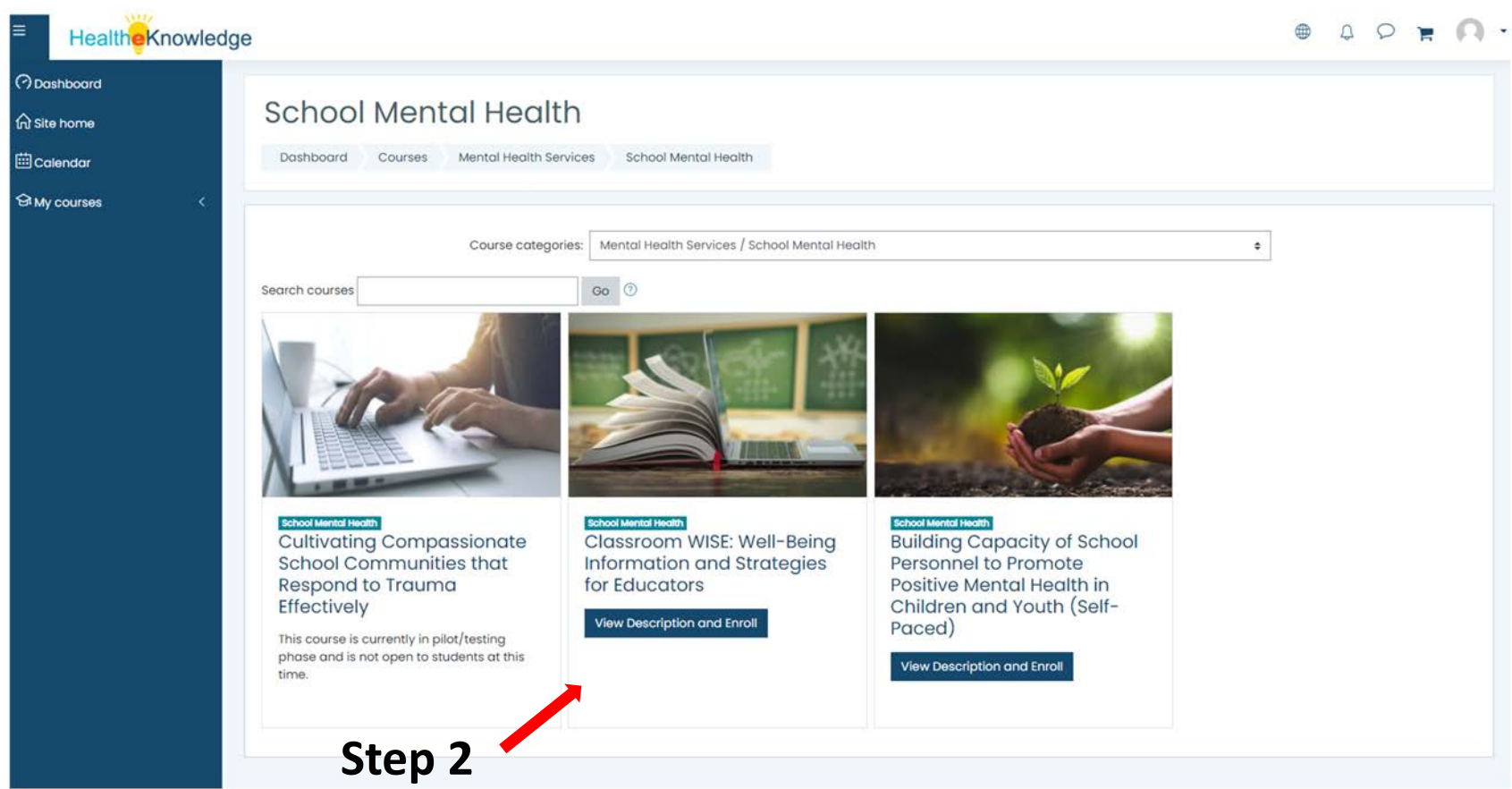
Introducing Classroom WISE

Well-Being Information and Strategies for Educators

Classroom WISE is a FREE 3-part training package that assists K-12 educators in supporting the mental health of students in the classroom. Developed by the Mental Health Technology Transfer Center (MHTTC) Network in partnership with the National Center for School Mental Health, this package offers evidence-based strategies and skills to engage and support students with mental health concerns in the classroom.

<https://www.classroomwise.org/>

Step 2



HealthKnowledge


Dashboard Site home Calendar My courses

School Mental Health

Dashboard Courses Mental Health Services School Mental Health


Course categories: Mental Health Services / School Mental Health

Search courses Go




School Mental Health
Cultivating Compassionate School Communities that Respond to Trauma Effectively

This course is currently in pilot/testing phase and is not open to students at this time.



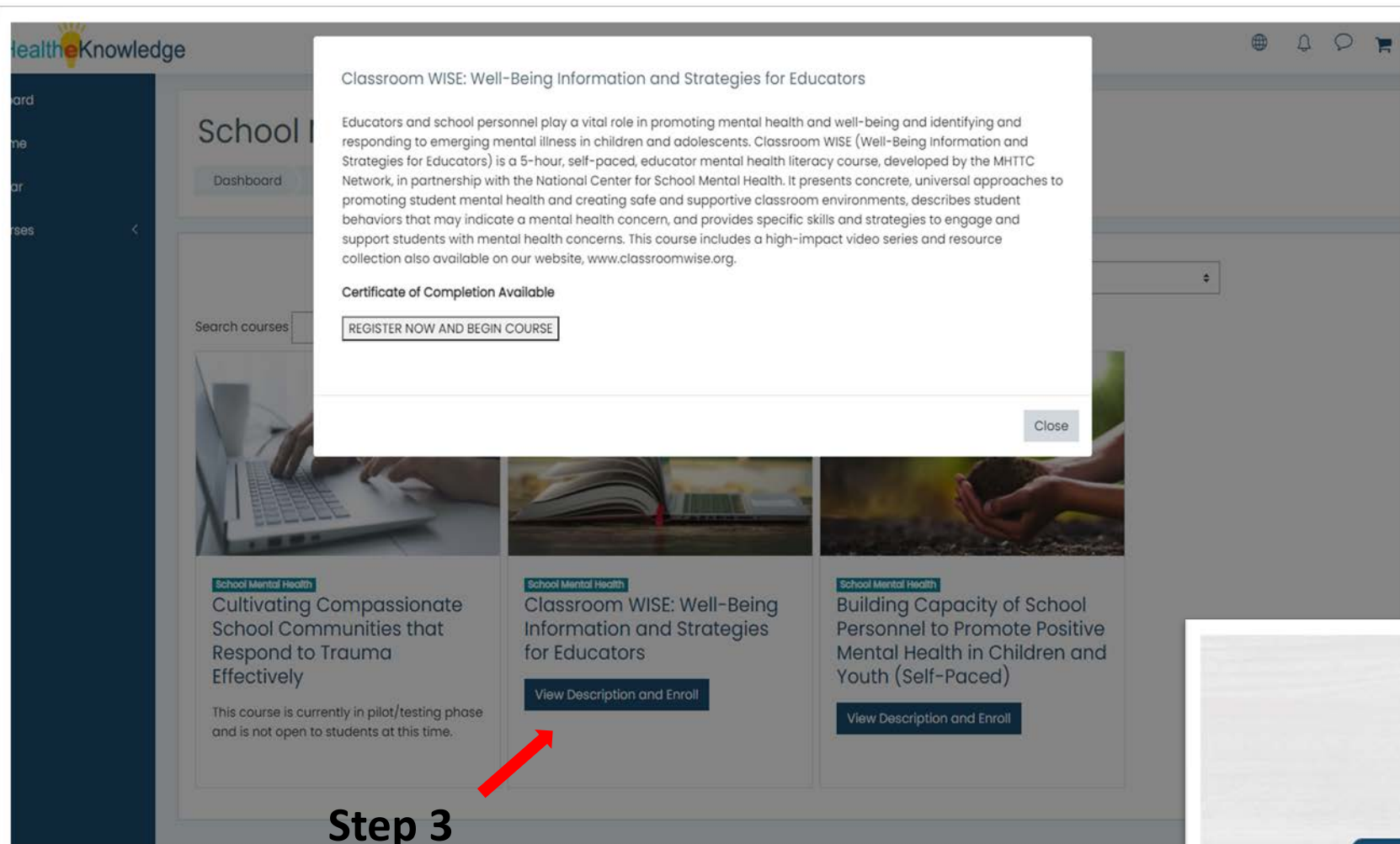
School Mental Health
Classroom WISE: Well-Being Information and Strategies for Educators

[View Description and Enroll](#)



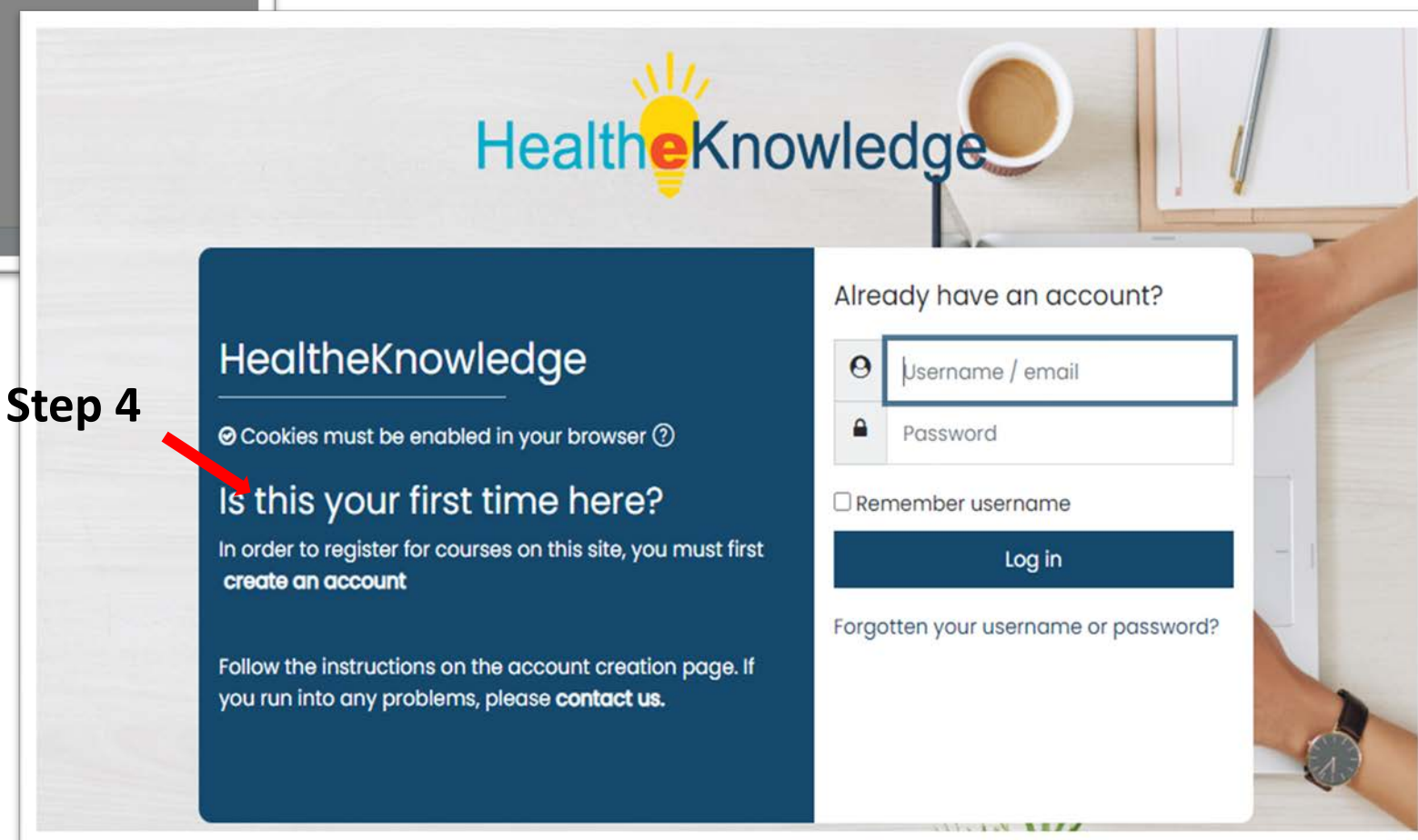
School Mental Health
Building Capacity of School Personnel to Promote Positive Mental Health in Children and Youth (Self-Paced)

[View Description and Enroll](#)



Step 3

Step 4



← → ↺

healthknowledge.org/course/view.php?id=621

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HealthKnowledge

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Accessibility settings

Classroom WISE: Well-Being Information and Strategies for Educators

Dashboard

My courses

Classroom WISE: Well-Being Information and Strategies for Educators

Introduction (Required)

Your progress?

Classroom

WISE

Well-Being Information and

Technical Support




Having trouble? Question

Visit our 24/7 Online Course Support Center for help with technical problems, answer common questions, and more. Live help is available by chat phone from 9AM to 9PM Central Time, Monday-Friday or you can send an email for quick help at any time.

Course Navigation

Navigation, Transcripts, and Course Completion

Course Navigation

- The course has narration, so make sure speakers are on.
- Select  to control volume.
- Select  to access closed captions.
- Select  for free resources and guidelines on the topic available at www.classroomwise.org. It will open in a new window.

Accessible Transcripts

An accessible PDF transcript is available on each module's home page.

Quizzes

Once you have completed the learning module, return to the home page and take the quiz. A **passing score (80%) is needed** to advance to the next module.

Certificate of Completion

A **Certificate of Completion for 5 contact hours** (not CEUs) will become available once the course is completed.



Classroom
WISE
Well-Being Information and
Strategies for Educators

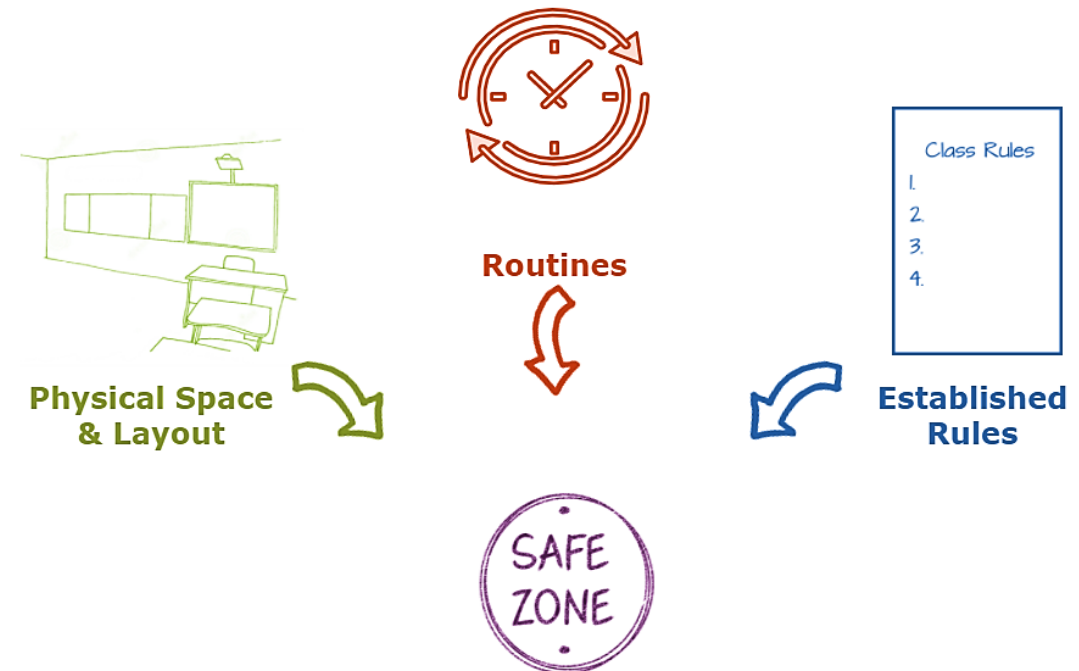
Modules 1-3:

Promoting Mental Health and Well-being of Students

- Creating safe and supportive classrooms.
- Bringing mental health into the classroom and addressing stigma.
- Fostering social emotional competencies.

Environment

The physical and instructional environment you create is very important to help students feel safe and supported.





Classroom
WISE
Well-Being Information and
Strategies for Educators

Modules 3-6: Understanding and Supporting Students Experiencing Adversity and Distress

- Impact of trauma/adversity on learning and behavior.
- Understanding and identifying student distress and linking students to support.
- Classroom strategies to support students with mental health concerns.

Stress & Trauma

8. Be **aware of stress or trauma** reminders

It's hard for a student to feel safe when regularly reminded of past events or traumas.

Being center of attention

Sudden or loud noises

Fighting or yelling

Confinement

Physical touch

Unexpected changes



Classroom WISE Modules

Module 1: Creating Safe and Supportive Classrooms

Module 2: Teaching Mental Health Literacy and Reducing Stigma

Module 3: Fostering Social Emotional Competencies and Well-Being

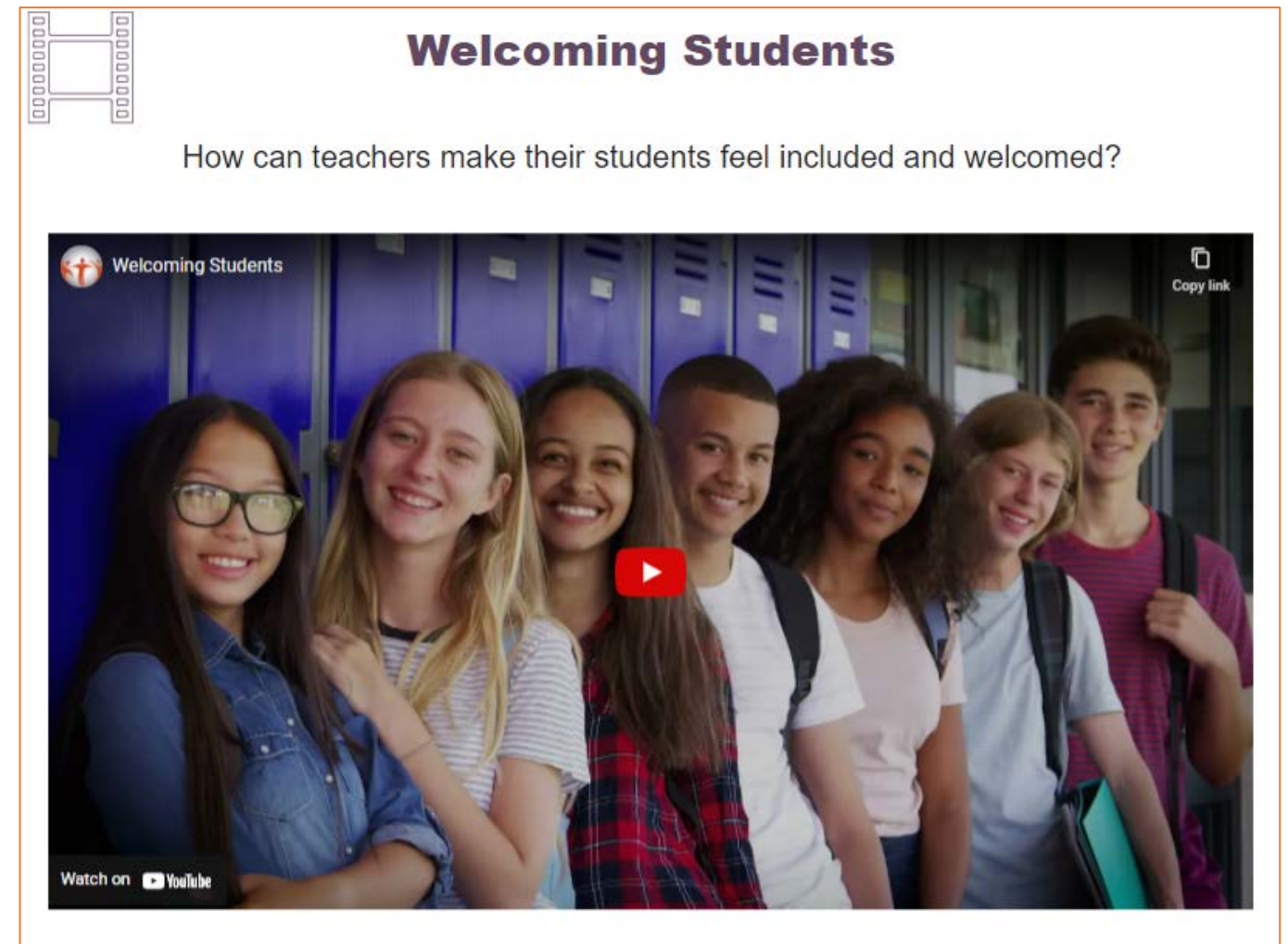
Module 4: Understanding and Supporting Students Experiencing Adversity

Module 5: Impact of Trauma and Adversity on Learning and Behavior

Module 6: Classroom Strategies to Support Students

Module 1: Creating Safe and Supportive Classrooms

- Describes the components necessary for creating safe and supportive classrooms.
- Guidance on helping students feel engaged in the classroom community.
- Guidance on helping students feel physically and emotionally safe in the classroom.
- Guidance on designing a safe and supportive physical classroom environment.



Module 2: Teaching Mental Health Literacy/Awareness and Reducing Stigma

- How to educate students about mental health.
- How to integrate mental health literacy/awareness into instruction.
- How to address mental health stigma in the classroom.



Module 3: Fostering Social Emotional Competencies and Well-Being

- Introduction to social emotional learning (SEL).
- How to integrate SEL competencies into instruction.
- Strategies for teaching students SEL skills.

Self-Awareness: Core Lesson Example

Today we are going to focus on how our feelings feel on the inside. Think about ways that we feel our feelings on the *inside* – in our bodies. If I'm scared, my heart starts to beat fast. What are other things that happen on the inside when we are scared?

I feel sick to my stomach.


My heart beats hard, and I breathe fast.

I get butterflies.

My mouth gets dry.

Identifying Feelings

How can teachers identify and coach through difficult feelings in the classroom?



Identifying Feelings

Watch on YouTube

Module 4: Understanding and Supporting Students Experiencing Adversity

- Overview of typical child and adolescent development.
- Strategies for promoting healthy child and adolescent development.
- How to recognize signs of student distress.
- How to link students with potential mental health concerns, and their families, to support.



Behavior Regulation

What do teachers notice when students demonstrate problems with behavior regulation?

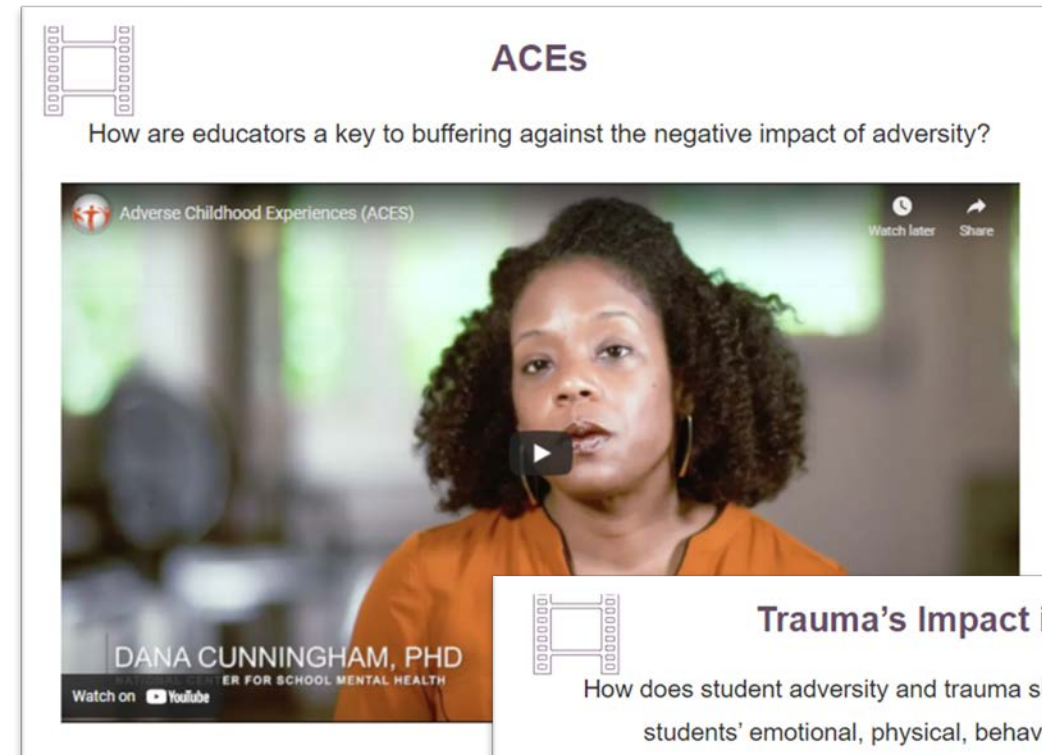
Problems with Behavior Regulation

Watch on YouTube

Watch later Share

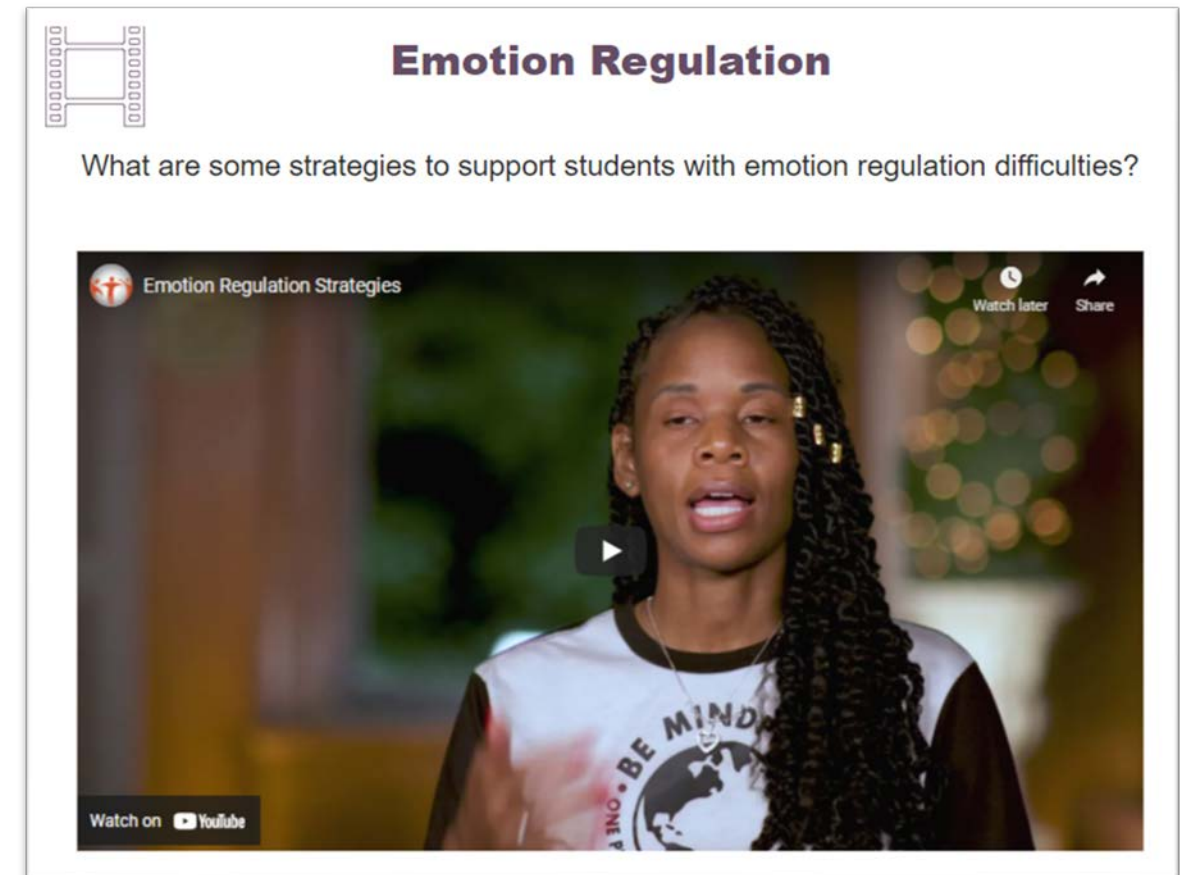
Module 5: Impact of Trauma and Adversity on Learning and Behavior

- Overview of childhood trauma and adverse childhood experiences (ACEs).
- Describes the impact of trauma and ACEs on learning and overall functioning.
- Strategies for integrating trauma-sensitive teaching practices in the classroom.



Module 6: Classroom Strategies to Support Students

- Identifies factors that contribute to student behaviors.
- Practice co-regulation and self-regulation skills.
- Classroom strategies to support students experiencing distress.



Cultural Inclusiveness and Equity WISE



- A companion course to Classroom WISE, Cultural Inclusiveness and Equity WISE (Well-Being Information and Strategies for Educators), is coming soon!
- Educators will learn how inequities in education impact student mental health and how implicit bias influences our perceptions and responses. Building on this foundation, educators will learn culturally inclusive classroom strategies to support student mental health.
- Visit www.classroomwise.org/companion-course to learn more.

Classroom WISE Video Library



How Teachers Can Show Interest

Teachers can help keep students engaged by showing interest. In this video, students of various ages describe ways that teachers have shown interest in them and their lives.

1min 10sec



Promoting Self-Regulation

Self-regulation incorporates stress management, impulse control, and goal setting to positively impact motivation and moderate one's emotions, thoughts, and behaviors. In this video, teachers discuss strategies for promoting self-regulation in the classroom.

2min 30sec

Classroom WISE Resource Collection

Below is a compilation of resources that are referenced in the Classroom WISE online course. All resources were developed by the MHTTC Network and the National Center for School Mental Health for Classroom WISE, unless otherwise noted. A complete list of Classroom WISE resources is available [here](#).



Module 1: Creating Safe and Supportive Classrooms



Module 2: Teaching Mental Health Literacy and Reducing Stigma



Module 3: Fostering Social Emotional Competencies and Well-Being



Module 4: Understanding and Supporting Students Experiencing Adversity and Distress



Module 5: The Impact of Trauma and Adversity on Learning and Behavior



Module 6: Classroom Strategies to Support Students Experiencing Distress


Discussion

How do you see
Classroom WISE fitting in
with other existing or
competing priorities?



Classroom WISE Value Added

- Cost: FREE.
- Pace: Self-paced.
- Duration: 6 hours.
- Timing: Available 24/7.
- Engagement: Accessible yet interactive.



Making the Case for Mental Health Awareness

Talking points

Data

Needs assessment

Resource mapping

Stigma



Needs
Assessment
Tools

SHAPE System

School Mental Health
Toolkit

National Implementation
Guidance Modules

Implementation Planning Considerations

- Initial: Viewing Modules
- Ongoing: Supported Application
- Multilevel Implementation Roles/Responsibilities

Questions

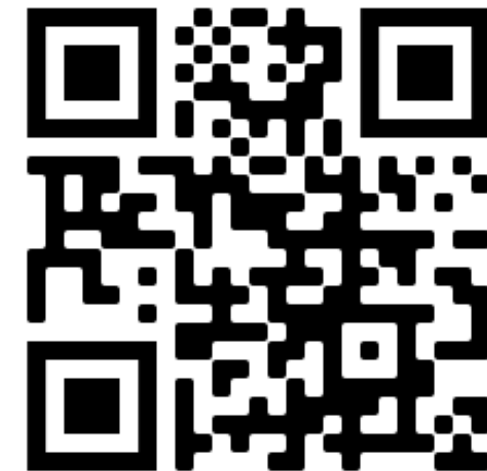
Contact Information

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