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Classroom Well-Being Information and Strategies for Educators (WISE): Implementation Support Planning for School Mental Health Leaders

July 13, 2021

Southeast Mental Health Technology Transfer Center and
National Center for School Mental Health



Southeast (HHS Region 4)

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The Southeast MHTTC is located at Emory University in the Rollins School of Public Health.

Our Mission: To promote the implementation and sustainability of evidence-based mental health services in the Southeastern United States.

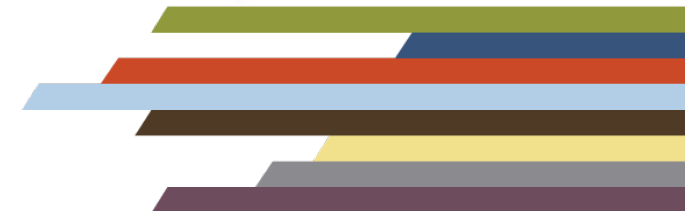
Our Vision: Widespread access to evidence-based mental health services for those in need.

Our Services: We use a public health approach to build leadership capacity and to provide mental health trainings and resources to providers, agencies, and communities across the Southeast.



SAMHSA

Substance Abuse and Mental Health
Services Administration





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DISCLAIMER

The views, opinions, and content expressed in this presentation do not necessarily reflect the views, opinions, or policies of the Center for Mental Health Services (CMHS), the Substance Abuse and Mental Health Services Administration (SAMHSA), or the U.S. Department of Health and Human Services (HHS).



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Learning Objectives

1. Increase understanding of Classroom WISE Modules 1 and 2 structure and content.
2. Increase understanding of best practices to effectively support Classroom WISE adoption and implementation in local school systems.
3. Promote cross-state networking and shared learning about best practices in school mental health system implementation of school staff training materials.



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Welcome!

Please type in the chat box
your name, organization
and state.





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Classroom **WISE**

Well-Being Information and
Strategies for Educators



Video Library +
Resource Collection



Online Course



Website

Presented by:



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Free 3 Part Training Package

www.classroomwise.org



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Introduction Video





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Course Description

The goal of this 6-module, self-paced, online course is to equip educators with information and strategies to more effectively promote the mental health and well-being of students.

- **Module 1** Creating Safe and Supportive Classrooms
- **Module 2** Teaching Mental Health Literacy and Reducing Stigma
- **Module 3** Social and Emotional Learning (SEL)
- **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

Select for a [detailed list of all module objectives \(PDF\)](#).

References

Select the superscript number on the slide title. It will link to the References slides at the module's end. Select Previous to return to your original slide.

Course Objectives: <https://mhttcnetwork.org/sites/default/files/2021-05/Classroom%20WISE%20Course%20Objectives.pdf>



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



Launch Course

Step 1



Catch a sneak peek of Classroom WISE by clicking on the video above!

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/>

The screenshot shows the 'Health Knowledge' website. On the left is a dark blue sidebar with navigation options: Dashboard, Site home, Calendar, and My courses. The main content area is titled 'School Mental Health' and includes a breadcrumb trail: Dashboard > Courses > Mental Health Services > School Mental Health. Below the breadcrumb is a search bar with the text 'Course categories: Mental Health Services / School Mental Health'. A search box labeled 'Search courses' is followed by a 'Go' button. Three course cards are displayed:

- 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.
- Classroom WISE: Well-Being Information and Strategies for Educators**: This card has a red arrow pointing to its 'View Description and Enroll' button.
- Building Capacity of School Personnel to Promote Positive Mental Health in Children and Youth (Self-Paced)**

Each card also features a 'View Description and Enroll' button.

Step 2





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HealthKnowledge

Classroom WISE: Well-Being Information and Strategies for Educators

Educators and school personnel play a vital role in promoting mental health and well-being and identifying and responding to emerging mental illness in children and adolescents. Classroom WISE (Well-Being Information and Strategies for Educators) is a 5-hour, self-paced, educator mental health literacy course, developed by the MHTTC Network, in partnership with the National Center for School Mental Health. It presents concrete, universal approaches to promoting student mental health and creating safe and supportive classroom environments, describes student behaviors that may indicate a mental health concern, and provides specific skills and strategies to engage and support students with mental health concerns. This course includes a high-impact video series and resource collection also available on our website, www.classroomwise.org.

Certificate of Completion Available

REGISTER NOW AND BEGIN COURSE

Step 3

Close

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

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

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

HealthKnowledge

Step 4

HealthKnowledge

ⓧ Cookies must be enabled in your browser ?

Is this your first time here?

order to register for courses on this site, you must first **create an account**

Follow the instructions on the account creation page. If you run into any problems, please **contact us**.

Already have an account?

Username / email

Password

Remember username

Log in

Forgotten your username or password?



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← → ↻ healthknowledge.org/course/view.php?id=621 🔍 ☆ 📌 ⚙️

HealthKnowledge 🌞

- Grades
- Dashboard
- Site home
- Calendar
- Course sections <
- My courses <

Technical Support

Having trouble? Question



Visit our 24/7 Online Course Support Center for help with technical problems, answers 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.

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

Accessibility settings






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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.



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Video Library

This library is a compilation of videos embedded in the Classroom WISE online course. All videos were developed by the MHTTC Network and the National Center for School Mental Health for Classroom WISE.

- Module 1
- Module 2
- Module 3
- Module 4
- Module 5
- Module 6

Module 1: Creating Safe and Supportive Classrooms



How Teachers Make Students Feel Welcome

One way to create a safe, supportive classroom is to help students feel welcome. In this video, students of various ages describe ways that teachers have made them feel welcome and included.
3min 18sec



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



Welcoming Students

One way to create a safe, supportive classroom is to help students feel welcome. In this video, teachers describe the strategies they use to individually welcome students each day.
3min 23sec

<https://www.classroomwise.org/video-library>

<https://www.classroomwise.org/resource-collection>

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

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



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Module 1: Creating Safe and Supportive Classrooms

Engagement

Feelings of connection and a sense of belonging

Safety

The need for a sense of security and protection

Environment

The physical and instructional environment of the classroom

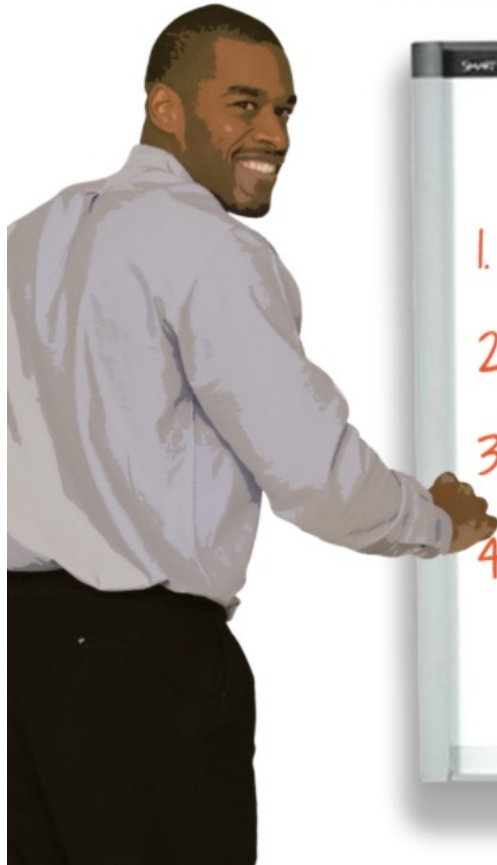


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Strategies to help students feel engaged



Engagement Strategies

1. Welcoming students
2. Learning and incorporating student interests
3. Being available for students
4. Using positive language



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How Teachers Make Students Feel Welcome





Strategies to help students feel safe





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Creating a safe and supportive classroom environment



Discussion

How does Classroom WISE
Module 1 align with
priorities or existing
initiatives in your schools?



Module 2

Teaching Mental Health Literacy and
Reducing Stigma



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Definitions of Mental Health Literacy and Stigma

Mental Health Literacy

The knowledge of mental health and mental illness to aid in the promotion of well-being and the prevention, identification, and intervention for mental health problems and mental illness.

Mental Health Stigma

Set of beliefs or negative attitudes about mental illness that can cause the public to stereotype and reject those living with mental illness.

"Part of mental health literacy in the classroom is reducing stigma"



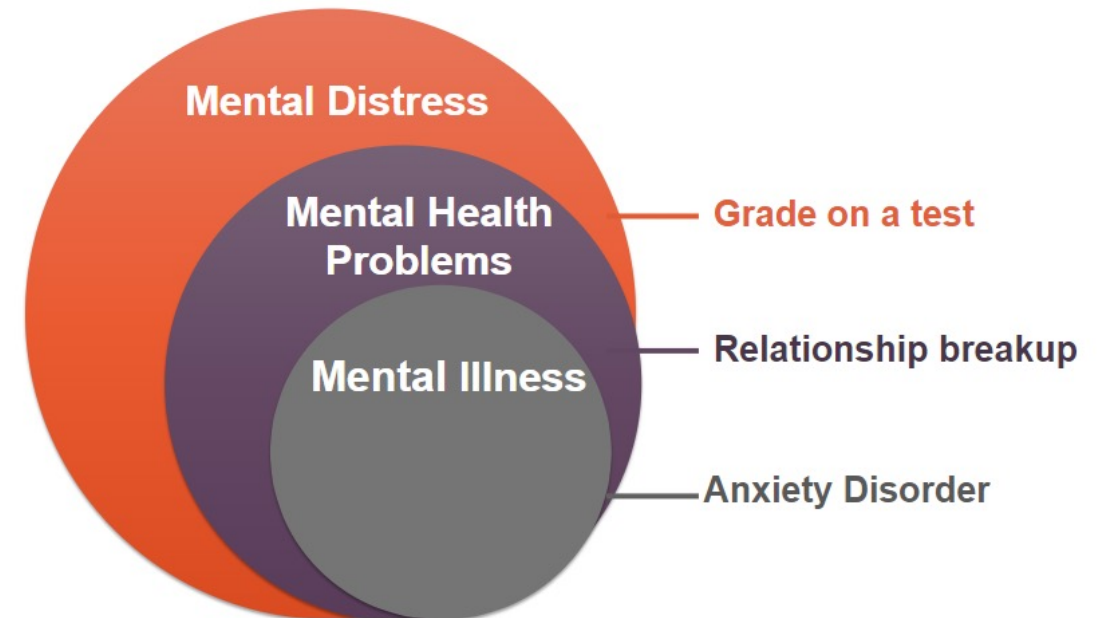
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Overview of the 4 components mental health literacy

- Obtaining and maintaining complete mental health
- Understanding and addressing mental health problems and disorders
- Enhancing help-seeking skills
- Decreasing mental health stigma





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Strategies to introduce mental health literacy

Strategies

Design activity defining mental health

Practice stress management and healthy coping

- Daily mindful messages
- Engage in positive self-talk
- Guided breathing/stretching

Review who is in the school and community for help



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Strategies for educating students about mental health and addressing stigma

**Provide Accurate
Information**

Talk Openly

**Be Careful and
Intentional with
Language**

**Incorporate
Lived Experience**

Raise Awareness



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Addressing Stigmatizing Language



Discussion

How does Classroom WISE
Module 2 align with
priorities or existing
initiatives in your schools?





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Youth Mental Health First Aid (YMHFA)

- 8-hr public education course
- Designed for people who work with youth (coaches, camp counselors, teachers, school staff, youth group leaders, parents)
- Teaches participants how to identify, understand and respond to signs of mental illnesses and substance use disorders



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



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Classroom WISE: Value Added

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



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Implementation Planning Considerations

- Initial: Viewing Modules
 - Suggested or required?
 - Build into professional development calendar or other protected time?
- Ongoing: Supported Application
 - Team-based discussion opportunities (e.g., following module viewing)
 - Consultation or coaching supports (e.g., school mental health team)
 - Natural mechanisms for peer support/shared learning (e.g., PLCs)
- Multilevel Implementation Roles/Responsibilities
 - District administrators
 - School administrators
 - SMH professionals
 - Educators



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Shared Learning

Based on your experience of prior implementation efforts in your school, what do you foresee as successful for CWISE roll-out and implementation?



Additional Resources

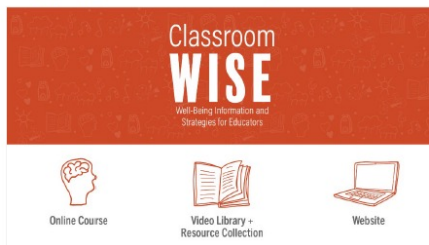


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Classroom WISE: Well-Being Information and Strategies for Educators A 3-part training package on mental health literacy for teachers and school personnel



Educators and school personnel play a vital role in promoting mental health and well-being and identifying and responding to emerging mental illness in children and adolescents. However, they often have not received the education, training, and/or ongoing support needed to respond in the classroom.

To address this need, the MHTTC Network, in partnership with the National Center for School Mental Health at the University of Maryland School of Medicine, developed a **FREE** self-guided online course, video library, resource collection, and a website focused on educator mental health literacy. The 3-part training package, *Classroom WISE (Well-Being Information and Strategies for Educators)* launched in June 2021 and was informed by and co-developed with educators from across the nation.

These resources present concrete, universal approaches to promoting student mental health and creating safe and supportive classroom environments, describe student behaviors that may indicate a mental health concern, and provide specific skills and strategies to engage and support students with mental health concerns. Catch a sneak peek here!

Intended Audience:

- K-12 teachers
- School personnel

Classroom WISE Online Course

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, social emotional learning, and school-based interventions for mental health problems. View course objectives here.

The Classroom WISE online course includes six modules covering the following:

Promoting the Mental Health and Well-Being of Students

- Creating safe and supportive classrooms
- Teaching mental health literacy and reducing stigma
- Fostering social emotional competencies and well-being



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NATIONAL CENTER FOR
SCHOOL MENTAL HEALTH

Understanding and Supporting Students Experiencing Adversity and Distress

- Understanding and supporting students experiencing adversity
- The impact of trauma and adversity on learning behavior
- Classroom strategies to support students

Classroom WISE Video Library

Access over 50 brief, high-impact and engaging videos of students and educators giving examples to help all students feel welcome in the classroom. The videos are embedded in the Classroom WISE online course and also available as stand-alone resources for educators and school personnel on the Classroom WISE website here.

Classroom WISE Resource Collection

Identifying Student Distress, Tips for Starting Mental Health Conversations, Creating Mental Health Bulletin Boards are just some of the Classroom WISE resources available. This ever-evolving collection includes resources created to supplement the Classroom WISE online course, as well as resources from other mental health and school organizations. Access this resource collection on the Classroom WISE website here.

Coming soon! A Companion Course to Classroom WISE

A new companion course to Classroom WISE, the 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. Learn more here.

Access the Classroom WISE Website

You can access the Classroom WISE course, video library, and resource collection by visiting www.classroomwise.org.

For information about local, state, and regional school mental health training and technical assistance activities, including those related to Classroom WISE, access the MHTTC in your region here.

Questions about the MHTTC Network?
Contact the MHTTC Network Coordinating Office
Email: networkoffice@mhttcnetwork.org
Phone: (650) 721-8692
<https://mhttcnetwork.org/>

Each module in the Classroom WISE course is engaging, authentic and full of practical strategies and resources. I am so excited for educators to experience the training and witness their students thrive!

— Jennifer Pollock, Educator

I am thrilled with this training! It empowers teachers to incorporate mental health and social-emotional learning in the classroom. I always say my main goal is to have everyone so well trained in supporting student mental health that my role becomes obsolete.

This may just do it!

— Nancy Johnson, School Counselor



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Online Course Objectives

Additional Resources

Overall Course Goal / Learning Outcome

Upon completion of this course, the educator will be equipped with strategies that can be used to promote student well-being and support students experiencing adversity, distress, and mental health challenges in the classroom.

Introduction Video

- Welcome and what to expect
- How to navigate the course modules
- Module quizzes
- Accessing resources

Promoting mental health and well-being of students

- **Creating safe and supportive classrooms (Module 1)**
 - Upon completion of this module, the educator will be able to
 - describe the three components necessary for creating safe and supportive classrooms
 - help students feel engaged in the classroom community
 - help students feel both physically and emotionally safe in the classroom
 - design a safe and supportive physical classroom environment
- **Teaching mental health literacy and reducing stigma (Module 2)**
 - Upon completion of this module, the educator will be able to
 - describe complete mental health
 - integrate mental health literacy into instruction
 - address mental health stigma in the classroom
- **Fostering social emotional competencies and well-being (Module 3)**
 - Upon completion of this module, the educator will be able to
 - define social emotional learning (SEL)
 - describe the five SEL competencies
 - integrate SEL competencies into instruction

Understanding and supporting students experiencing adversity and distress

- **Understanding and supporting students experiencing adversity (Module 4)**
 - Upon completion of this module, the educator will be able to
 - understand and promote healthy child and adolescent development
 - recognize signs of student distress and who may need additional mental health supports
 - link students with potential mental health concerns to support
- **Impact of trauma and adversity on learning and behavior (Module 5)**
 - Upon completion of this module, the educator will be able to
 - define childhood trauma and adverse childhood experiences (ACES)
 - describe the impact of trauma and ACES on learning and overall functioning
 - demonstrate trauma-sensitive teaching practices
- **Classroom strategies to support students (Module 6)**
 - Upon completion of this module, the educator will be able to
 - understand factors that contribute to student behaviors
 - practice co-regulation and self-regulation
 - identify classroom strategies to support students experiencing distress



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Q & A





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Upcoming Office Hour Supports

| Date and Time | Focus |
|--|---|
| Tuesday, July 20th 12:00 – 1:00 Eastern Time | Module 3: Fostering Social Emotional Competencies and Well-being |
| Tuesday, July 27th 12:00 – 1:00 Eastern Time | Module 4: Understanding and Supporting Students Experiencing Adversity Module 5: Impact of Trauma and Adversity on Learning and Behavior |
| Tuesday, August 3rd 12:00 – 1:00 Eastern Time | Module 6: Classroom Strategies to Support Students |
| Tuesday, August 10th 12:00 – 1:30 Eastern Time | All Modules Implementation Planning Tools and Shared Learning Summary |



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Evaluation

Please complete the following survey:

<https://ttc-gpra.org/P?s=550240>

If you have additional questions or suggestions please email us at
seschoolmh@gmail.com



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SAMHSA's mission is to reduce
the impact of substance abuse and
mental illness on America's communities.

www.samhsa.gov

1-877-SAMHSA-7 (1-877-726-4727) • 1-800-487-4889 (TDD)