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

July 20, 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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# Nancy Lever, PhD

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## **Associate Professor**

University of Maryland School of Medicine,  
Division of Child and Adolescent Psychiatry

## **Co-Director**

National Center for School Mental Health



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# Jessica Gonzalez, MSW

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**School Mental Health Coordinator**

Mental Health Technology Transfer Center  
(MHTTC) Network Coordinating Office  
(NCO)

Stanford University



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# Learning Objectives

1. Increase understanding of Classroom WISE Module 3 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](http://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



### 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.

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

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

The screenshot shows the HealthKnowledge 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 also present. 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)**

At the bottom of the screenshot, the text 'Step 2' is written with a red arrow pointing to the 'View Description and Enroll' button of the Classroom WISE course.



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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](http://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](https://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](http://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 3

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Fostering Social Emotional Competencies  
and Well-Being

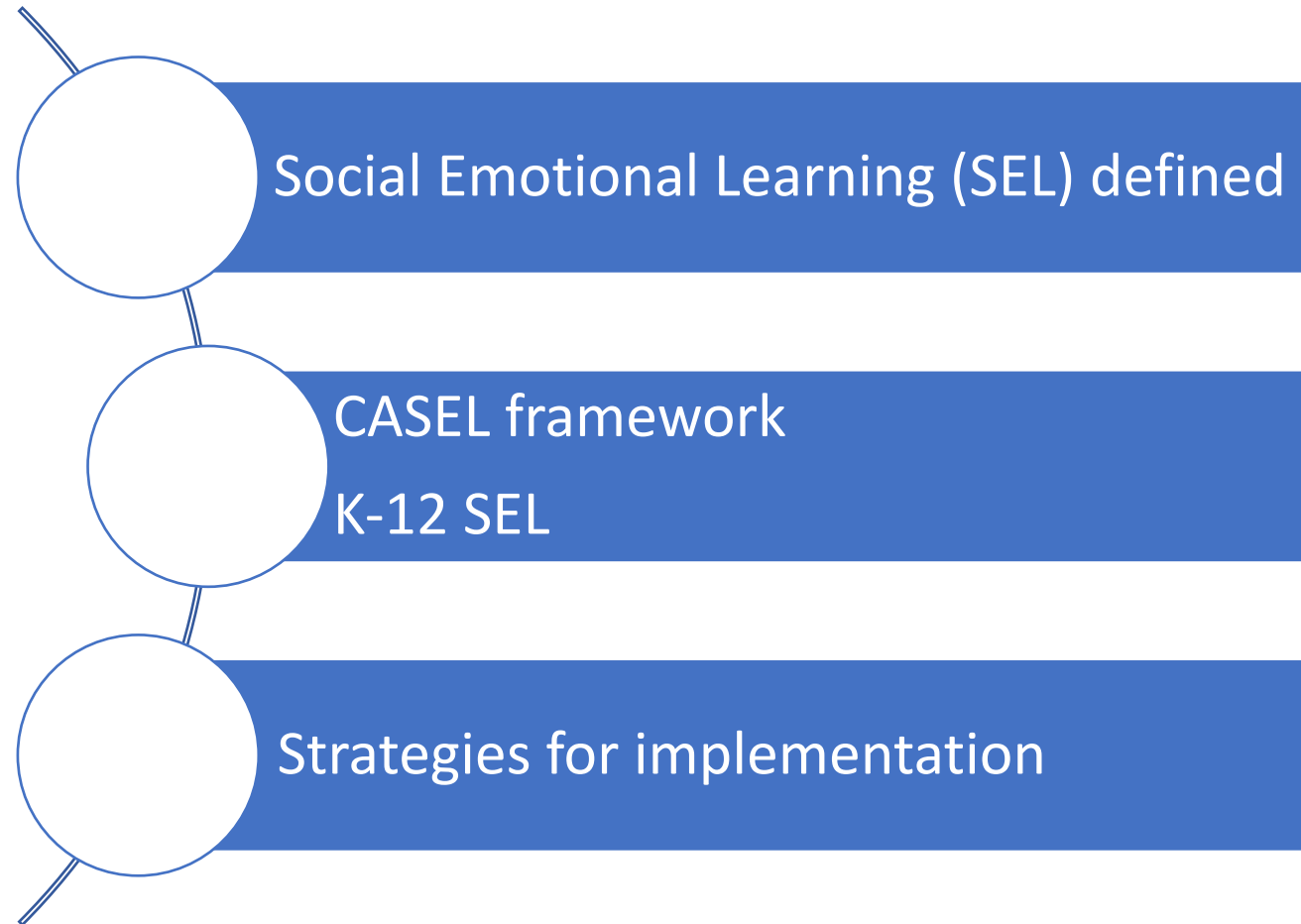


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## Module 3: Fostering Social Emotional Competencies and Well-Being





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*Collaborative for Academic, Social, and Emotional Learning*



SUBSCRIBE: NEWSLETTERS

2021 VIRTUAL SUMMIT

DONATE

ABOUT WHAT IS SEL? SEL IN ACTION PARTNER DISTRICTS RESEARCH POLICY RESOURCES WEBINARS NEWS CONTACT

### About CASEL

The Collaborative for Academic, Social, and Emotional Learning (CASEL) is a trusted source for knowledge about high-quality, evidence-based social and emotional learning (SEL). CASEL supports educators and policy leaders and enhances the experiences and outcomes for all PreK-12 students.



CASEL's mission is to help make evidence-based social and emotional learning (SEL) an integral part of education from preschool through high school.

Our work is critical at a time when educators, parents, students, and employers increasingly recognize the value of SEL. Together, we are united in our call for schools to educate the whole child, equipping students for success in school and in life.



#### Drive research

We advance the knowledge base about SEL by synthesizing, conducting, and commissioning research.



#### Guide practice

We translate research into action through school district partnerships and field-tested resources and tools.



#### Inform policy

We support states in developing preK-12 SEL policies and guidelines, and educate federal policymakers about the value of SEL.



#### Convene networks

We bring together experts, practitioners, and policymakers to accelerate and sustain SEL in communities nationwide.

<https://casel.org/>



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# What is Social Emotional Learning (SEL)?

SEL is the process through which all young people and adults acquire and apply the knowledge, skills, and attitudes to **develop healthy identities**, **manage emotions** and **achieve** personal and collective **goals**, feel and show **empathy for others**, establish and maintain **supportive relationships**, and make **responsible** and caring **decisions**.

–CASEL





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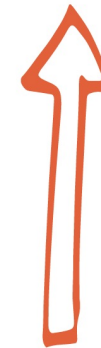
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# Why SEL?



- Emotional Distress
- Conduct Problems
- Suspension/Expulsions



- Self-Control
- Emotion Regulation
- Problem-Solving
- Academic Performance
- Feeling Safe



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# *Benefits of SEL in the Classroom*





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# CASEL Framework



## SEL Competencies: **Self-Management**

### Components

- Impulse control
- Stress-management
- Motivation and goal setting
- Monitoring/moderating emotions, thoughts, behaviors

### Lessons and Activities

- Behavioral coping skills: Pizza breathing
- Cognitive coping skills: Positive self talk
- Mindfulness coping skills: 5-4-3-2-1 mindfulness

### Learn More (select video below)





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# ***Social Awareness: Identifying Feelings***







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# *Differentiating Instruction*



Young Learners (PK-4<sup>th</sup>)



Middle Grades (5<sup>th</sup>-8<sup>th</sup>)



Older Students (9<sup>th</sup>-12<sup>th</sup>)



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# *Promoting Self-Regulation*





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# Adult SEL and Self-Assessment

## Self-Assessment: Social Awareness<sup>9</sup>

Rarely    Often

I listen actively and can grasp another person's perspective and feelings from both verbal and nonverbal cues.

I believe that, in general, people are doing their best, and I expect the best of them.

I appreciate and get along with people of diverse backgrounds and cultures in my school community and utilize inclusionary practices to ensure all voices are represented.

I am astute in organizational situations and am able to identify crucial social networks.

I understand the organizational forces at work, guiding values, and unspoken rules that operate among people.

SEL  
Results



- Doing well
- Challenging areas



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# Ways to Promote SEL

## Classroom

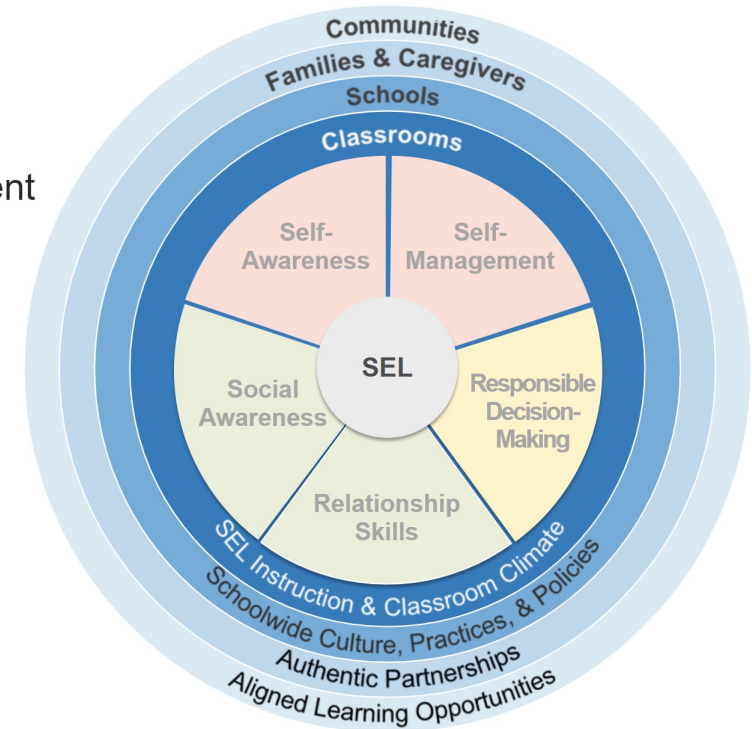
- Lessons with varied frequency, length, content, design, and materials used
- Cooperative and project-based learning
- Integration into existing classroom content

## School-wide initiatives

- Campaigns
- Routines/expectations

## Community

- Extracurriculars
- Service learning programs



## Discussion

How does Classroom WISE  
Module 3 align with  
priorities or existing  
initiatives in your schools?





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# Classroom WISE: Value Added

- ✓ Cost: FREE
- ✓ Pace: Self-paced
- ✓ Duration: 5 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 needed for successful CWISE roll-out and implementation?





# Additional Resources

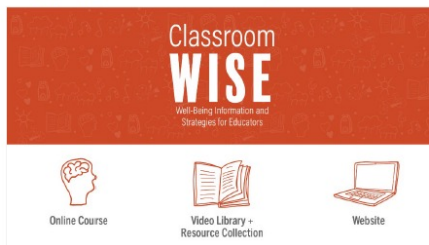


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NCSMHS NATIONAL CENTER FOR SCHOOL MENTAL HEALTH

## 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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### *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](http://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](mailto: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 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 <b>12:00 – 1:30</b> 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=476192>

*If you have additional questions or suggestions please email us at*  
[seschoolmh@gmail.com](mailto: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](http://www.samhsa.gov)

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