



MHTTC

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



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

July 27, 2021

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



Southeast (HHS Region 4)

MHTTC

Mental Health Technology Transfer Center Network

Funded by Substance Abuse and Mental Health Services Administration

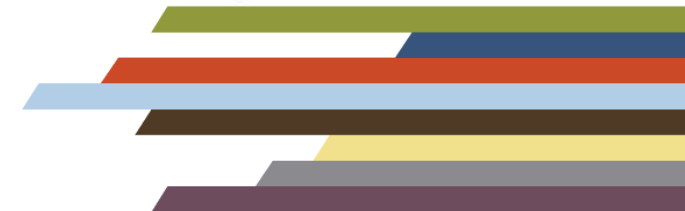


The Southeast MHTTC is located at Emory University in the Rollins School of Public Health.

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.





MHTTC

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



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).



MHTTC

Mental Health Technology Transfer Center Network

Funded by Substance Abuse and Mental Health Services Administration



Elizabeth Connors, PhD

Assistant Professor

Yale University, Division of Prevention and Community Research and at the Child Study Center.

Director of Quality Improvement

University of Maryland National Center for School Mental Health





MHTTC

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



Learning Objectives

1. Increase understanding of Classroom WISE Modules 4 and 5 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.



MHTTC

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



Welcome!

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





MHTTC

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



Classroom **WISE**

Well-Being Information and
Strategies for Educators



Video Library +
Resource Collection



Online Course



Website

Presented by:



MHTTC

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



Free 3 Part Training Package

www.classroomwise.org



MHTTC

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



Introduction Video





MHTTC

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



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>



MHTTC

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



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/>

Health Knowledge

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 2





MHTTC

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



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?

🔒 In 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?



MHTTC

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



← → ↻ 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






MHTTC

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



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.



MHTTC

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



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.
1min 15sec



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 and Distress

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

Module 6: Classroom Strategies to Support Students

Module 4

Understanding and Supporting Students
Experiencing Adversity and Distress



MHTTC

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



Module 4: Understanding and Supporting Students Experiencing Adversity and Distress





MHTTC

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



Promoting Healthy Development



Elementary
(Age 5-8)



Middle
(Age 9-12)



Teens
(Age 13-18)

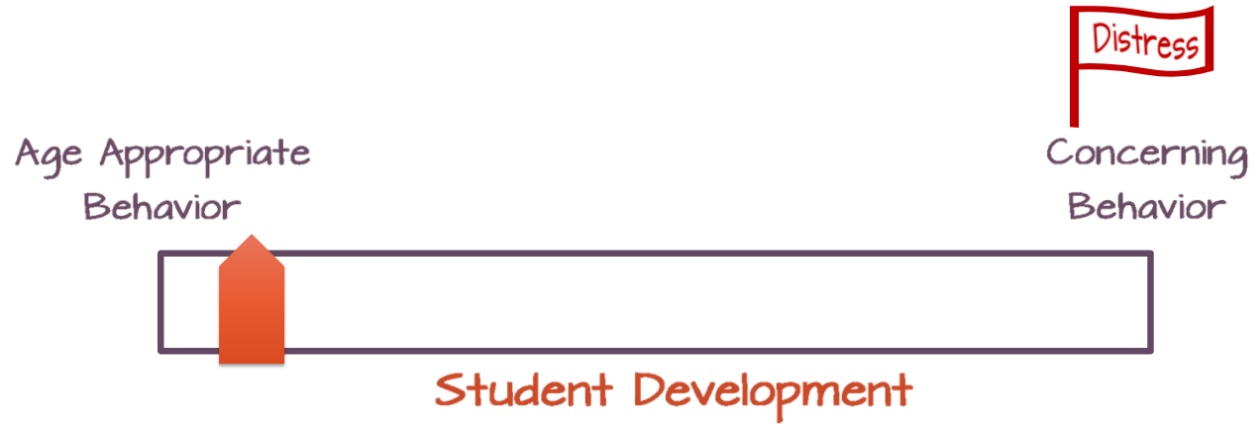


MHTTC

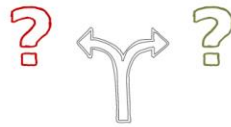
Mental Health Technology Transfer Center Network
Funded by Substance Abuse and Mental Health Services Administration



Typical or Concerning Behavior?



Concerning Behavior



Frequent refusal to go to school, all ages

Typical Behavior



Concerning Behavior

Frequent refusal to go to school, all ages

Concerning

While it is typical for students to occasionally object to waking up early or going to school, regular or ongoing refusal may be cause for concern at all ages.

Afraid of the dark, ages 5-8

Typical Behavior





MHTTC

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



Steps for Addressing Distress

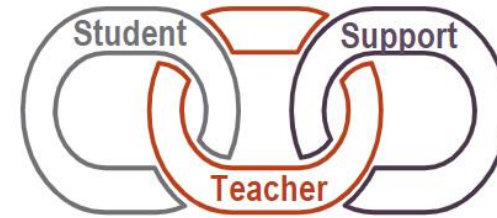


1. Identify



2. Talk

- Students
- Parents/caregivers
- Professionals

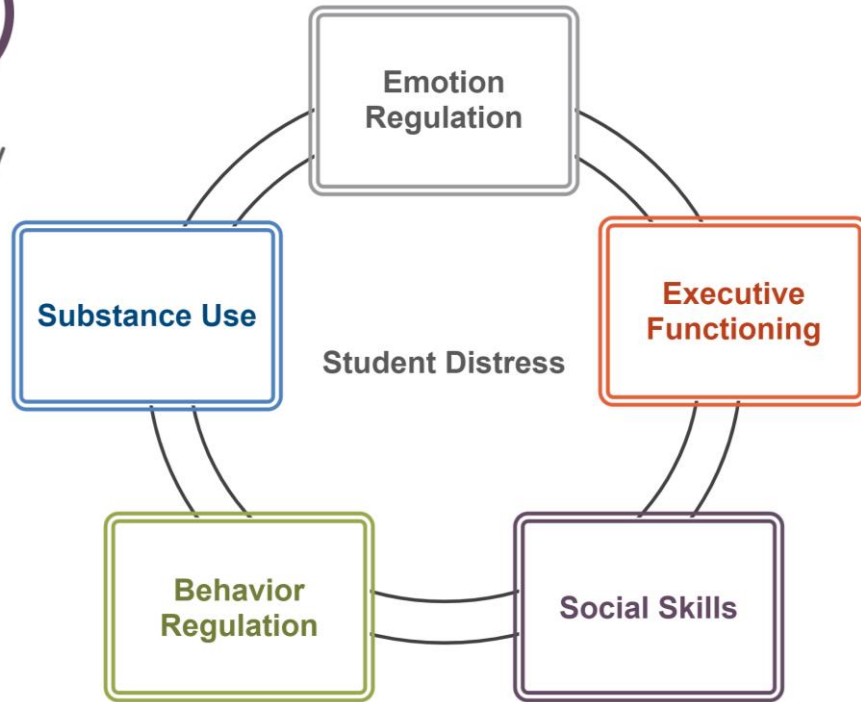


3. Link

- Formal/informal support
- School and community support



Identifying Student Distress: Domains to Consider



Managing Emotions

Problematic: Difficulty managing one's emotions.

Feelings	Behaviors	Physical Signs
<ul style="list-style-type: none"> • Afraid • Nervous • Angry • Irritable • Easily frustrated • Sad • Afraid • Hopelessness 	<ul style="list-style-type: none"> • Cries • Clings • School refusal • Lack of eating/overeating • Sleep issues • Distractible • Loss of interest 	<ul style="list-style-type: none"> • Stomachaches • Headaches



MHTTC

Mental Health Technology Transfer Center Network

Funded by Substance Abuse and Mental Health Services Administration



Problems with Emotional Regulation





Tips for Starting a Conversation with a Student or Caregiver



2. Talk

Name the Emotion

You seem more _____
(*upset, frustrated, down, angry, quieter*) than usual.

Name the Behavior

I notice _____ (*you haven't been spending time with your friends; you've been missing class*).

Ask Open-Ended Questions

How are things between you and your friends?

What is your experience of your child's worries?

Show You Are Listening

I can see how that would be upsetting.

Show You Care

I care about your well-being and am here to listen.

Provide Information on Available Support

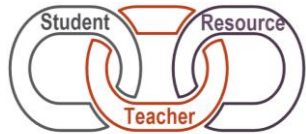
Would you like me to provide you with information about our school counseling resources?



Select for resources on this [Module 4 topic](#).



Linking Students to Supports



3. Link

Who else can help? Select each resource to see how they can help.

School Counselor	<p>Community mental health services include:</p> <ul style="list-style-type: none"> • Counselors • Psychologists • Psychiatrists • Pediatricians <p>These services are offered in primary care, outpatient clinics and hospitals, and by mobile response agencies.</p> <p>Many community mental health providers are located in schools to provide mental health services to students in the building, working in close partnership with school staff and families.</p>	School Nurse
School Psychologist		Community Health & Mental Health
School Social Worker		Informal Supports



MHTTC

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



Linking Students to School-Based Supports

How do I refer a student for counseling or therapy at my school?

What is the process our school mental health professionals use to determine services for a referred student?

How do I find out what happened after I made the referral?

Discussion

How does Classroom WISE
Module 4 align with
priorities or existing
initiatives in your schools?



Module 5

Impact of Trauma and Adversity on
Learning and Behavior



MHTTC

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



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

1

Define childhood trauma and adverse childhood experiences (ACEs)

2

Describe the impact of trauma and ACEs on learning and overall functioning

3

Demonstrate trauma-sensitive teaching practices



MHTTC

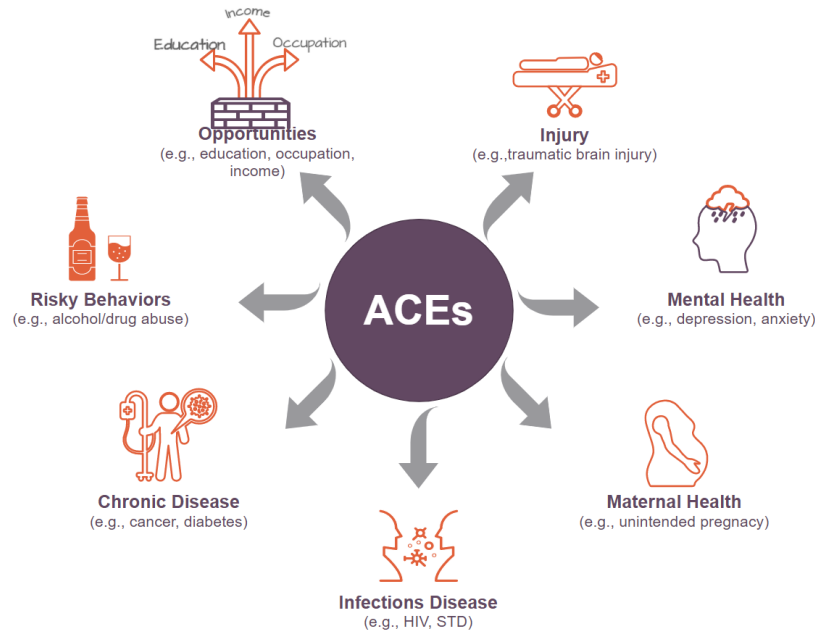
Mental Health Technology Transfer Center Network
Funded by Substance Abuse and Mental Health Services Administration



Defining Adverse Childhood Experiences (ACEs)

Adverse childhood experiences (ACEs) include experiences such as physical and emotional **abuse**, **neglect**, household or community **violence**, and housing **insecurity**.

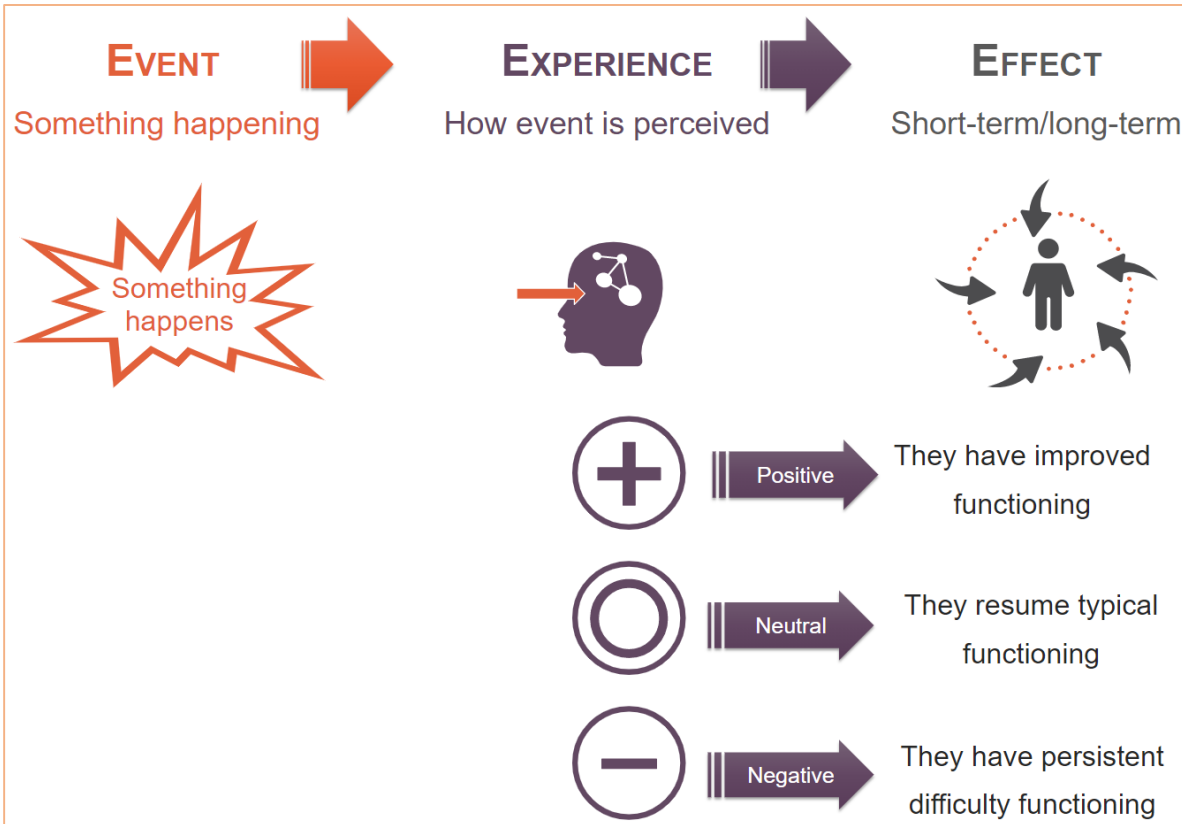
Lasting Impact of ACEs ²





Defining Childhood Trauma

Types of Trauma



Traumatic Event	Complex Trauma	Historical/ Intergenerational Trauma
<ul style="list-style-type: none"> • Acute – singular event • Chronic – recurring events 	<ul style="list-style-type: none"> • Multiple events • Invasive/Ongoing • Early onset 	<ul style="list-style-type: none"> • Cumulative physical/ psychological/ Social wounding • Over the life span • Across generations • Experienced as a group
<ul style="list-style-type: none"> • Natural disaster • Witnessing a death • Family violence • Community violence 	<ul style="list-style-type: none"> • Abuse or neglect, (physical, sexual or psychological) • Regular exposure to substance use disorder 	Individuals and communities that have experienced: <ul style="list-style-type: none"> • Slavery • Genocide • Mass deportation • Systemic oppression or racism

Select for resources on this [Module 5 topic](#).



MHTTC

Mental Health Technology Transfer Center Network

Funded by Substance Abuse and Mental Health Services Administration



Impact of Trauma on Brain and Learning





MHTTC

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

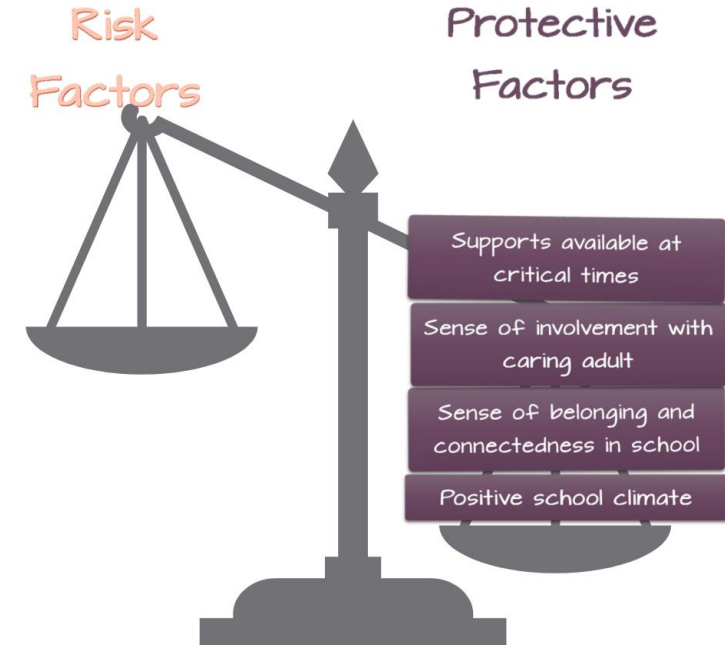


Possible Classroom Reactions

Click on each box to view possible classroom reactions to adversity and trauma.

Emotional	Physical	Behavioral <ul style="list-style-type: none"> • Argumentative • Clingy • Crying • Restless • Heightened startle response • Substance use • Unresponsive 	Cognitive
------------------	-----------------	---	------------------

Different children have different reactions to the same trauma.





MHTTC

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



Six Key Principles of a Trauma-Informed Approach

This approach is good for ALL students, but especially important for students that have experienced trauma.

Trauma-Informed Approach



1. Safety



2. Trustworthiness & Transparency



3. Peer Support



4. Collaboration & Mutuality



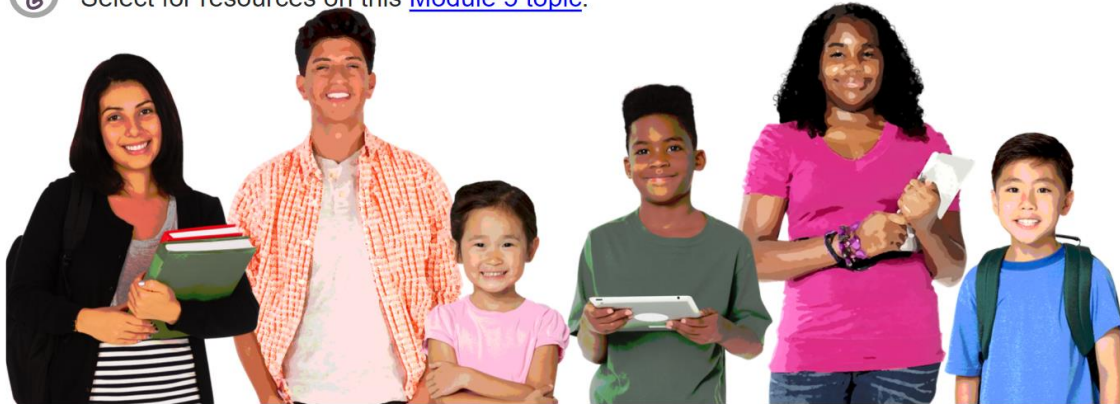
5. Empowerment, Voice, & Choice



6. Cultural, Historical, & Gender Issues



Select for resources on this [Module 5 topic](#).



Safety

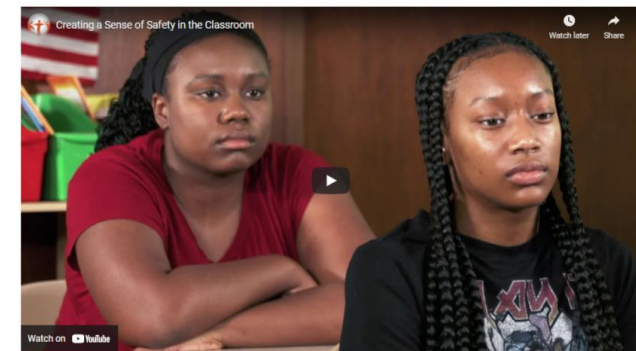


Staff & students need to feel **physically** and **emotionally safe**. Both the environment and interpersonal interactions need to feel safe.

Classroom strategies:

- Warn students before change to the environment
- Be sensitive to environmental cues
- Take a 5 second pause before responding to a student's behavior

How can a teacher create a sense of safety in the classroom?



Discussion

How does Classroom WISE
Module 5 align with
priorities or existing
initiatives in your schools?





MHTTC

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



Classroom WISE: Value Added

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



MHTTC

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



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?





MHTTC

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



Evaluation

Please complete the following survey:

<https://ttc-gpra.org/P?s=750079>

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

Additional Resources



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



NCSMH
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



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



NCSMH
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!

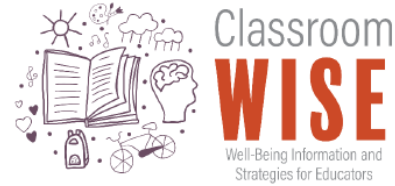
— Nancy Johnson, School Counselor



MHTTC

Mental Health Technology Transfer Center Network

Funded by Substance Abuse and Mental Health Services Administration



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



MHTTC

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



Q & A





MHTTC

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



Upcoming Office Hour Supports

Date and Time	Focus
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



MHTTC

Mental Health Technology Transfer Center Network

Funded by Substance Abuse and Mental Health Services Administration



Evaluation

Please complete the following survey:

<https://ttc-gpra.org/P?s=750079>

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



MHTTC

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



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)