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

August 10, 2021

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



Southeast (HHS Region 4)

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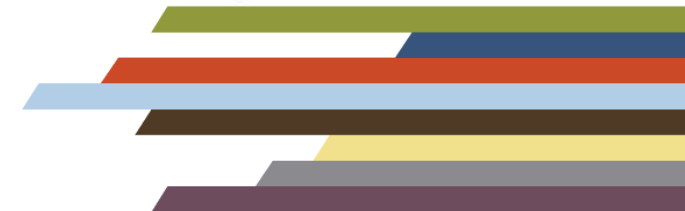


The Southeast MHTTC is located at Emory University in the Rollins School of Public Health.

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.





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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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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





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Learning Objectives

1. Increase understanding of Classroom WISE development, 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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<https://www.classroomwise.org/>



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



Launch Course

Step 1



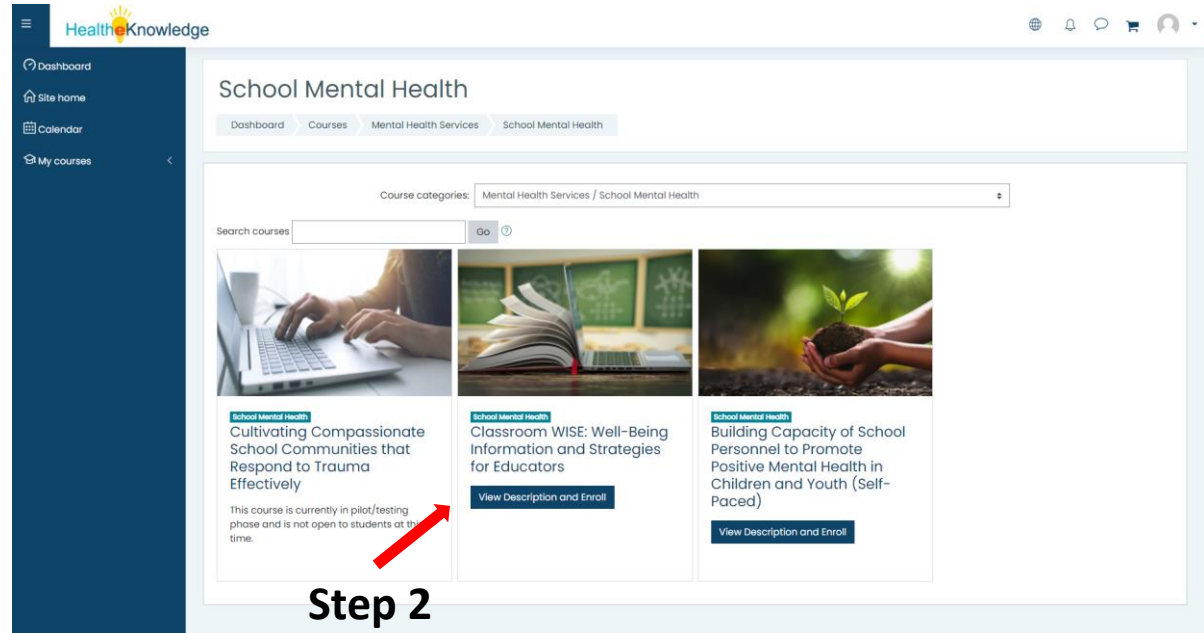
Introduction to Classroom WISE

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.

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



HealthKnowledge

School Mental Health

Course categories: Mental Health Services / School Mental Health

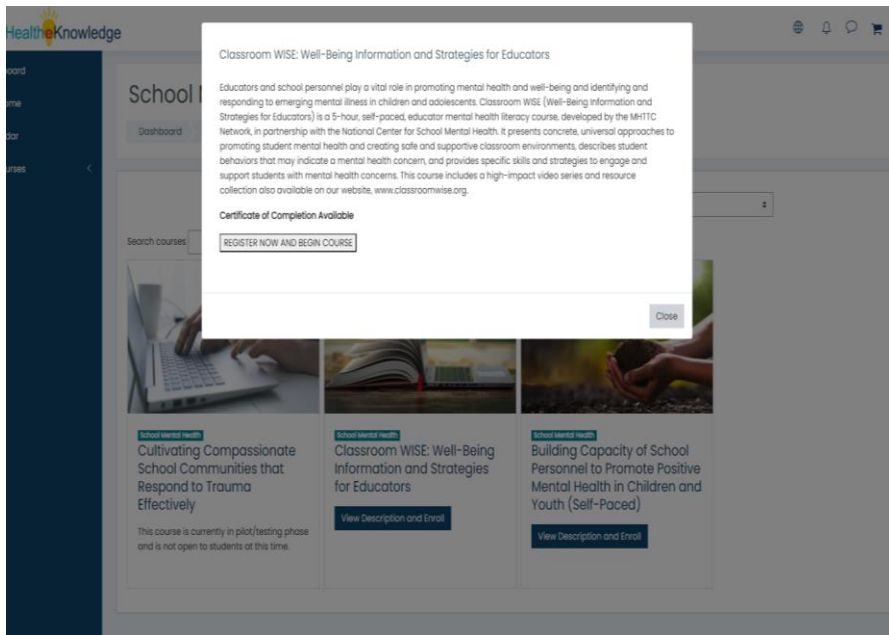
Search courses

Classroom WISE: Well-Being Information and Strategies for Educators

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

View Description and Enroll

Step 2



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.

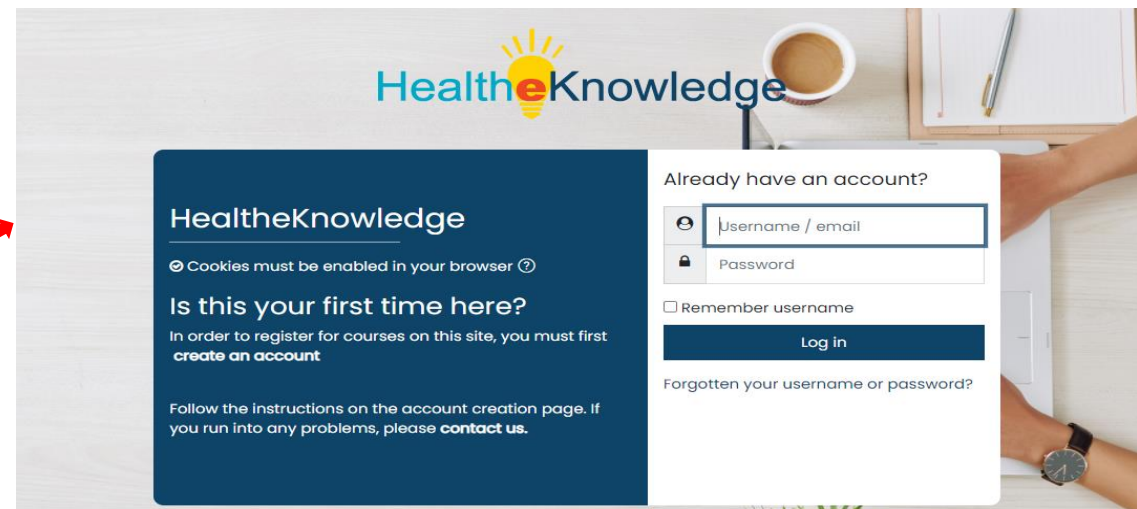
Certificate of Completion Available

REGISTER NOW AND BEGIN COURSE

Close

Step 3

Step 4



HealthKnowledge

Already have an account?

Username / email

Password

Remember username

Log in

Forgotten your username or password?

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**.






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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.
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

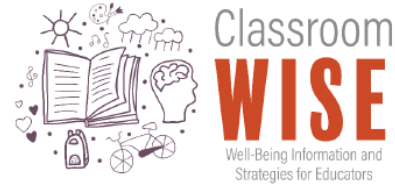
Module 6:

Classroom Strategies to Support Students Experiencing Distress



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Online Course Objectives

Course Content

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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Poll Questions

“Behind the Scenes” of Classroom Wise

Conversation with Classroom Wise Developers:

Nancy Lever, PhD | Co-Director, National Center for School Mental Health

Jessica Gonzalez, MSW | Project Associate, Mental Health Technology Transfer Center NCO

Regional Example: Classroom Wise Implementation Planning

Conversation with leaders in Henry County, GA:

Jessica Stormer | Executive Director of Student and Family Support Services

Frederic Latschar | Director of Student and Staff Mental Health and Wellness

Regional Example: Aligning Classroom Wise with School Priorities

Conversation with statewide leader in SC:

Bob Stevens, PhD | Consultant to SC - AWARE, Southeastern School Health Alliance, SC- APBS

Discussion

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





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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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Classroom Wise Implementation Planning

Initial Training: Viewing Online Modules

Suggested / Required

Training Schedule:

Module 1 Completion Date: _____

Module 2 Completion Date: _____

Module 3 Completion Date: _____

Module 4 Completion Date: _____

Module 5 Completion Date: _____

Module 6 Completion Date: _____

Collect Certificates of Completion: YES / NO

If Yes, School or District Point Person: _____



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Implementation Planning Considerations

Ongoing Support for Teacher Use

- Team-based opportunities to discuss modules after viewing: _____
- Consultation or coaching supports by the school mental health team
 - School mental health team member: _____
 - Frequency of consultation: _____
 - Process for identifying teachers: _____
- Natural mechanisms for peer support/shared learning among teachers
 - Grade Level Meetings
 - Professional Learning Communities
 - Staff Meetings
 - Other: _____



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Implementation Planning Considerations

Roles/Responsibilities

- District and school administrators – communication about alignment with strategic priorities and student needs, explain purpose and how it will be supported, identify and problem solve implementation barriers (e.g., time)
- School mental health professionals – support teacher implementation, provide input on personalizing and individualizing strategies to teacher style, student strengths/needs/culture/language/grade level
- Educators – provide feedback to SMH professionals and administrators about application with students, experiences implementing, needed adjustments



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Discussion

Think of a training that was well received and implemented in your school or district.

What made it a success?



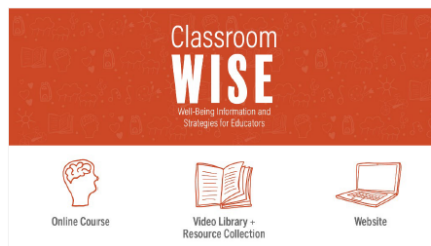
Additional Resource: 2 Pager Overview



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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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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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Q & A





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Evaluation

Please complete the following survey:

<https://ttc-gpra.org/P?s=234996>

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



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the impact of substance abuse and
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