



Southeast (HHS Region 4)

MHTTC

Mental Health Technology Transfer Center Network

Funded by Substance Abuse and Mental Health Services Administration



# Making Sense of School Mental Health: A New Graphic Tool on the Role of Teachers

Series: [Communicating About School Mental Health](#)

Presented by Christina Borbely, PhD  
August 5, 2021



## 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).



Southeast (HHS Region 4)

MHTTC

Mental Health Technology Transfer Center Network

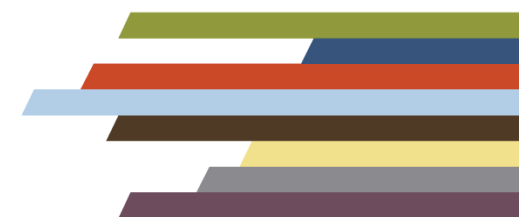
Funded by Substance Abuse and Mental Health Services Administration

**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.



# Region IV Southeast Mental Health Technology Transfer Center

Please visit our website at [www.southeastmhttc.org](http://www.southeastmhttc.org) for upcoming trainings as well as archived recordings of past trainings.

The screenshot shows the website's header with the MHTTC logo and navigation menu. Below the navigation is a hero section with a photo of people holding hands and the text 'Our Vision: Widespread access to evidence-based mental health services for those in need.' Below this is a 'Southeast MHTTC' section with a photo of a city skyline and descriptive text.

Southeast (HHS Region 4)  
**MHTTC** Mental Health Technology Transfer Center Network  
Funded by Substance Abuse and Mental Health Services Administration

YOUR MHTTC ▾ TRAINING AND EVENTS ▾ RESOURCES ▾ PROJECTS ▾ COMMUNICATION ▾ ABOUT ▾

☰ SOUTHEAST MHTTC NAVIGATION [Go to Center](#) 🏠

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

**Southeast MHTTC**  
The Southeast Mental Health Technology Transfer Center (Southeast MHTTC) is located in Atlanta, GA and is housed in the Rollins School of Public Health at Emory University. We are proud to serve the eight states in HHS Region IV: Alabama, Florida, Georgia, Kentucky, Mississippi, North Carolina, South Carolina, and Tennessee.  
404-387-8515 | [southeast@mhttcnetwork.org](mailto:southeast@mhttcnetwork.org)

## NEWS



## UPCOMING EVENTS

AUG  
05



**Suicide Risk Assessment Training - Raleigh, NC**

Suicide Risk Assessment is an interactive training targeted to Master's level and licensed mental...

AUG  
07



**Financing School-Based Mental Health Services in Medicaid Managed Care**

This webinar will provide an enhanced understanding of how school-based mental health (SBMH)...

# Learning Objectives

- Recognize the utility and limitations of existing school mental health graphic designs.
- Strategically integrate graphic designs to support communication about school mental health.
- Access a new graphic tool to designed to illustrate the role of educators in school mental health.

# Communicating About Children's Mental Health

It's a swamp of opinions, partial or mis-information, stigma, complicated facts, and over-simplified assumptions.



# Communication Strategies

## A Communication Template for School Mental Health

Level 1

**Identify** shared values

Level 2

**Clarify** the issue

Level 3

**Simplify** the model

Level 4

**Specify** the solutions

# Communicating About Children's Mental Health

Educators have different levels of awareness and understanding about the role of mental health in student success.

They will have different points of view on if and how they play a role in school mental health



# Visual Learning

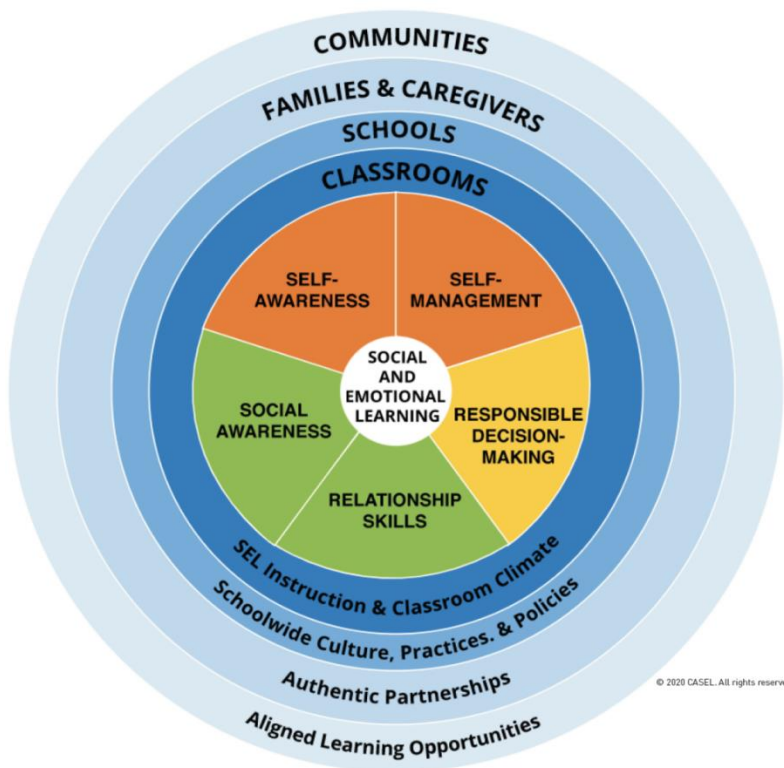
- It's really effective.      When it's done well.

# Do We Do It Well?

Examples of school mental health graphics.

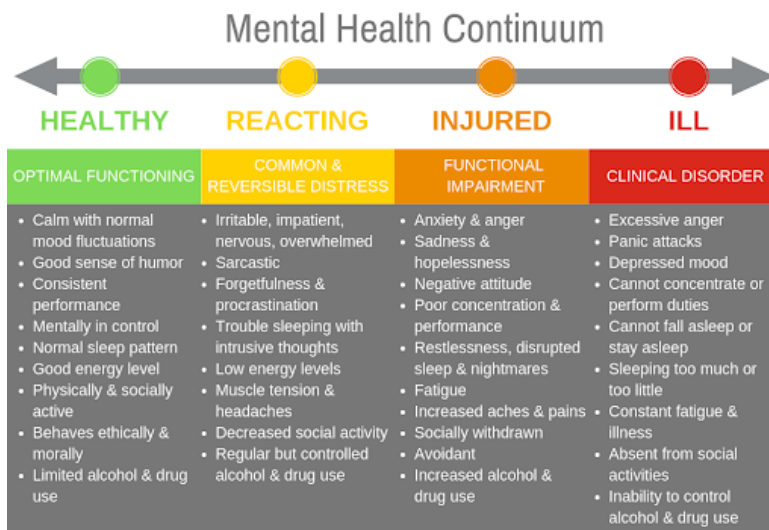
# EXAMPLES — too tiny, do not read

## Places/Connections



1

## Spectrum of Need & Response



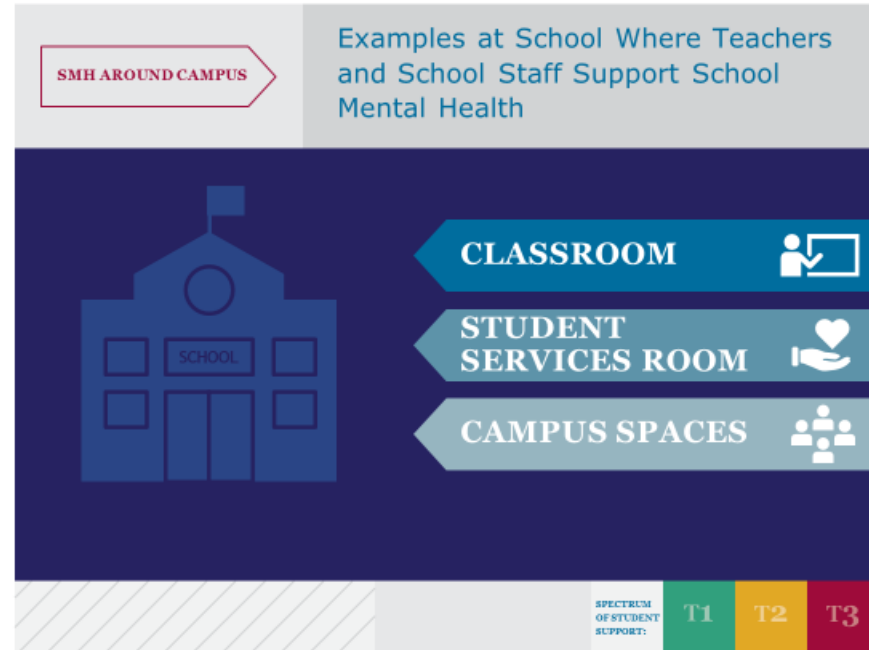
Self-Care & Social Support	Action Steps	Professional Care
<ul style="list-style-type: none"> <li>Focus on task at hand</li> <li>Breakdown problems into manageable tasks</li> <li>Maintain healthy lifestyle</li> <li>Contribute to and maintain support system</li> </ul>	<ul style="list-style-type: none"> <li>Recognize limits &amp; take breaks when needed</li> <li>Engage in healthy coping strategies</li> <li>Get adequate sleep, exercise &amp; nutrition</li> <li>Identify &amp; reduce stressors</li> </ul>	<ul style="list-style-type: none"> <li>Talk to someone</li> <li>Seek &amp; ask for help</li> <li>Identify personal signs of distress</li> <li>Prioritize self-care</li> <li>Seek social support, do not withdraw</li> <li>Follow healthcare provider recommendations</li> <li>Seek consultation as needed</li> <li>Know resources &amp; how to access them</li> </ul>

Mental Health Commission of Canada 2017

2



# New Graphic Tool on the Role of Teachers



©2021 Southeast MHTTC

Visualizing the role of educators  
in providing support for students' mental health

# Purposes of One More Graphic

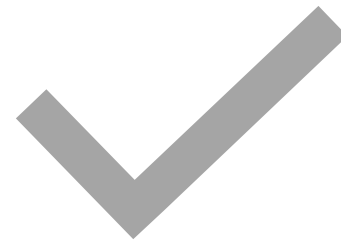
- Provide K-12 teachers with a visual reference for the range of ways they can support school mental health.
- Provide K-12 teachers a visual reference for how other adults on campus impact school mental health in their classroom AND in other places.



# Learning to Use the Tool



Access Toolkit



Review the Graphic Tool

# Resource Toolkit

## **Versions**

- Short-form (one-page)
- Long-form

## **Formats**

- PDF
- PPT template

## **Supports**

- Style Guide

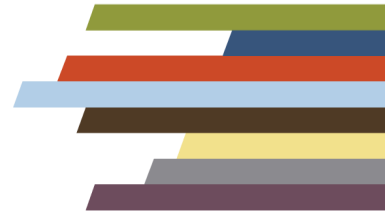


# How to Integrate the Graphic

- Share as static resource
  - Handout or email
- Integrate into presentations as visual aid
- Show as animated media

# Presenter Tips

1. Visual orientation to information
  - Placement of content on “page”
  - Amount of text to process
  - Content of text and visual imagery to process (color and icon cues)
2. Appropriateness/relevancy of examples for your audience
3. Examples are limited; at each tier range from low to high resource intensity





# Adapting Content



T1



SMH AROUND CAMPUS



T3

# Teachers, School Staff, and School Mental Health



T2



**SMH AROUND CAMPUS**

# Examples at School Where Teachers and School Staff Support School Mental Health



**CLASSROOM**



**STUDENT SERVICES ROOM**



**CAMPUS SPACES**



SPECTRUM  
OF STUDENT  
SUPPORT:

**T1**

**T2**

**T3**



# CLASSROOM



SMH FOR ALL STUDENTS

SMH FOR SOME STUDENTS

SMH FOR A FEW STUDENTS



SPECTRUM  
OF STUDENT  
SUPPORT:

T1

T2

T3



# CLASSROOM



## EXAMPLES OF SMH FOR ALL STUDENTS

### TEACHER'S SMH RESOURCES

T1

- GREETES EACH STUDENT BY NAME
- POSTS CLASSROOM EXPECTATIONS AND OTHER VISUAL AIDS FOR SOCIAL EMOTIONAL LEARNING
- IMPLEMENT EVIDENCE-INFORMED SEL PRACTICE/CURRICULUM



### SMH ALLIES IN CLASS

- **SCHOOL COUNSELOR:** PRESENTS UPSTANDER AWARD IN CLASS
- **PRINCIPAL:** SUPPORTS PROFESSIONAL DEVELOPMENT
- **SCHOOL RESOURCE OFFICER:** STOPS TO SAY GOOD MORNING EACH DAY



# CLASSROOM



## EXAMPLES OF SMH FOR SOME STUDENTS

### TEACHER'S TARGETED RESOURCES

T2

- OFFERS TEST COMPLETION WITHOUT TIME LIMITS
- POSTS TO STUDENT BEHAVIOR CHART
- USES CHECK IN CHECK OUT



### SMH ALLIES IN CLASS

- **SCHOOL COUNSELOR:** COLLECTS REFERRALS FOR SKILLS GROUP
- **PRINCIPAL:** FACILITATES PEER CIRCLES IN CLASS
- **SCHOOL RESOURCE OFFICER:** TEACHES MEDIATION SKILLS TO CLASS





# CLASSROOM



## EXAMPLES OF SMH FOR A FEW STUDENTS

### TEACHER'S INTENSIVE RESOURCES

T3

- GIVES DISCRETE HALL PASS FOR STUDENT PRESCRIPTION MANAGEMENT APPOINTMENT
- ESTABLISHES BEHAVIOR CONTRACT
- SUPPORTS IEP/504 PLANS



### SMH ALLIES IN CLASS

- **SCHOOL COUNSELOR:** DISCUSSES BEHAVIOR INTERVENTION PLAN WITH TEACHER
- **PRINCIPAL:** OFFERS ALTERNATIVES TO SUSPENSION
- **SCHOOL RESOURCE OFFICER:** USES TRAUMA-INFORMED COMMUNICATION TO ENGAGE STUDENT IN NEED



# STUDENT SERVICES ROOM



SMH FOR ALL STUDENTS

SMH FOR SOME STUDENTS

SMH FOR A FEW STUDENTS



SPECTRUM  
OF STUDENT  
SUPPORT:

T1

T2

T3



# STUDENT SERVICES ROOM



## EXAMPLES OF SMH FOR ALL STUDENTS

### MENTAL HEALTH SPECIALIST/ COUNSELOR'S UNIVERSAL RESOURCES

T1

- DESIGNATES QUIET WELLNESS SPACE FOR ALL STUDENTS
- SUPPORTS SCHOOL'S POSITIVE DISCIPLINE PRACTICES
- FOCUSES ON SMH, NOT ACADEMIC COUNSELING



SPECTRUM  
OF STUDENT  
SUPPORT:

T1

T2

T3



# STUDENT SERVICES ROOM



## EXAMPLES OF SMH FOR SOME STUDENTS

### MH SPECIALIST/COUNSELOR'S TARGETED RESOURCES

T2

- OFFERS SOCIAL EMOTIONAL SKILLS GROUPS
- RESPONDS TO SMH REFERRALS
- LEADS RESTORATIVE JUSTICE PROGRAM



SPECTRUM  
OF STUDENT  
SUPPORT:

T1

T2

T3



# STUDENT SERVICES ROOM



## EXAMPLES OF SMH FOR A FEW STUDENTS

### MH SPECIALIST/COUNSELOR'S INTENSIVE RESOURCES

T3

- PROVIDES WARM HANDOFF/LINKAGE TO COMMUNITY MH PROVIDER
- COORDINATES WITH STUDENT SUPPORT TEAM
- PROVIDES SMALL GROUP, INDIVIDUAL STUDENT, OR FAMILY SESSIONS

SPECTRUM  
OF STUDENT  
SUPPORT:

T1

T2

T3



# CAMPUS SPACES



**SMH FOR ALL STUDENTS**

**SMH FOR SOME STUDENTS**

**SMH FOR A FEW STUDENTS**



SPECTRUM  
OF STUDENT  
SUPPORT:

**T1**

**T2**

**T3**



# CAMPUS SPACES



## EXAMPLES OF SMH FOR ALL STUDENTS

### SMH UNIVERSAL RESOURCES

T1

- DISPLAYS CELEBRATE CULTURAL DIVERSITY AND CULTURAL IDENTITY
- OPTIONS FOR ROUTINE PHYSICAL MOVEMENT (OUTDOORS)
- CLUBS AND PROGRAMS OFFER EXTRACURRICULAR ACTIVITIES

SPECTRUM OF STUDENT SUPPORT:

T1

T2

T3





# CAMPUS SPACES



## EXAMPLES OF SMH FOR SOME STUDENTS

### SMH TARGETED RESOURCES

# T2

- OLDER STUDENTS PEER MENTOR NEW AND/OR YOUNGER STUDENTS
- STUDENT-LED MENTAL HEALTH AWARENESS CLUBS
- CHILDCARE CENTER ON CAMPUS FOR PARENTING TEENS

SPECTRUM  
OF STUDENT  
SUPPORT:

T1

T2

T3





# CAMPUS SPACES



## EXAMPLES OF SMH FOR A FEW STUDENTS

### SMH INTENSIVE RESOURCES

- THERAPY ANIMALS ON CAMPUS
- WRAPAROUND SUPPORTS AVAILABLE TO MEET RANGE OF BASIC NEEDS
- CRISIS RESPONSE TEAM INCLUDES SCHOOL AND COMMUNITY PARTNERS

# T3



SPECTRUM  
OF STUDENT  
SUPPORT:

T1

T2

T3

# Resource Toolkit

## SMH Graphic Tool - Teacher

- Long-form
- Short-form (1 pager) to be used in conjunction with long form overview
- PPT template of long-form
- Design Guide

## Resource Compendium

- Annotated collection of various school mental health graphics
- Useful for mix of purposes and audiences

# Your Next Steps

- Resource Toolkit review
- Plan to integrate
  - Staff meetings
  - Leadership meetings
  - Professional development
  - Online tools