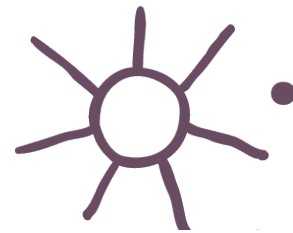


An Introduction to Classroom WISE and Mental Health Literacy

Stefanie Winfield, MSW
Great Lakes, MHTTC
October 26th, 2021
10 am CT

Classroom WISE: Well-Being Information and Strategies for Educators

Developed by the MHTTC Network in partnership with the National Center for School Mental Health



MHTTC

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



Learning Objectives

- Increase understanding of Classroom WISE development, structure and content.
- Learn strategies to promote student well-being and support students experiencing adversity, distress, and mental health challenges in the classroom.
- Identify talking points and implementation ideas to support Classroom WISE utilization in schools or districts.

Classroom WISE: Well-being Information and Strategies for Educators

- FREE 3-part training package for K-12 educators and school personnel on mental health literacy/awareness.
- Development process included input from educators, students, and school mental health leaders.



The image shows a promotional graphic for Classroom WISE. The top half has a red background with white icons and the text "Classroom WISE" in large white letters, with "Well-Being Information and Strategies for Educators" in smaller white text below it. The bottom half has a white background with three red icons: a brain in a head, an open book, and a laptop. Below each icon is a label: "Online Course", "Video Library + Resource Collection", and "Website".

Classroom
WISE
Well-Being Information and
Strategies for Educators

Online Course

Video Library +
Resource Collection

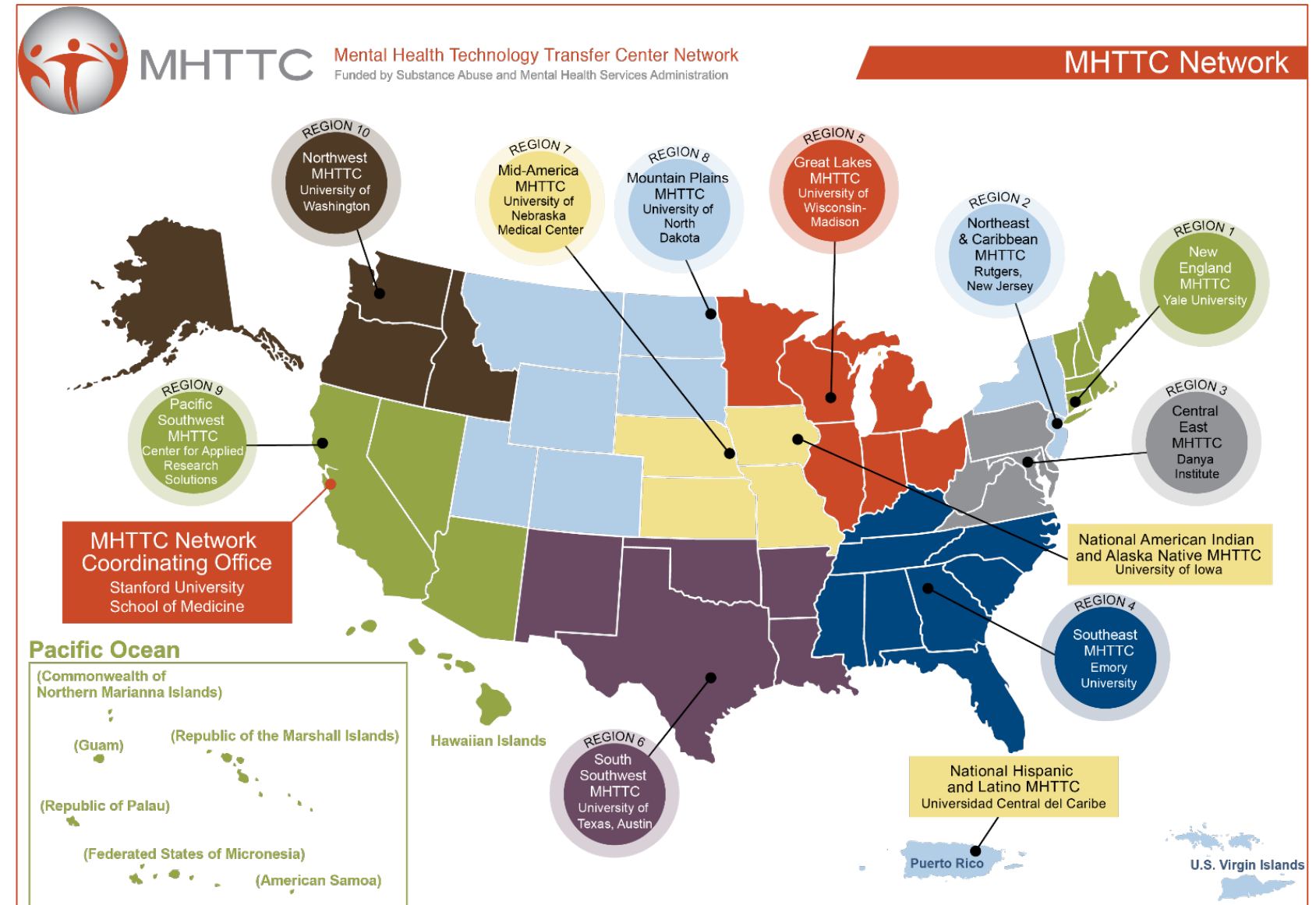
Website

Available at www.classroomwise.org

Mental Health Technology Transfer Center (MHTTC) Network

The purpose of the MHTTC Network is technology transfer - disseminating and implementing evidence-based practices for mental health prevention, treatment, and recovery.

Visit the MHTTC website at <https://mhttcnetwork.org/>



Classroom WISE Introduction



<http://bit.ly/cwise-sneak-peek>



Classroom **WISE**

Well-Being Information and
Strategies for Educators

Evidence-Based Content

- 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/awareness, social emotional learning, and school-based interventions for mental health problems.

Getting Started

Step 1



Classroom WISE
Well-Being Information and Strategies for Educators

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

[Launch Course](#)

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/>

Step 2



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.

[View Description and Enroll](#)

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](#)

HealthKnowledge Registration

HealthKnowledge

School Mental Health

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?

Remember username

[Log in](#)

Forgotten your username or password?

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**.




Classroom WISE Navigation

The screenshot shows a web browser window with the URL healthknowledge.org/course/view.php?id=621. The page features a dark blue sidebar on the left with navigation options: Grades, Dashboard, Site home, Calendar, Course sections, and My courses. The main content area has a header with the course title "Classroom WISE: Well-Being Information and Strategies for Educators" and a breadcrumb trail: Dashboard > My courses > Classroom WISE: Well-Being Information and Strategies for Educators. Below the header is a section titled "Introduction (Required)" with a "Your progress?" link. The main content area contains a graphic with the text "Classroom WISE" and "Well-Being Information and" below it, accompanied by various icons representing health, education, and well-being. On the right side, there is a "Technical Support" section with the heading "Having trouble? Question" and a graphic of question marks. Below this, it states: "Visit our 24/7 Online Course Support Center for help with technical problems, answer 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."

Course Navigation

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.



Classroom
WISE
Well-Being Information and
Strategies for Educators

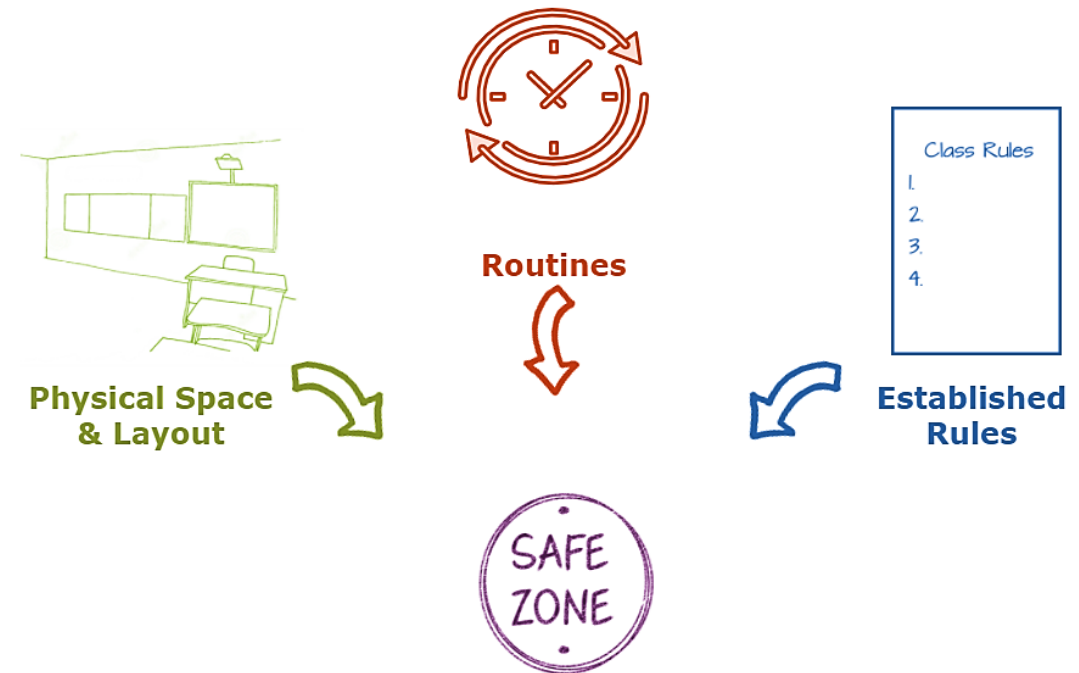
Modules 1-3:

Promoting Mental Health and Well-being of Students

- Creating safe and supportive classrooms.
- Bringing mental health into the classroom and addressing stigma.
- Fostering social emotional competencies.

Environment

The physical and instructional environment you create is very important to help students feel safe and supported.





Classroom
WISE
Well-Being Information and
Strategies for Educators

Modules 3-6: Understanding and Supporting Students Experiencing Adversity and Distress

- Impact of trauma/adversity on learning and behavior.
- Understanding and identifying student distress and linking students to support.
- Classroom strategies to support students with mental health concerns.

Stress & Trauma

8. Be **aware of stress or trauma** reminders

It's hard for a student to feel safe when regularly reminded of past events or traumas.

Being center of attention

Sudden or loud noises

Fighting or yelling

Confinement

Physical touch

Unexpected changes



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

- Describes the components necessary for creating safe and supportive classrooms.
- Guidance on helping students feel engaged in the classroom community.
- Guidance on helping students feel physically and emotionally safe in the classroom.
- Guidance on designing a safe and supportive physical classroom environment.



Welcoming Students

How can teachers make their students feel included and welcomed?

Watch on  YouTube

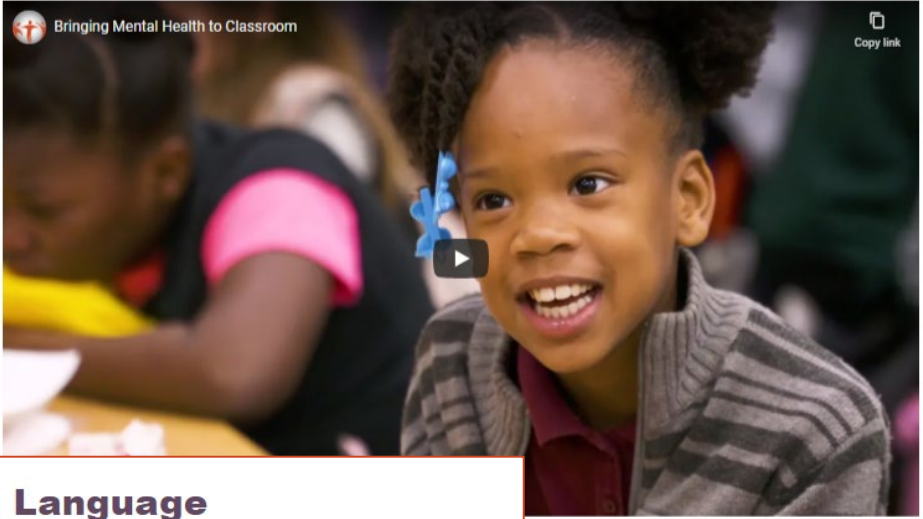
Copy link

The image shows a YouTube video player with a red play button in the center. The video content features a group of seven diverse students (three girls and four boys) standing in a school hallway with blue lockers in the background. They are all smiling and looking towards the camera. The video title is 'Welcoming Students' and the question 'How can teachers make their students feel included and welcomed?' is displayed below the title. The YouTube logo and 'Watch on YouTube' text are visible in the bottom left corner, and a 'Copy link' icon is in the bottom right corner.

Module 2: Teaching Mental Health Literacy/Awareness and Reducing Stigma

- How to educate students about mental health.
- How to integrate mental health literacy/awareness into instruction.
- How to address mental health stigma in the classroom.

Mental Health in the Classroom
How can teachers bring mental health into the classroom?



Bringing Mental Health to Classroom

Copy link

Stigmatizing Language
How can teachers help students replace stigmatizing language?



Addressing Stigmatizing Language

Watch later Share

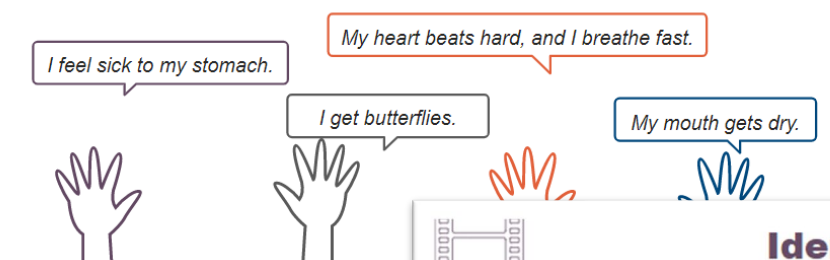
Watch on YouTube

Module 3: Fostering Social Emotional Competencies and Well-Being

- Introduction to social emotional learning (SEL).
- How to integrate SEL competencies into instruction.
- Strategies for teaching students SEL skills.

Self-Awareness: Core Lesson Example


Today we are going to focus on how our feelings feel on the inside. Think about ways that we feel our feelings on the *inside* – in our bodies. If I'm scared, my heart starts to beat fast. What are other things that happen on the inside when we are scared?



The diagram illustrates four hands, each with a speech bubble describing a physical sensation associated with fear. From left to right: a hand with a speech bubble saying "I feel sick to my stomach."; a hand with a speech bubble saying "My heart beats hard, and I breathe fast."; a hand with a speech bubble saying "I get butterflies."; and a hand with a speech bubble saying "My mouth gets dry." The hands are drawn in a simple, line-art style.

Identifying Feelings

How can teachers identify and coach through difficult feelings in the classroom?



The image shows a YouTube video player interface. The video title is "Identifying Feelings". The video content shows a woman with long brown hair, wearing a grey t-shirt, speaking. The video player includes a play button in the center, a "Watch later" button in the top right, and a "Share" button in the top right. The YouTube logo and "Watch on YouTube" text are visible in the bottom left corner.

Module 4: Understanding and Supporting Students Experiencing Adversity

- Overview of typical child and adolescent development.
- Strategies for promoting healthy child and adolescent development.
- How to recognize signs of student distress.
- How to link students with potential mental health concerns, and their families, to support.



Behavior Regulation

What do teachers notice when students demonstrate problems with behavior regulation?

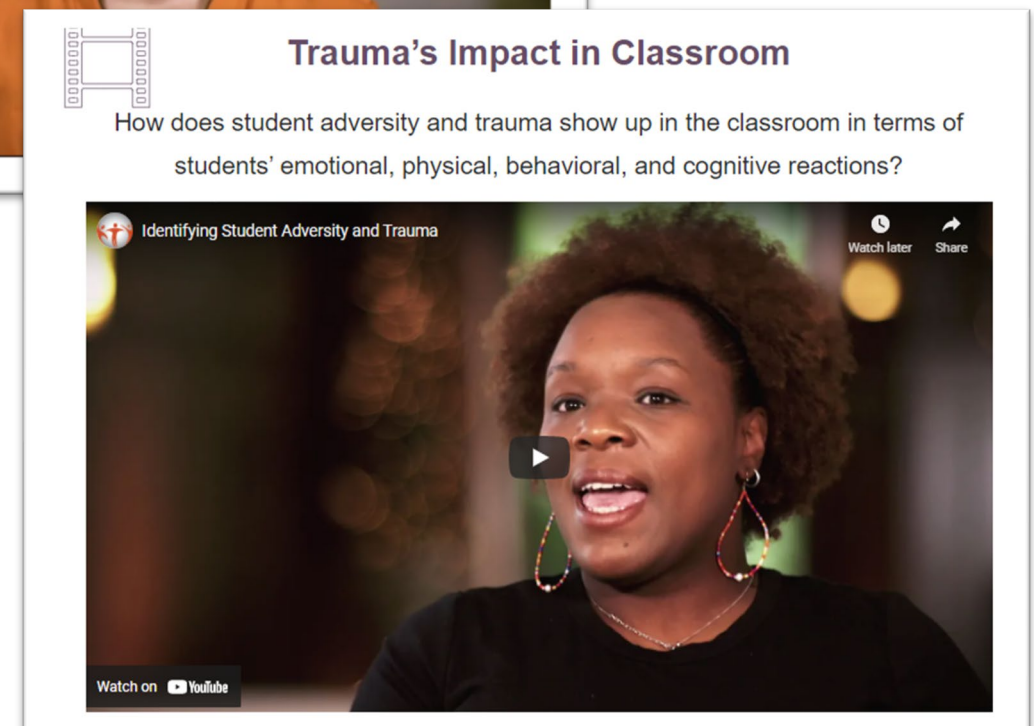
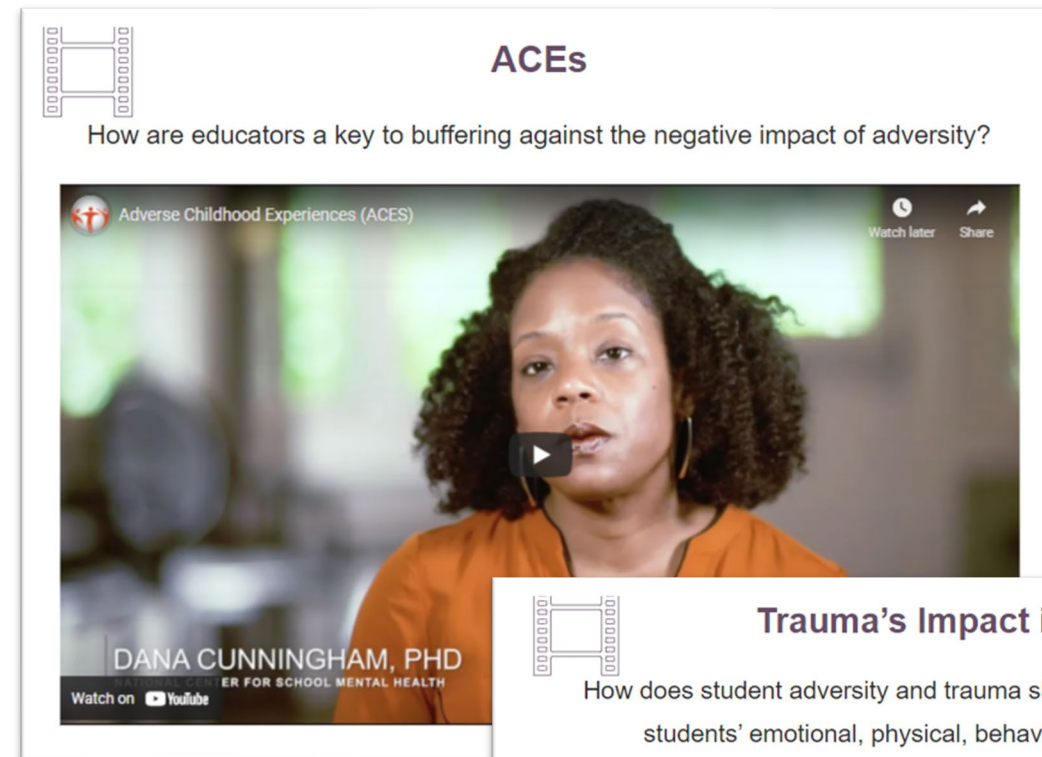
Problems with Behavior Regulation

Watch on YouTube

Watch later Share

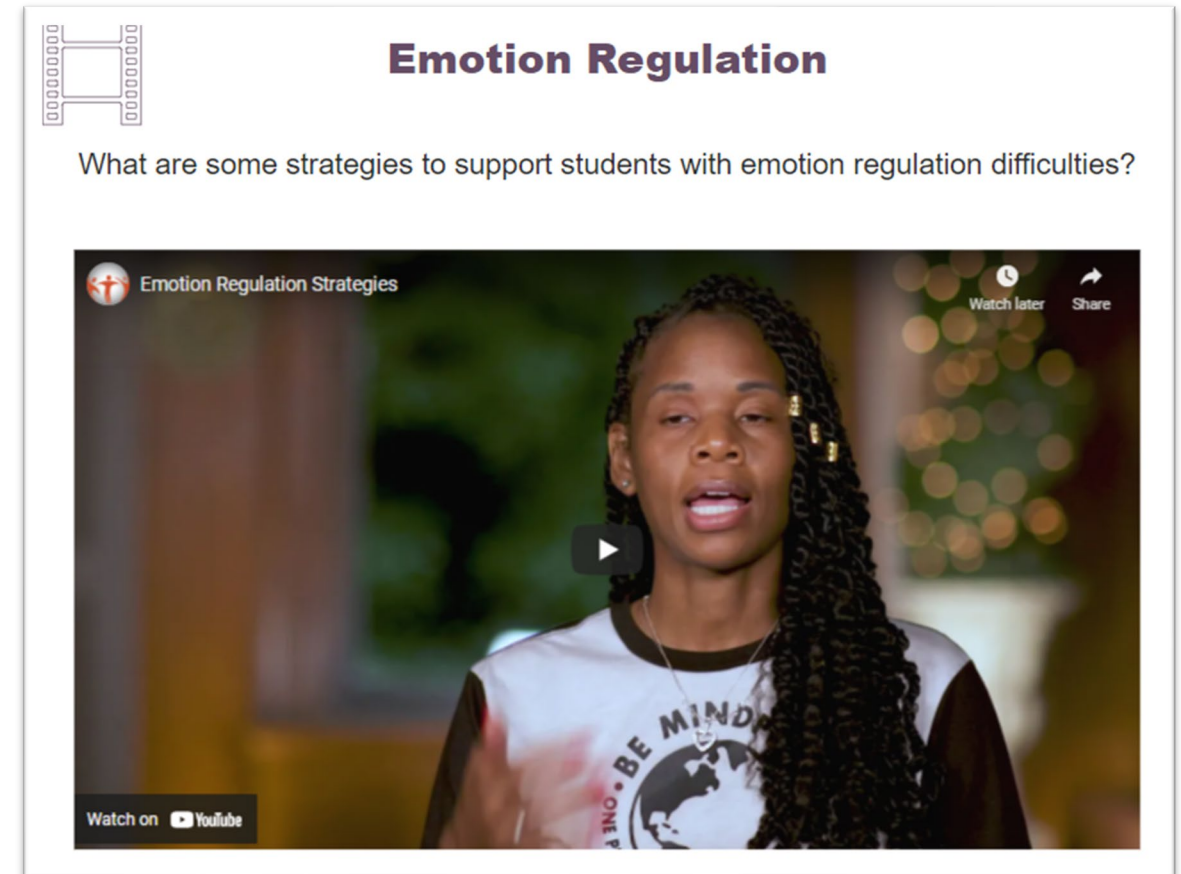
Module 5: Impact of Trauma and Adversity on Learning and Behavior

- Overview of childhood trauma and adverse childhood experiences (ACEs).
- Describes the impact of trauma and ACEs on learning and overall functioning.
- Strategies for integrating trauma-sensitive teaching practices in the classroom.



Module 6: Classroom Strategies to Support Students

- Identifies factors that contribute to student behaviors.
- Practice co-regulation and self-regulation skills.
- Classroom strategies to support students experiencing distress.



The image shows a YouTube video player interface. At the top left, there is a small icon of a ladder or staircase. To its right, the title "Emotion Regulation" is displayed in a bold, purple font. Below the title, the video description reads: "What are some strategies to support students with emotion regulation difficulties?". The video player itself shows a woman with long, dark, curly hair, wearing a white t-shirt with a graphic that includes the text "BE MINDFUL". The video player includes standard YouTube controls: a play button in the center, a "Watch later" button, and a "Share" button in the top right corner. In the bottom left corner of the video player, there is a "Watch on YouTube" button.

Cultural Inclusiveness and Equity WISE



- A companion course to Classroom WISE, 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.
- Visit www.classroomwise.org/companion-course to learn more.

Classroom WISE Video Library



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



Promoting Self-Regulation

Self-regulation incorporates stress management, impulse control, and goal setting to positively impact motivation and moderate one's emotions, thoughts, and behaviors. In this video, teachers discuss strategies for promoting self-regulation in the classroom.

2min 30sec

Classroom WISE 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



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

Resource Examples



Classroom WISE

Well-Being Information and Strategies for Educators

MODULE 2
Understanding Student Development and Identifying Student Distress

Promoting Healthy Development


Adults can help promote healthy development in young children and adolescents through a variety of strategies that are unique to each age group. The table below outlines some of these strategies in children ages 5-8, 9-12, and 13-18, which are further detailed in the following sections.

Ages 5-8	Ages 9-12	Ages 13-18
<ul style="list-style-type: none"> Limit criticism Positive attention and specific praise Feedback sandwich Teach and model respect 	<ul style="list-style-type: none"> Model and discuss role of making mistakes in the learning process Learn from feedback Use non-judgmental language Discuss complexity of social dynamics in peer relationships 	<ul style="list-style-type: none"> Show respect, trust, and honesty, and express similar expectations Pick your battles Notice changes sleep, mood, friends, academics, and other areas of functioning Provide supervision and monitoring while respecting privacy

AGES 5-8
Because children at this age are sensitive to feedback, and may be nervous about their abilities, it is important for educators to give lots of positive attention and praise. Specific praise helps children identify positive behaviors and positive traits in themselves. It also increases the likelihood they will repeat this behavior in the future. While criticism should be limited, educators can use a “feedback sandwich” by giving brief corrective feedback between two positive statements.

It is also important for educators to teach and model respect. Just as children need explicit teaching and examples to learn academic information, they also need this explicit instruction and modeling for respect and appropriate behavior. Teachers can help students learn how to respond to problems by modeling using a low and calm voice, stating how they feel, and providing information about how to solve a problem.

AGES 9-12
It is important to give clear and constructive feedback to help children learn from mistakes. While it may be tempting to avoid negative feedback because it can be upsetting, students need this feedback to learn. Feedback should be aimed at helping children to learn from an incident and know how to do it differently the next time. Educators should use non-judgmental language, listen to what students say, and acknowledge the feelings associated with what is said. Students will need ongoing



Classroom WISE

Well-Being Information and Strategies for Educators

MODULE 3:
Fostering Social-Emotional Competencies and Well-Being

SEL Activities by Grade Level

Social-emotional learning can be taught using several different approaches. You can provide individual lessons to teach students core social emotional skills, with lessons that vary in frequency and last different amounts of time. You may also promote SEL through embedding social-emotional competencies throughout academic instruction. Listed below are several ideas for activities that can be integrated into elementary and secondary classrooms.

ELEMENTARY
High Five to Friendship – This activity can help students learn how to be a better friend. First, brainstorm as a class to identify characteristics of a good friend. Then have students trace their right and left hands onto two pieces of paper. On one hand, have them write the characteristics that make them a good friend. On the other hand, have them write areas where they can improve to become a better friend. Ask the students to choose one area to practice that week.


Snowstorm in a Bag – This activity can encourage students to practice deep breathing with a fun technique. First, explain the concept of deep breathing and its purpose. Choose a container (e.g., bottle, baggie) that can have a straw inserted and add small pieces of paper into the container. Ask students to breathe deeply and exhale into the straw to create a “snowstorm”. Encourage students to reflect on how they feel during and after the activity.

SECONDARY
Gratitude Journal – This activity can help students intentionally recognize the positive. At the end of the day or class period, ask students to take a moment and write down or draw two things they are grateful for. Allow the opportunity for students who want to share to describe to the class one thing they are grateful for.


Self-Advocacy Cards – This activity can help students grow aware of their own needs and learn to self-advocate. Ask students to reflect on questions such as:

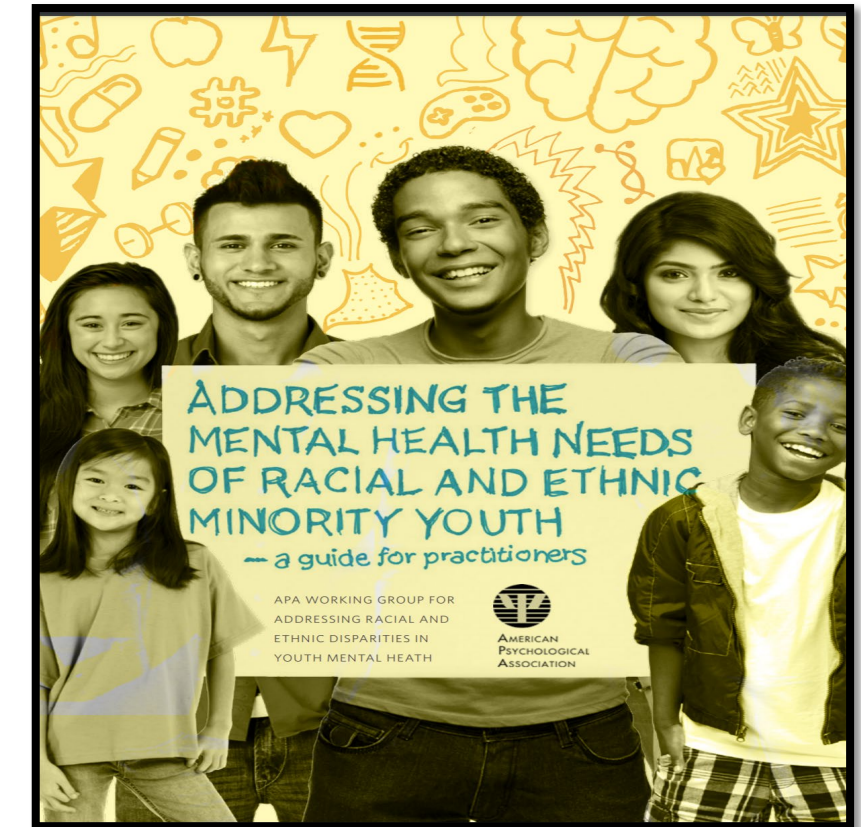
- What are things that I do or how do I feel when things are not going well for me?
- How would someone else be able to tell things are not going well for me?
- What can I do to help myself when I am struggling in school?
- What is my next step if these coping strategies are not working?

Everyday Mental Health Classroom Resource. (2021). *View and filter all practices.* <https://smho-smso.ca/emhc/filter/>



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





Discussion

How do you see
Classroom WISE fitting in
with other existing or
competing priorities?



Discussion Board

Classroom WISE Value Added

 Cost: FREE.

 Pace: Self-paced.

 Duration: 6 hours.

 Timing: Available 24/7.

 Engagement: Accessible yet interactive.

Making the Case for Mental Health Awareness

Talking points

Data

Needs assessment

Resource mapping

Stigma Reduction

Needs Assessment Tools

SHAPE System

School Mental Health Toolkit

National Implementation Guidance Modules

Implementation Planning Considerations

- Initial: Viewing Modules
- Ongoing: Supported Application
- Multilevel Implementation Roles/Responsibilities

Questions? Next Steps

Contact Information

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sarah.mcminn@wisc.edu



Classroom
WISE

Well-Being Information and
Strategies for Educators

Upcoming Webinars

11/9- SEL

11/16- TIP

11/30- MTSS



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