

An Introduction to Classroom WISE and Mental Health Awareness

Erin Briley, MS, NCSP

Mountain Plains MHTTC

August 4th, 2022



Mountain Plains (HHS Region 8)

MHTTC

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

Disclaimer and Funding Statement

This presentation was prepared for the Mountain Plains Mental Health Technology Transfer Center (Mountain Plains MHTTC) under a cooperative agreement from the Substance Abuse and Mental Health Services Administration (SAMHSA). All material appearing in this presentation, except that taken directly from copyrighted sources, is in the public domain and may be reproduced or copied without permission from SAMHSA or the authors. Citation of the source is appreciated. Do not reproduce or distribute this presentation for a fee without specific, written authorization from the Mountain Plains MHTTC. For more information on obtaining copies of this presentation please email casey.morton@und.edu.

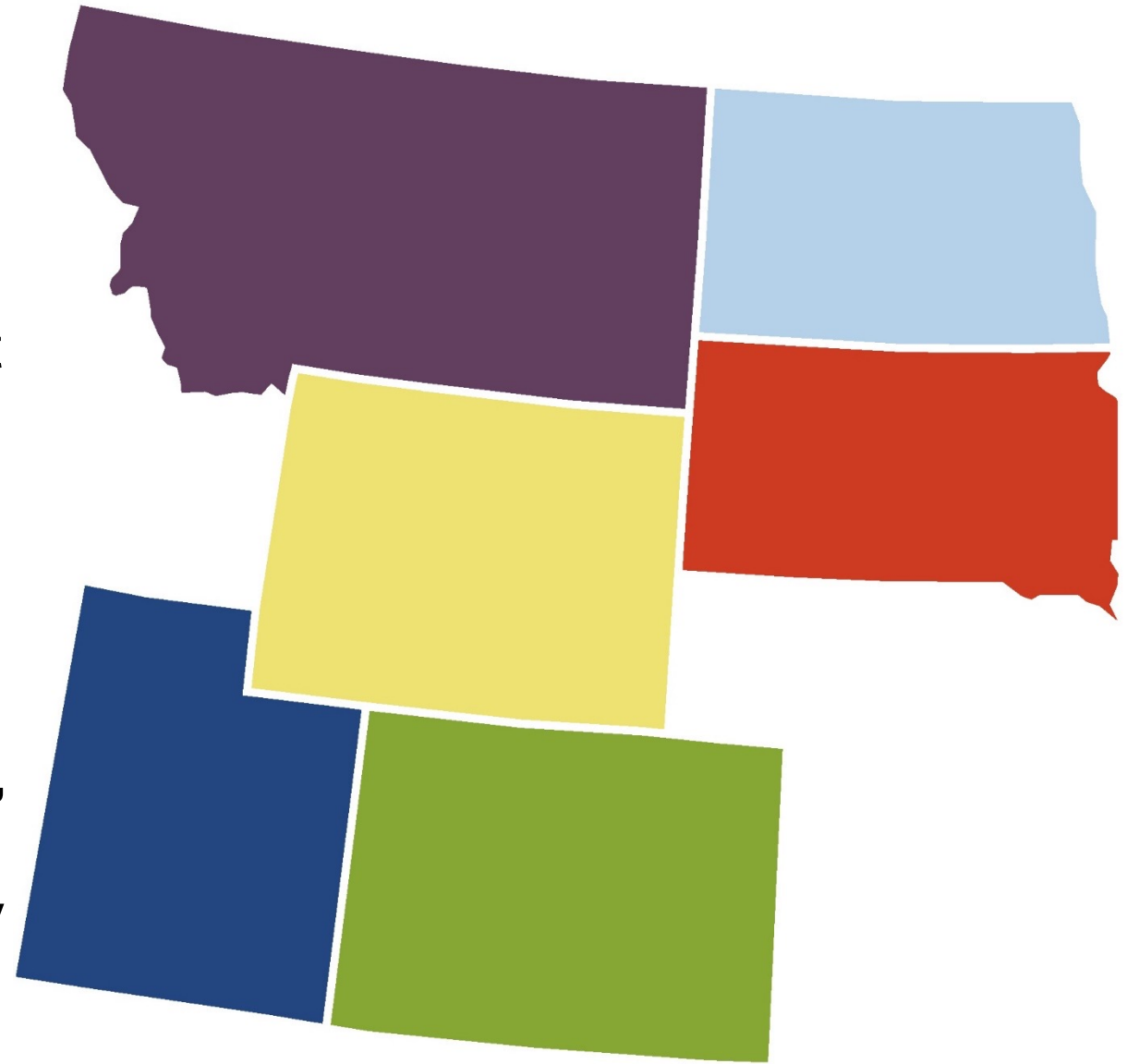
At the time of this presentation, Tom Coderre served as acting SAMHSA Assistant Secretary. The opinions expressed herein are the views of Erin Briley and do not reflect the official position of the Department of Health and Human Services (DHHS), or SAMHSA. No official support or endorsement of DHHS, SAMHSA, for the opinions described in this presentation is intended or should be inferred.

The work of the Mountain Plains MHTTC is supported by grant H79SM081792 from the Department of Health and Human Services, Substance Abuse and Mental Health Services Administration.

The Mountain Plains Mental Health Technology Transfer Center

The Mountain Plains Mental Health Technology Transfer Center (Mountain Plains MHTTC) provides training and technical assistance to individuals who serve persons with mental health concerns throughout Region 8 (Colorado, Montana, North Dakota, South Dakota, Utah and Wyoming).

We belong to the Technology Transfer Center (TTC) Network, a national network of training and technical assistance centers serving the needs of mental health, substance use and prevention providers. The work of the TTC Network is under a cooperative agreement by the Substance Abuse and Mental Health Service Administration (SAMHSA).



Land Acknowledgement Statement

Today, the University of North Dakota rests on the ancestral lands of the Pembina and Red Lake Bands of Ojibwe and the Dakota Oyate - presently existing as composite parts of the Red Lake, Turtle Mountain, White Earth Bands, and the Dakota Tribes of Minnesota and North Dakota. We acknowledge the people who resided here for generations and recognize that the spirit of the Ojibwe and Oyate people permeates this land. As a university community, we will continue to build upon our relations with the First Nations of the State of North Dakota - the Mandan, Hidatsa, and Arikara Nation, Sisseton-Wahpeton Oyate Nation, Spirit Lake Nation, Standing Rock Sioux Tribe, and Turtle Mountain Band of Chippewa Indians.



The MHTTC Network uses affirming, respectful and recovery-oriented language in all activities. That language is:

**STRENGTHS-BASED
AND HOPEFUL**

**INCLUSIVE AND
ACCEPTING OF
DIVERSE CULTURES,
GENDERS,
PERSPECTIVES,
AND EXPERIENCES**

**HEALING-CENTERED AND
TRAUMA-RESPONSIVE**

**INVITING TO INDIVIDUALS
PARTICIPATING IN THEIR
OWN JOURNEYS**

**PERSON-FIRST AND
FREE OF LABELS**

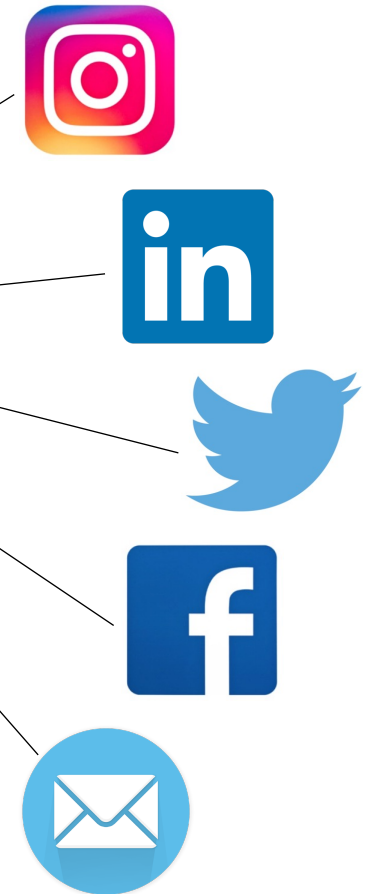
**NON-JUDGMENTAL AND
AVOIDING ASSUMPTIONS**

**RESPECTFUL, CLEAR
AND UNDERSTANDABLE**

**CONSISTENT WITH
OUR ACTIONS,
POLICIES, AND PRODUCTS**

Stay Connected

Scan this QR code to follow us on Instagram, LinkedIn, Twitter, and Facebook. You can also join our e-mail newsletter!



An Introduction to Classroom WISE and Mental Health Awareness

Erin Briley, MS, NCSP
Mountain Plains MHTTC
August 4th, 2022



Mountain Plains (HHS Region 8)

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



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

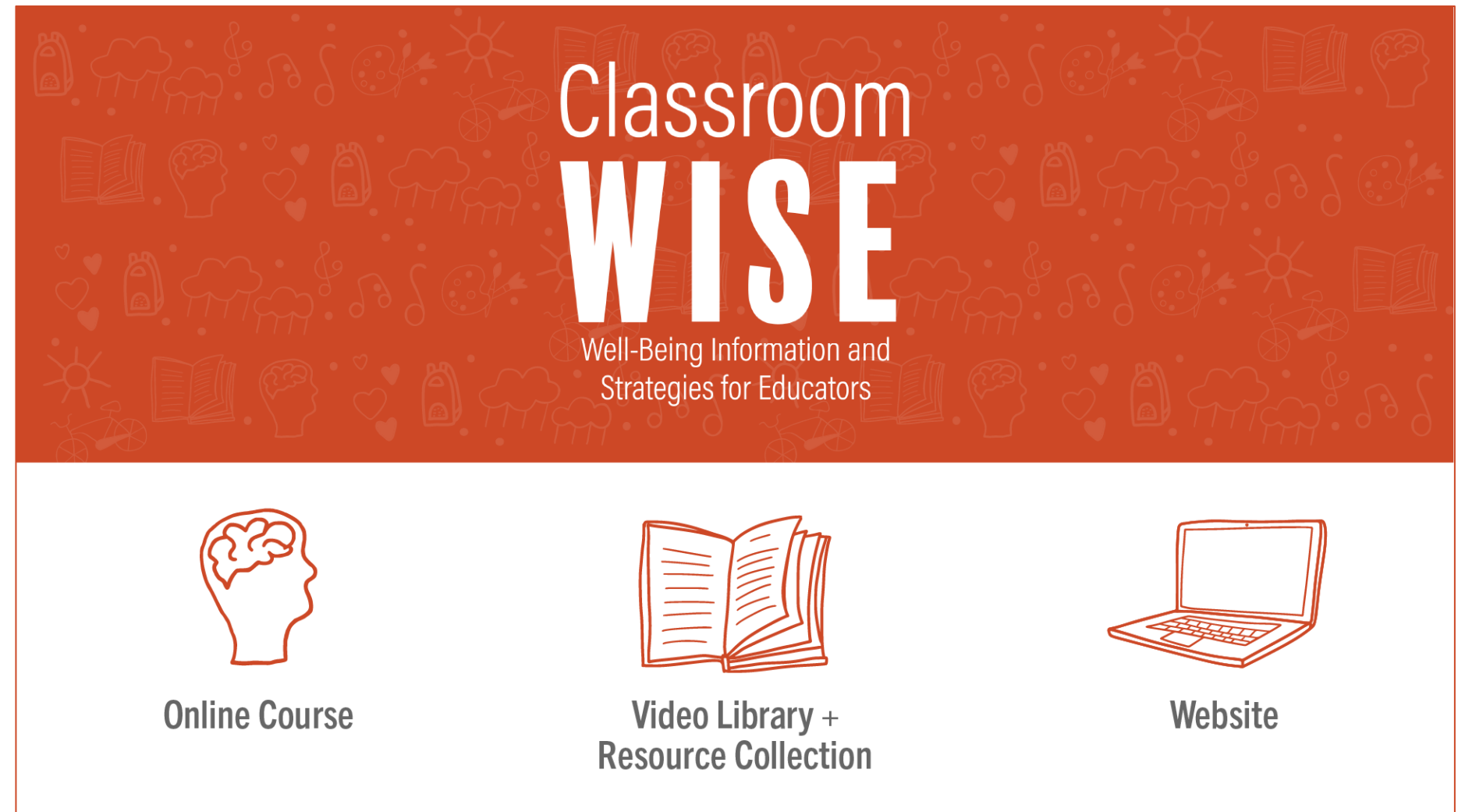


Learning Objectives

- 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.



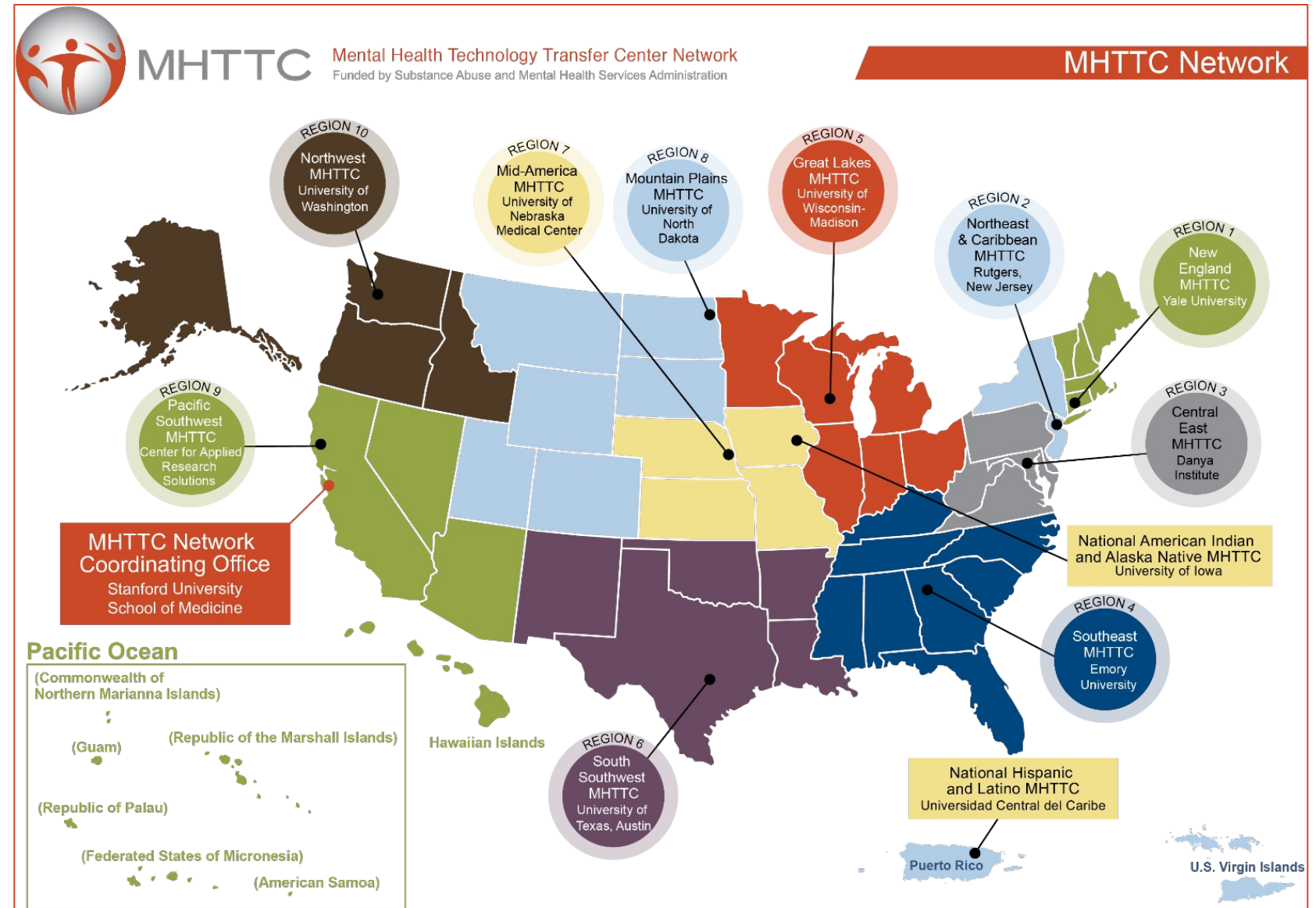
The graphic features a red background with the text "Classroom WISE" in white, with "WISE" in a larger font. Below it, the subtitle "Well-Being Information and Strategies for Educators" is written in a smaller white font. The background is decorated with faint, repeating icons of a brain, a book, a heart, a sun, a bicycle, and a person. Below the red section, three icons are displayed on a white background: a brain in a head, an open book, and a laptop. Each icon is accompanied by a label: "Online Course", "Video Library + Resource Collection", and "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/>





<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.



Introducing Classroom WISE

Well-Being Information and Strategies for Educators

Classroom WISE is a FREE 3-part training package that assists K-12 educators and school staff 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 experiencing adversity and distress.

In addition to a free online course on mental health literacy for educators and school staff, a video library and resource collection are also available!

[Learn more](#)

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

Classroom WISE Online Course

Educators and school staff 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, developed a FREE self-guided online course focused on educator mental health literacy, informed by and co-developed with educators and school mental health professionals across the United States.

[Launch the Classroom WISE Online Course](#)



Step 1

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

HealthKnowledge

[Dashboard](#) |
 [Site home](#) |
 [Calendar](#) |
 [My courses](#)

School Mental Health

[Dashboard](#) |
 [Courses](#) |
 [Mental Health Services](#) |
 [School Mental Health](#)

Course categories:

Search courses [Go](#)

<p>School Mental Health Functional Contextual Thinking and Its Application for School Mental Health</p> <p>View Description and Enroll</p>	<p>School Mental Health Cultural Inclusiveness and Equity (CIE) WISE</p> <p>View Description and Enroll</p>	<p>School Mental Health Cultivating Compassionate School Communities that Respond to Trauma Effectively</p> <p>View Description and Enroll</p>	<p>School Mental Health Classroom WISE: Well-Being Information and Strategies for Educators</p> <p>View Description and Enroll</p>
---	--	---	---

[Accessibility settings](#)

Step 2

HealthKnowledge

Dashboard

Site home

Calendar

My courses

School Mental Health

Dashboard

Search courses

REGISTER NOW AND BEGIN COURSE

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. Modules average about 50 minutes each (50x6= 300 min= 5 hours). This course includes a high-impact video series and resource collection also available on our website, www.classroomwise.org.

Certificate of Completion Available

Close

Functional Contextual Thinking and Its Application for School Mental Health

Cultural Inclusiveness and Equity (CIE) WISE

Cultivating Compassionate School Communities that Respond to Trauma Effectively

Classroom WISE: Well-Being Information and Strategies for Educators

View Description and Enroll

View Description and Enroll

View Description and Enroll

View Description and Enroll

Accessibility settings

Step 3

Step 4

HealthKnowledge

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?

- Grades
- Dashboard
- Site home
- Calendar
- Course sections
- My courses



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

Technical Support

Having trouble? Question






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 group of seven diverse students (four girls and three boys) standing in a school hallway with blue lockers in the background. They are all smiling and looking towards the camera. A red play button icon is overlaid on the center of the image. The video player interface includes a 'Watch on YouTube' button at the bottom left and a 'Copy link' icon at the bottom right.

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?

I feel sick to my stomach.

My heart beats hard, and I breathe fast.

I get butterflies.

My mouth gets dry.



Identifying Feelings

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



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?

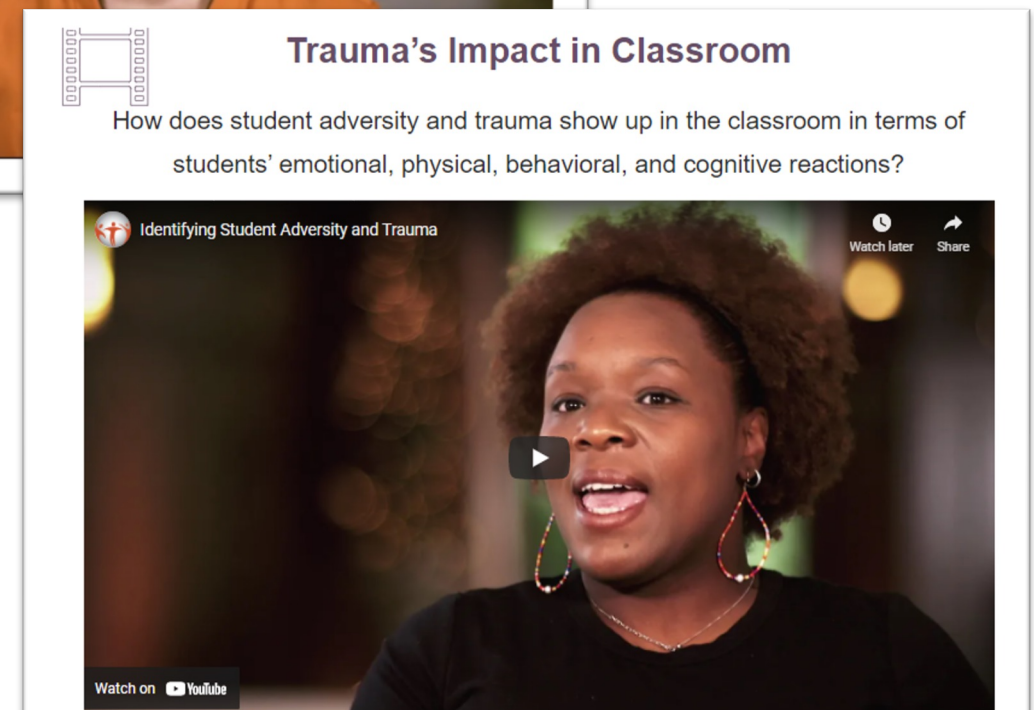
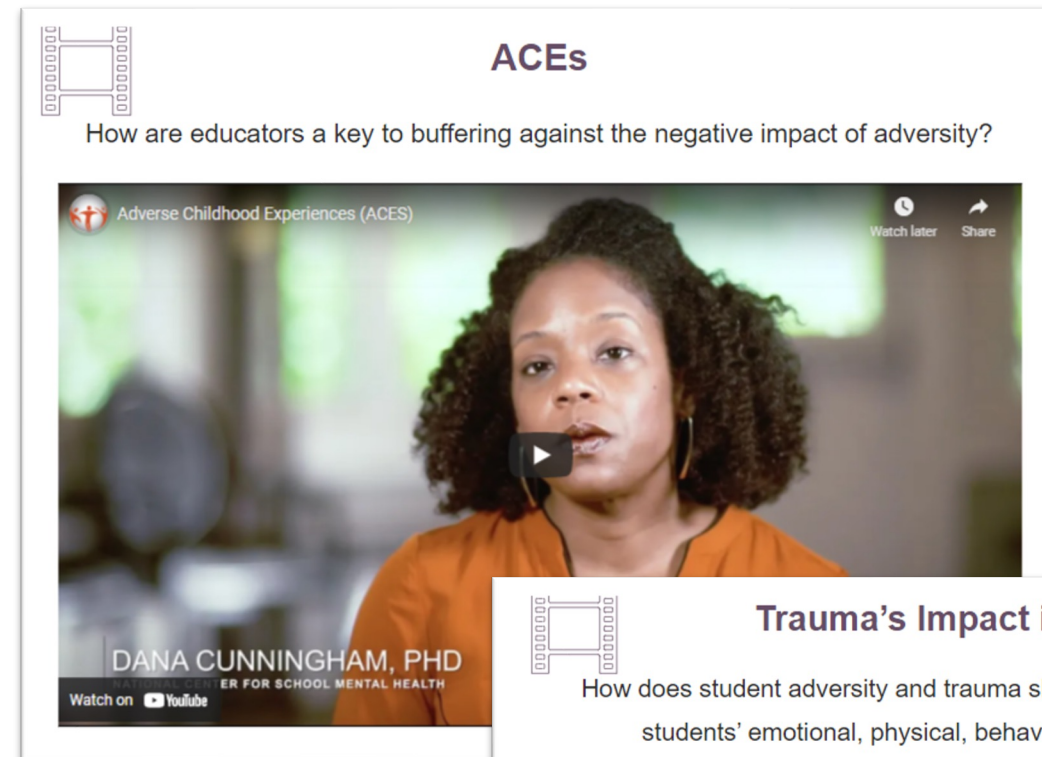
Problems with Behavior Regulation

Watch on YouTube

Watch later Share

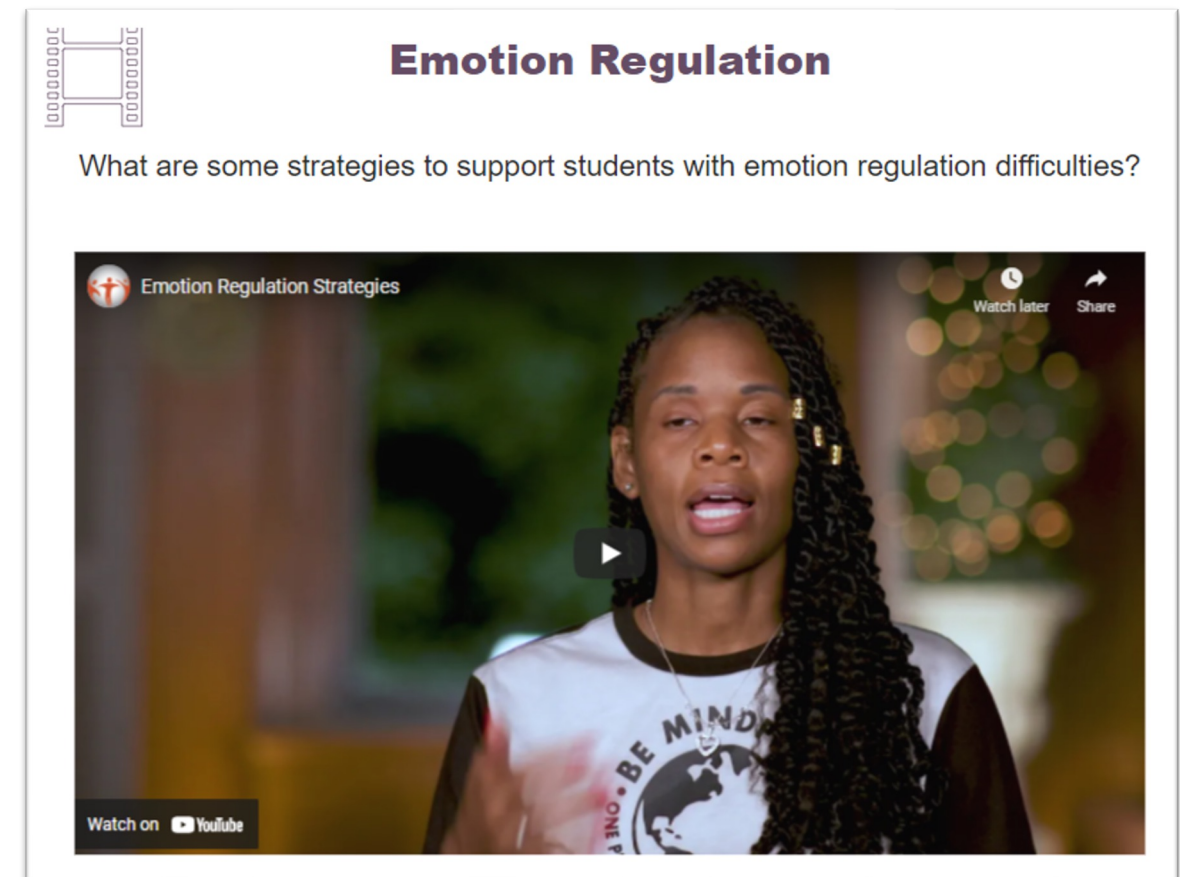
Module 5: Impact of Trauma and Adversity on Learning and Behavior

- 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.



Emotion Regulation

What are some strategies to support students with emotion regulation difficulties?

Emotion Regulation Strategies

Watch later Share

Watch on YouTube

The image shows a YouTube video player interface. At the top, the title "Emotion Regulation" is displayed in a bold, purple font. Below the title, a question is posed: "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 such as a play button, "Watch later", and "Share" options. A "Watch on YouTube" button is visible in the bottom left corner of the player.

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 1:
Creating Safe and Supportive
Classrooms

Guide to Active Listening



Active listening is a method of hearing and responding to another person that can help to improve mutual understanding. While it can be difficult to fully eliminate distractions while teaching, using active listening with your students can help build more positive relationships and improve their engagement in the classroom.

ATTENTION

By avoiding distractions, turning your attention to the student, and making eye contact, you're showing that you are an engaged and active listener.

BODY LANGUAGE

Your body language can directly indicate to the

ACTIVE LISTENING SKILLS

- be attentive

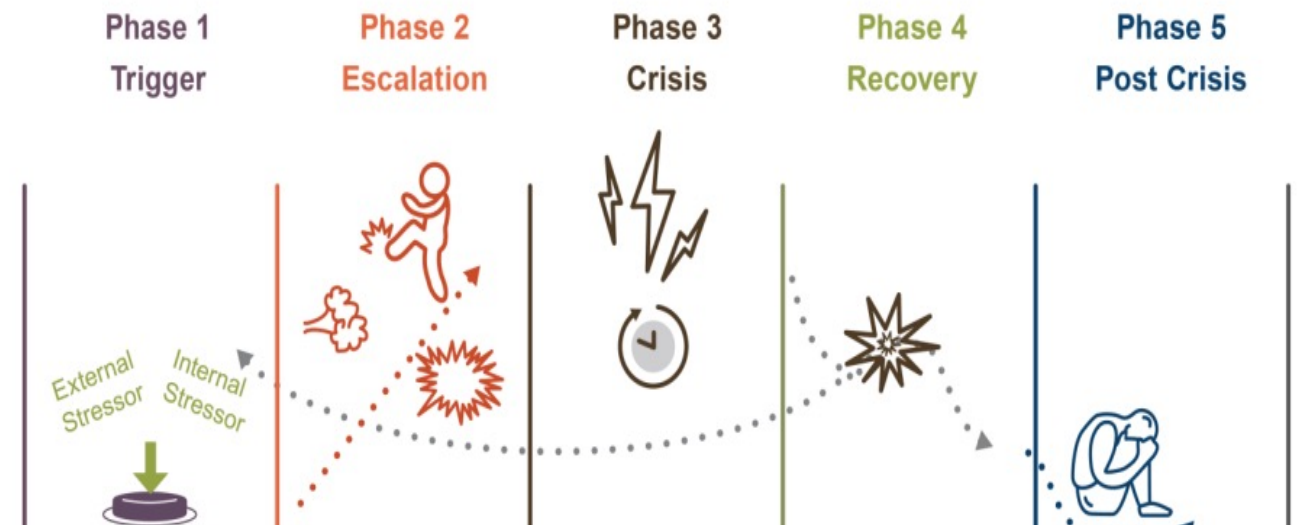


Classroom
WISE
Well-Being Information and
Strategies for Educators

MODULE 6:
Classroom Strategies to Support
Students Experiencing Distress

De-escalating a Distressed Student

Student behaviors do not happen in a vacuum. Behaviors are often a reflection of environmental stressors and difficulties in relationships or attachment, and a sign of unmet need. Even when teachers provide extra support and strategies, students may still become distressed in a way that could pose serious risk to themselves or someone else. Preventing and reducing the length of crisis is often done through de-escalation strategies to defuse the situation and bring both parties back to a more neutral state.



Discussion

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



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



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









Comparing Resources to Prepare Educators

Mental Health Literacy Resources

Icon Key

Cost	Modality (length)	Target Grade Level	CEUs Available	Mental Health Literacy Components	
Free	In-person	Elementary	Yes	Knowledge	Promotion
		K-5th	✓		
Cost associated	Online	Secondary	No	Stigma	Support
\$		6th-12th	✗		

View document here

Program Name	Description	Cost	Modality (length)	Target Grade Level	CEUs Available	Mental Health Literacy Components
At-Risk for Educators	Role-play simulations developed for elementary, middle, and high school educators that aim to increase knowledge about children's mental health. The platform is customizable to include a local list of mental health resources. Research suggests significant increases in teacher mental health skills and the number of students that educators connect with following training with <i>At-Risk for Educators</i> . https://kognito.com/products/at-risk-for-elementary-schools	\$ Varies	 1 hour	K-12th	✓	
Classroom Mental Health	A website that aims to be a guide for teachers starting from when they notice mental health concerns or are approached by a student for support. The site addresses common concerns (e.g., Can I help? Should I help?), and provides resources for improving classroom atmosphere and exercises for teachers. https://classroommentalhealth.org		 Varies	K-12th	✗	
Classroom WISE (Well-Being Information and Strategies for Educators)	A 3-part training package that assists K-12 educators in supporting the mental health of students in the classroom. Offers evidence-based strategies and skills to engage and support students with mental health concerns in the classroom. In addition to a free online course on mental health literacy for educators and school personnel, a video library and resource collection are also available. https://www.classroomwise.org/		 Varies	K-12th	✗	

Questions

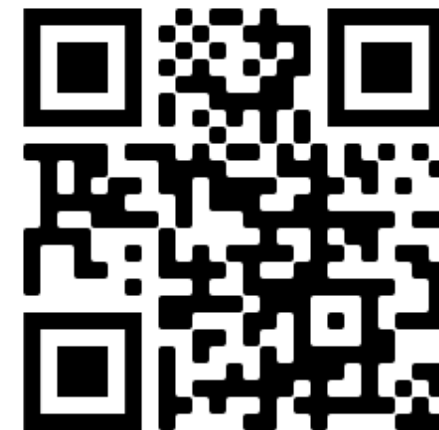
Contact Information

Erin Briley
School Mental Health Lead
Mountain Plains MHTTC

ebriley@wiche.edu

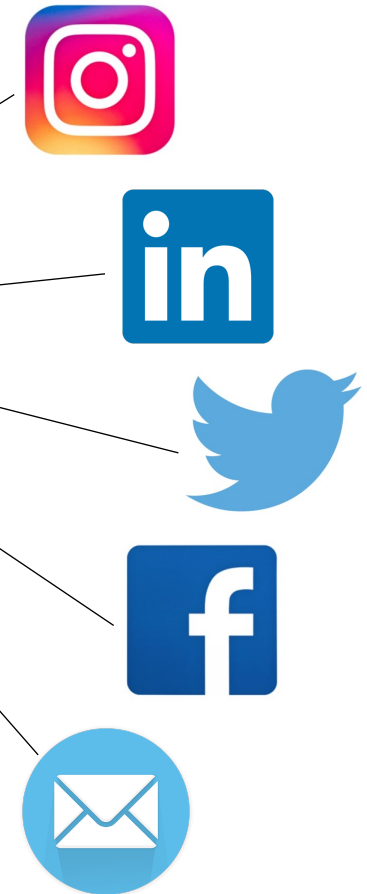


Classroom
WISE
Well-Being Information and
Strategies for Educators



Stay Connected

Scan this QR code to follow us on Instagram, LinkedIn, Twitter, and Facebook. You can also join our e-mail newsletter!



An Introduction to Classroom WISE and Mental Health Awareness

THANK YOU!



Mountain Plains (HHS Region 8)

MHTTC

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