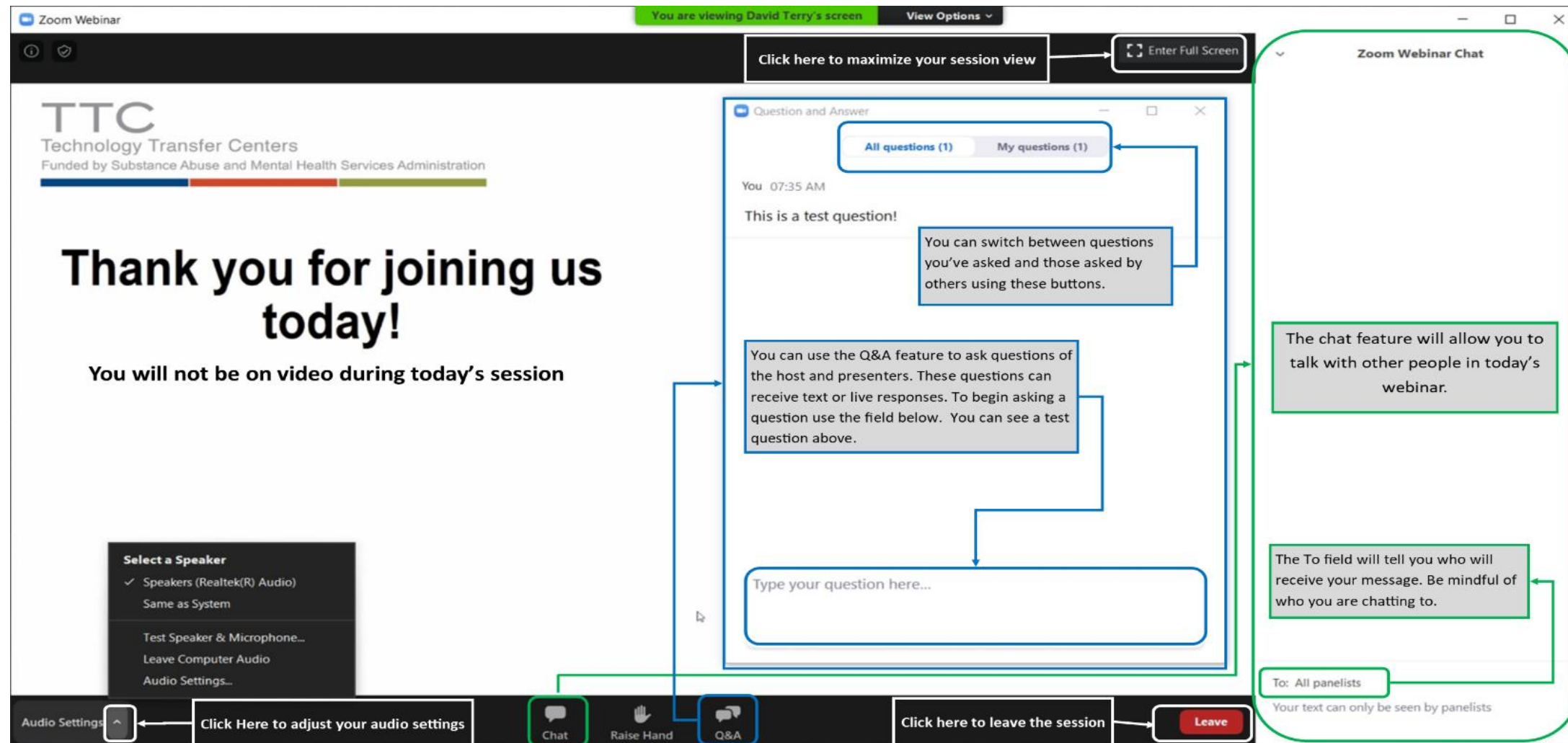


# The Zoom Interface



**All attendees are muted. Today's session will be recorded.**

# Introduction to Classroom Well-Being Information and Strategies for Educators (WISE) and Cultural Inclusiveness and Equity (CIE) WISE

Stuart Luther, MS, LAC, NBCC  
School Mental Health Coordinator  
Northeast and Caribbean MHTTC at Rutgers University  
Wednesday, December 14, 2022



**Mental Health Technology Transfer Center**  
*Funded by SAMHSA*

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graph TD; A["Mental Health Technology Transfer Center  
Funded by SAMHSA"] --> B["Northeast and Caribbean  
Region 2"]; B --> C["General Mental  
Health Workforce"]; B --> D["Provider  
Wellness"]; B --> E["Youth & Young  
Adult Services"]; B --> F["School Mental  
Health Workforce"];
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**Northeast and Caribbean  
Region 2**

**General Mental  
Health Workforce**

**Provider  
Wellness**

**Youth & Young  
Adult Services**

**School Mental  
Health Workforce**



Northeast and Caribbean (HHS Region 2)

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**EPBs** for serious mental health conditions

**Wellness & Recovery** for Providers and people with mental health conditions

**School Mental Health**  
Comprehensive, multi-tiered services & supports

**Hispanic and Latiné** mental health education

**Online Education Courses**  
Wellness Matters, IMR, Functional Thinking & more

## **Services Available**

No-cost training, technical assistance, and resources





# Grow Your Knowledge and Skills

Keep up with the latest effective practices, resources, and technologies!

**Subscribe** to receive our mailings.  
All activities are free!



# We Want Your Feedback

Our funding comes from the Substance Abuse and Mental Health Services Administration (SAMHSA), which requires us to evaluate our services. We appreciate your honest, ANONYMOUS feedback about this event, which will provide information to SAMHSA, AND assist us in planning future meetings and programs.

Feedback about this training will assist us in developing future trainings that are relevant to your professional needs. Therefore, your feedback counts!

# Video Recording Information

## ***Please Note:***

We will be recording this webinar and posting it to our website along with the presentation slides and any relevant resources.



# Disclaimer

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At the time of this presentation, Miriam Delphin-Rittmon served as Assistant Secretary for Mental Health and Substance Use at SAMHSA. The opinions expressed herein are the views of the speakers, 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.

This work is supported by grant H79SM081783 from the DHHS, SAMHSA.



# Your Interactions With Us

## Question and Answers

- Q & A will occur at the end of the call.
- Type your questions in the Q & A feature in Zoom located on the task bar (hover over task bar).
- Note: your question may be visible to other participants.

## Chat and Polls

- Throughout the webinar, we will be asking for your input.
- Use the Chat or Poll features in Zoom located on the task bar.
- You can control who can see your chat comments.

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

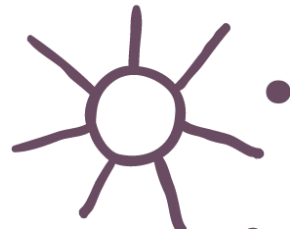
PERSON-FIRST AND  
FREE OF LABELS

NON-JUDGMENTAL AND  
AVOIDING ASSUMPTIONS

RESPECTFUL, CLEAR  
AND UNDERSTANDABLE

CONSISTENT WITH  
OUR ACTIONS,  
POLICIES, AND PRODUCTS

# Classroom WISE: Well-Being Information and Strategies for Educators & Culturally Inclusiveness and Equity WISE



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



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# 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  
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**NCSMH**  
NATIONAL CENTER FOR  
SCHOOL MENTAL HEALTH

## Free 3 Part Training Package

[www.classroomwise.org](http://www.classroomwise.org)

# Classroom WISE Modules

Promoting mental health and well-being

**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

Understanding and Supporting Students Experiencing Adversity



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# 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





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## Module 2: Teaching Mental Health Literacy and Reducing Stigma

- How to educate students about mental health
- How to integrate mental health literacy 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



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### Self-Awareness: Core Lesson Example

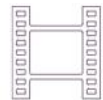
Today we are going to focus on how our feelings feel on the inside. Think about ways that we feel our feelings on the *inside* – in our bodies.  
If I'm scared, my heart starts to beat fast. What are other things that happen on the inside when we are scared?

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 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



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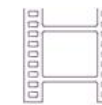
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# Module 4: Understanding and Supporting Students Experiencing Adversity

- 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

## Steps for Addressing Distress



## Behavior Regulation

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







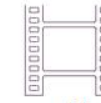
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## Module 5: Impact of Trauma and Adversity On Learning and Behavior

- 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



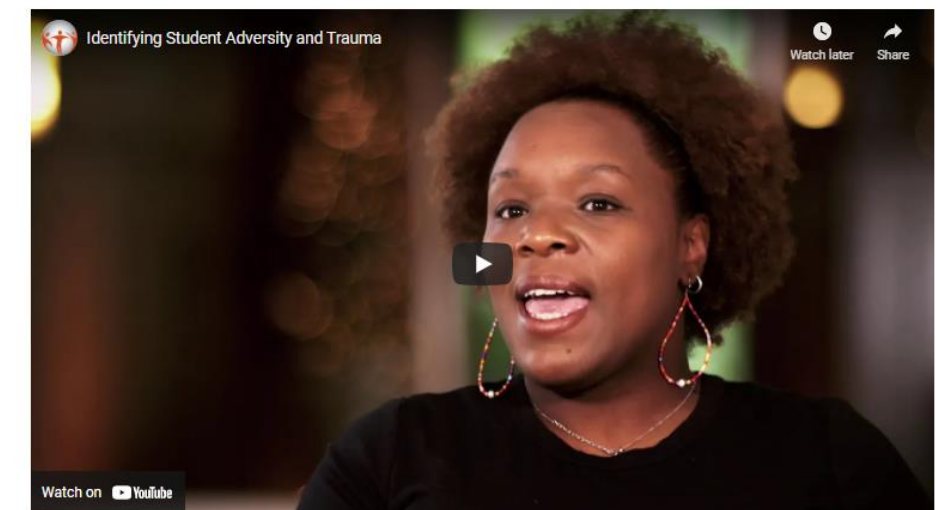
### ACEs

How are educators a key to buffering against the negative impact of adversity?



### Trauma's Impact in Classroom

How does student adversity and trauma show up in the classroom in terms of students' emotional, physical, behavioral, and cognitive reactions?



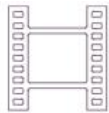


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# Module 6: Classroom Strategies to Support Students



## Emotion Regulation

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



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



# Classroom WISE Website



[About Classroom WISE](#) [About the Developers](#) [Video Library](#) [Resource Collection](#) [Contact Us](#)



[Launch Course](#)



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

## 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.

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!

[Learn more](#)

[www.classroomwise.org](http://www.classroomwise.org)

# 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





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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 guide

- Overview of Classroom WISE
- Implementation guiding question
- Considerations of implementation
  - Roles/responsibilities
  - Suggested ways to have staff complete modules
  - Ongoing support
- Alignment with current initiatives and policies
- Implementation testimonies



## Classroom WISE Implementation Guide for Schools

Developed by the National Center for School Mental Health, University of Maryland  
School of Medicine for the Mental Health Technology Transfer Center (MHTTC)  
Network

Updated May 2022



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# Implementation Planning Considerations

- Initial: Viewing Modules
  - Suggested or required?
  - All or selected modules?
- Ongoing: Supported Application
  - Team-based discussion opportunities (e.g., following module viewing)
  - Consultation or coaching supports (e.g., school mental health team)
  - Natural mechanisms for peer support/shared learning (e.g., PLCs)
- Multilevel Implementation Roles/Responsibilities
  - District administrators
  - School administrators
  - SMH professionals
  - Educators

# Cultural Inclusiveness and Equity WISE

- A companion course to Classroom WISE, Cultural Inclusiveness and Equity WISE (Well-Being Information and Strategies for Educators)
- 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 <https://www.classroomwise.org/cie-wise-companion-course> to learn more.



Online Course



Video Library +  
Resource Collection



Website

Cultural Inclusiveness  
and Equity (CIE)

# WISE

Well-Being Information and  
Strategies for Educators



# Cultural Inclusiveness and Equity WISE







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# Module 1: Understanding How Social Injustices Impact Student Mental Health

- Describes the historical context of racism in the US education system
- Describes the benefits of cultural inclusivity on student mental health
- Describes how social injustices impact BIPOC student mental health
- Describes how social injustices result in inequities within school systems





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# Module 2: Understanding How Educator Bias Impacts Student Mental Health

- Define implicit bias and how it manifests
- Describe how implicit bias influences perceptions of students
- Describe how implicit bias can influence responses to student mental health and academic needs



**RECOGNIZING**  
YOUR OWN BIASES



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# Module 3: Engaging in Culturally Inclusive Action to Promote Student Mental Health

- Describes why educator self-reflection about biases is important
- Describes culturally inclusive strategies to engage students in the classroom
- Guidance on culturally inclusive strategies to promote safety in the classroom
- Guidance in designing a culturally inclusive and equitable classroom environment







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# Module 4: Supporting Students Experiencing Distress from a Culturally Inclusive & Equity Lens

- Guidance on how student behavior is connected to their emotions and cultural backgrounds
- Guidance on how to utilize a strengths-based approach to connecting families to culturally responsive mental health services
- Guidance on how to partner with clinicians to promote student wellness and equitable supports in the classroom



# Question and Answer



Access the **FREE** 3-part training package now!



# Classroom **WISE**

Well-Being Information and  
Strategies for Educators



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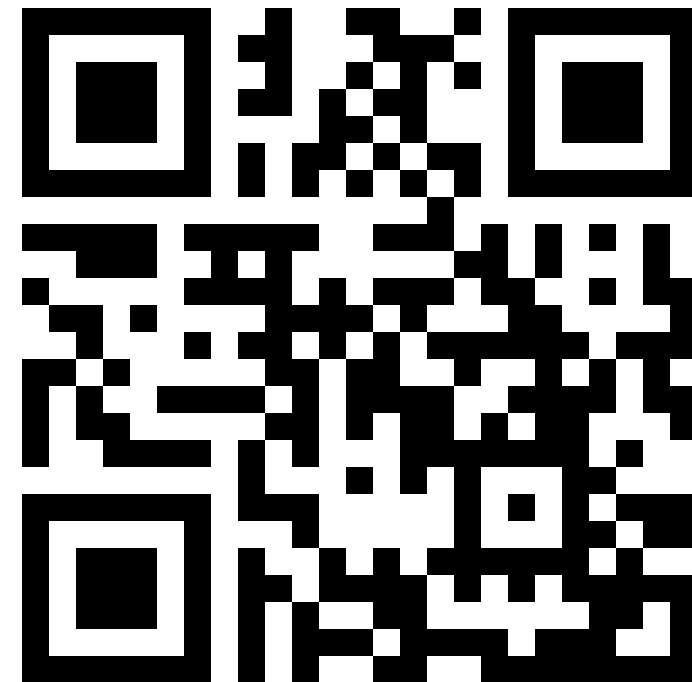
Visit [www.classroomwise.org](http://www.classroomwise.org) to learn more!



# Evaluation Information

The MHTTC Network is funded through SAMHSA to provide this training. As part of receiving this funding we are required to submit data related to the quality of this event.

At the end of today's training please take a moment to complete a **brief** survey about today's training.



# Certificate of Completion

A Certificate of Completion will automatically be emailed to all online participants within 7 days of webinar broadcast.

# Connect With Us

Phone: (908) 889-2552

Email: [northeastcaribbean@mhttcnetwork.org](mailto:northeastcaribbean@mhttcnetwork.org)

Website: <https://mhttcnetwork.org/centers/northeast-caribbean-mhttc/home>

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Twitter: @necmhttc

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# MHTTC

Mental Health Technology Transfer Center Network

Funded by Substance Abuse and Mental Health Services Administration

The purpose of the MHTTC Network is technology transfer - disseminating and implementing evidence-based practices for mental disorders into the field.

Funded by the Substance Abuse and Mental Health Services Administration (SAMHSA), the MHTTC Network includes 10 Regional Centers, a National American Indian and Alaska Native Center, a National Hispanic and Latino Center, and a Network Coordinating Office.

Our collaborative network supports resource development and dissemination, training and technical assistance, and workforce development for the mental health field. We work with systems, organizations, and treatment practitioners involved in the delivery of mental health services to strengthen their capacity to deliver effective evidence-based practices to individuals.

Our services cover the full continuum spanning mental illness prevention, treatment, and recovery support.

## CONNECT WITH US



[MHTTCnetwork.org](https://MHTTCnetwork.org)



[Sign-Up for Newsletter](#)



[MHTTC News](#)

**SAMHSA**  
Substance Abuse and Mental Health  
Services Administration