



New England (HHS Region 1)

MHTTC

Mental Health Technology Transfer Center Network

Funded by Substance Abuse and Mental Health Services Administration

New England Mental Health Technology Transfer Center (New England MHTTC)

SAMHSA #1H79SM081775-01

Yale Program for Recovery and Community Health
in partnership with
C4 Innovations,
Harvard University Department of Psychiatry, and the
Center for Educational Improvement

Take HEART Ambassador Training Program

Mental Health Literacy for Students, Families, and School Staff

Thursday, December 8, 2022, 10:00 a.m. – 11:00 a.m. ET



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School Mental Health Initiative

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Communications and Program
Strategist

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Director, School Mental Health
Initiative



Ambassador Program



Welcome

Help to spread the word about the importance of comprehensive school-based mental health services



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

Our School Mental Health Initiative:

- Develops and disseminates evidence-based resources to enhance school culture
- Prepares the school mental health workforce to extend trauma-skilled practices.



Creating a Compassionate School Community

- Develop school/district wide foundational understanding of the **neurobiology of trauma and stress**
- Understand the benefits of using a **mindful approach to transformational leadership**
- Consider how **community collaborations** can support a **comprehensive school mental health** support system
- **Vision** together with all community stakeholders—family, students, staff, community-based organizations



The Current Challenges We Face

Before COVID:

- 1 in 5 youth experience mental health challenges (20%)
- Suicide was the 3rd leading cause of death for 15-19 year olds

Now:

- 37-44% of youth report mental health challenges
- Youth with diagnosed mental illnesses have faced increased difficulty
- 1 in 4 youth in America considered suicide last summer



The Current Challenges We Face

In a recent poll of high school students:

- 53% said they were “moderately,” “very,” or “extremely” worried about their mental health
- 62% reported experiencing stress
- 51% experienced anxiety
- 33% experienced depression
- 24% knew of someone with suicidal thoughts

Source: U.S. Department of Health and Human Services, 2021; [CHEGG, 2020](#)





The Current Challenges We Face

In a recent Gallup poll, educators reported the highest level of burnout among all other industries.

According to the poll, 44% of K-12 employees say they “always” or “very often” feel burned out at work, including 52% of teachers who report the same.

How Can We Help Students, Families, and School Staff?

- Increase mental health awareness and literacy
- Increase stakeholder outreach and engagement
- Develop advocacy platforms and take concrete action steps that support the mental health and well-being of everyone in the school building



What is mental health literacy and why do we need it?

Mental health literacy focuses on ***recognition, knowledge, and attitudes.***

It helps us:

- Recognize mental health problems and symptoms
- Know where and how to seek help and information
- Reduce stigma around mental health conditions
- Promote recovery and resilience
- Strengthen overall wellness
- Understand that the mental health problems can and should be treated

Advocating for Mental Health Literacy



**Identify your
Goal**



**Get to know
your Context**



Find Partners



**Back up your
Position with
Data**



**Consider
Communication**



**Find the Right
Program**



Identify Your Goal

- **Motivation:** why is mental health literacy important to your school?
- **Audience:** who needs mental health literacy training?
- **Format:** what's the best way to deliver this training?
- **Success:** how will you know when you are successful?



Get to Know Your Context

- What are the MH policies in your school, district, state?
- What are the MH needs in your school/district? (including cultural/equity considerations)
- What MH training/literacy is already being used?
- What are the MH supports available to you?
- What are the challenges in your school/community?

Find Partners

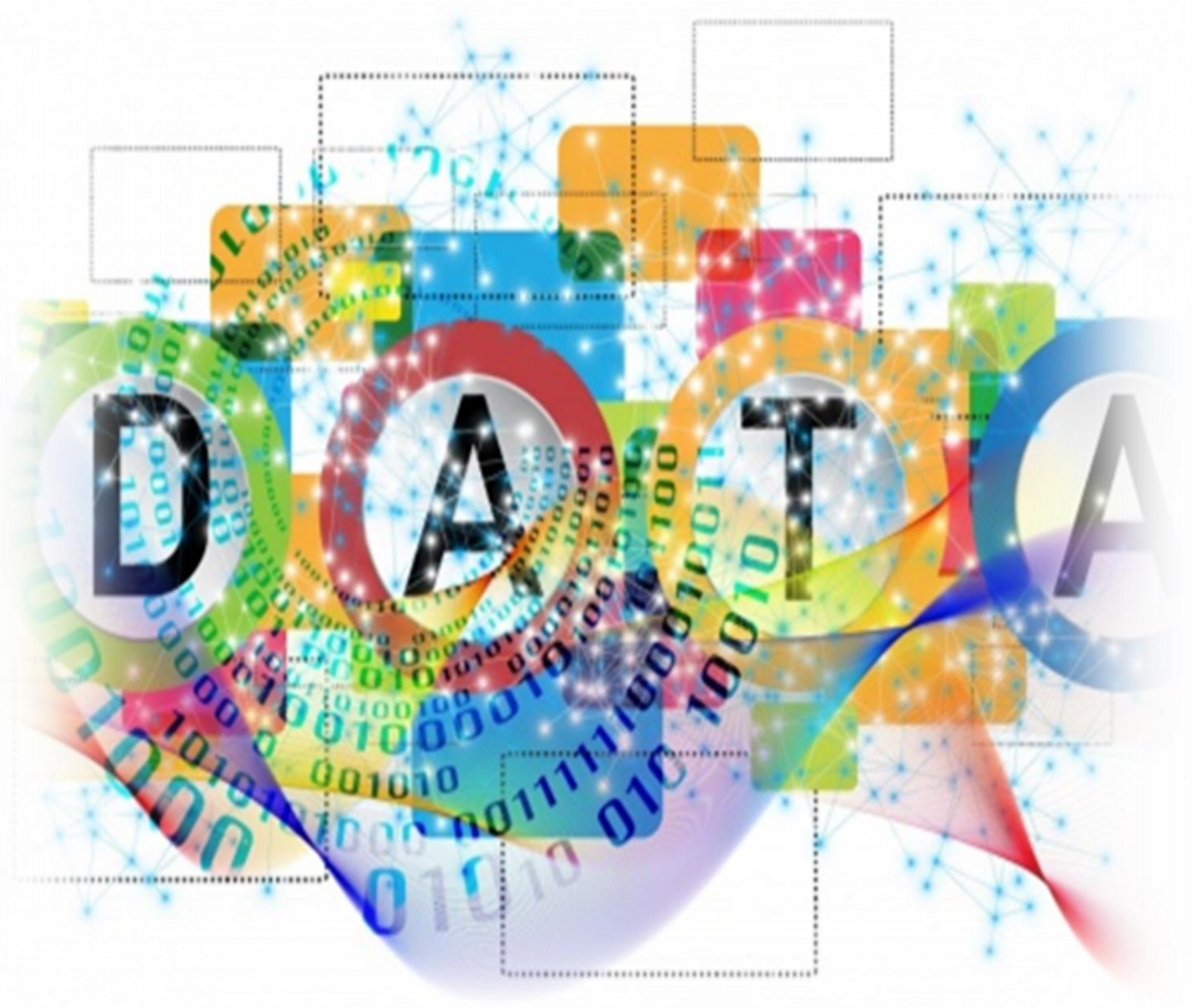
You can't advocate effectively alone!

- Who needs to be convinced, and what are *their* goals?
- Who can join your team to brainstorm, advocate, and influence?
- Are your partners representative of *all* stakeholders?
- How can you work together effectively?



Back up your Position with Data

- **Facts & Figures:** up the data relevant for your school community
- **Identify what's Current:** Are there specific compelling incidents, data, stories?
- **Expand your Criteria:** Remember that data isn't just about the numbers, *but about the stories and how mental health affects people's lives.*
- **Focus on Effect:** MH challenges have lasting impact on our daily lives, how can you connect your asks to the impact?





Consider Communication

- Who needs to know about this and when?
- How will you let people know about your program and why it's important?
- How can you communicate this urgently, succinctly, compellingly?
- How can you let people know the effects of this program and all them to give feedback?

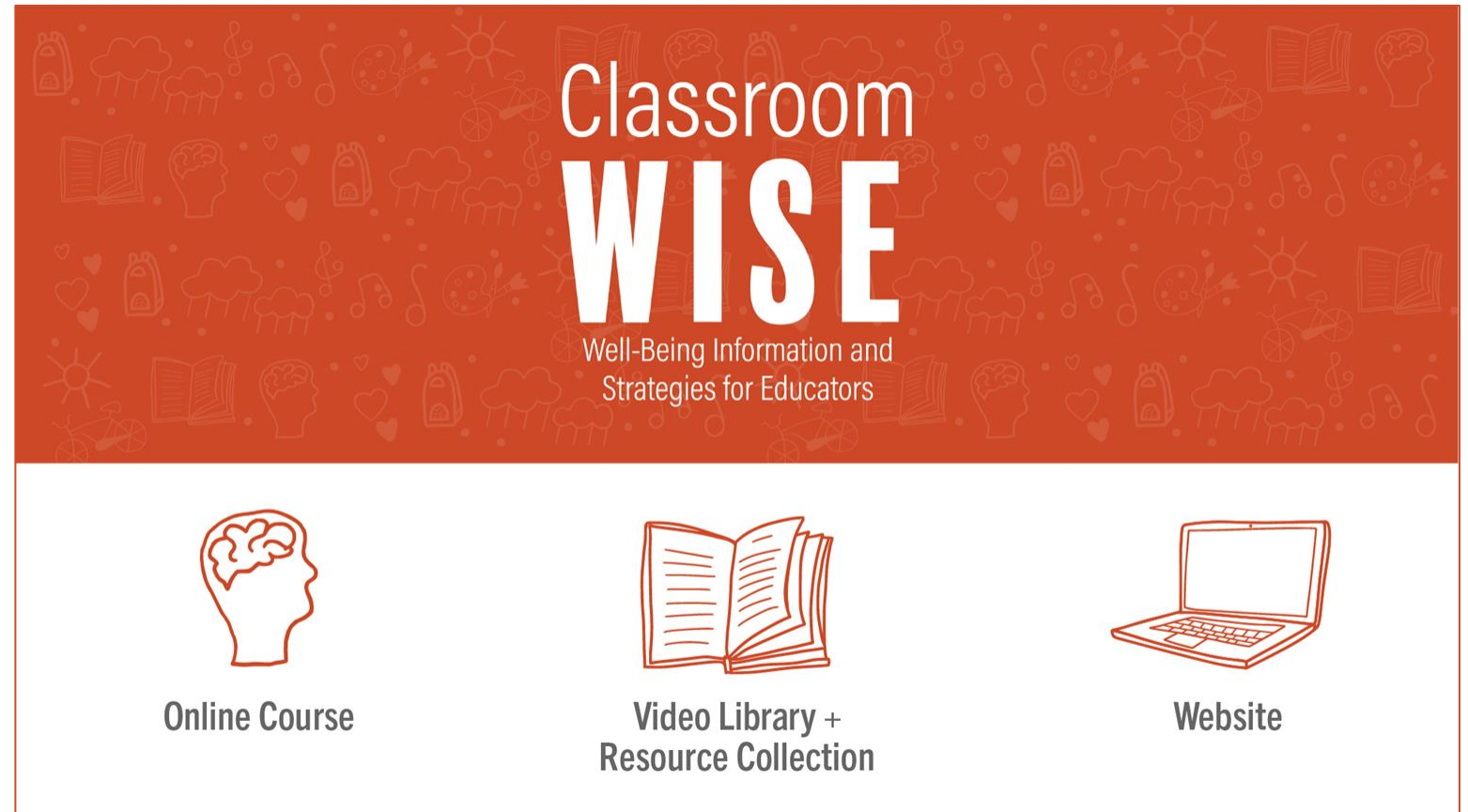
Select Your Program

There are many ways to increase mental health literacy in your school community. Select one based on:

- **Your target audience:** teachers, administrators, families, students
- **The specific needs, context, goals of your school:** general mh literacy, focused on prevention, meeting the needs of diverse cultures/languages
- **The length of time and effort availability:** ongoing, focused PD, after hours, in affinity groups
- **Budgetary concerns:** low or no cost, budget that includes training and coaching
- **Degree of follow through and engagement you are looking for:** knowledge awareness is crucial, but consider ways to incorporate the learnings in deeper ways and over multiple times, formats, etc.

Classroom WISE: Well-Being Information and Strategies for Educators

- FREE 3-part national training package for K-12 educators and school personnel on mental health literacy
- 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 the text "Classroom WISE" in white, with "WISE" in a larger font. Below it, in smaller white text, is "Well-Being Information and Strategies for Educators". The background is filled with faint white icons of books, hearts, and people. The bottom half has a white background with three red line-art icons: a head with a brain, 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

Classroom WISE Website



[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.

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](#)

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

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

Feedback from Educators and School Personnel



The topics covered in this training, including positive relationships, cultural awareness, incorporating student interests and using inclusive language, were addressed in a straight-forward, concise manner and content was easy to digest.

— Stacy Champey, Multi-Tiered System of Support District Coach

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





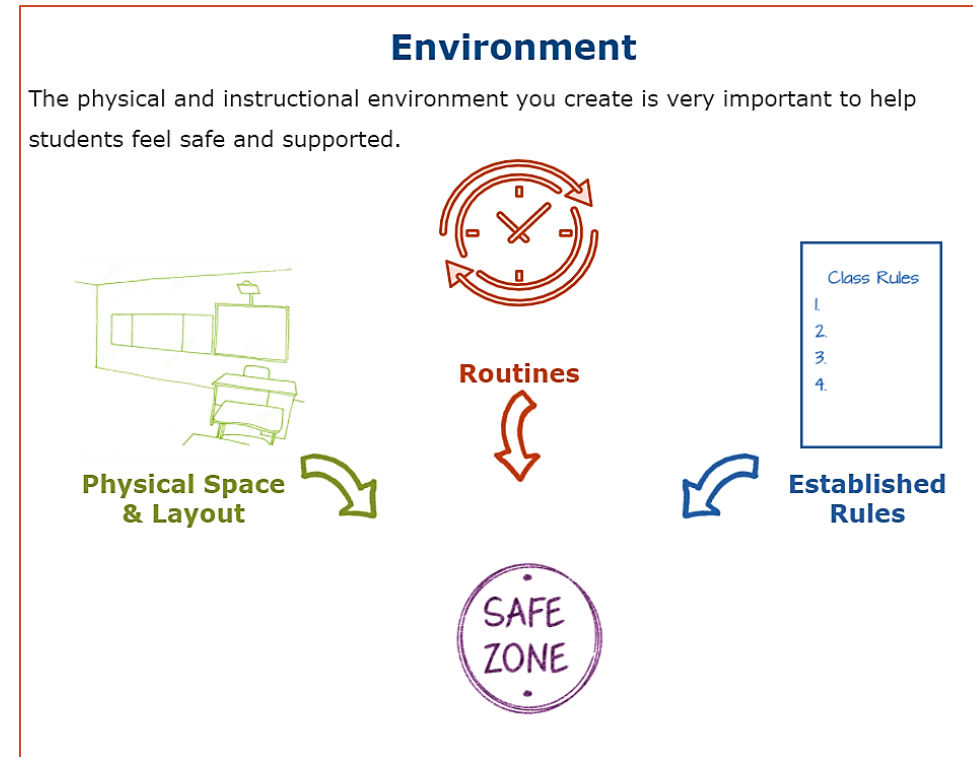
Classroom **WISE**

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





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 Technical Assistance Opportunity

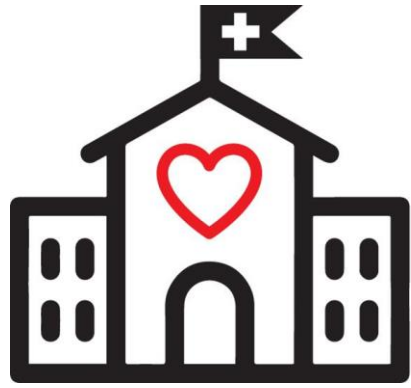
- We're inviting 20 schools and school districts across the US to help us understand what types of assistance they need to help schools adopt Classroom WISE
- A small leadership team from each participating school/district will receive, at no cost, an orientation webinar, a written guide about Classroom WISE, an individual facilitation meeting with Classroom WISE developers who are national school mental health experts, and an invitation to participate in two virtual community of practice sessions.
- All leadership teams will be asked to complete baseline and follow-up surveys.
- Half of the selected schools/districts will also receive a planning support session to develop an implementation plan for Classroom WISE in your school/district.



Classroom
WISE
Well-Being Information and
Strategies for Educators

DEADLINE: December 15, 2022 at 8pm Eastern Time

Complete the application here!



Healthcare workers and
Educators Addressing
and Reducing Trauma

HEART
COLLECTIVE

SAMHSA
Substance Abuse and Mental Health
Services Administration

HRSA
Health Resources & Services Administration

*Helping school teams promote holistic mental health
supports for everyone in the school community.*

LEARN MORE:

The HEART Collective is supported by the New England region's Technology Transfer Center (TTC) Network, including the New England Addiction TTC, the New England Prevention TTC, and the New England Mental Health TTC.





HEART-focused supports to help school teams:

This is a training and technical assistance activity designed to give you the strategies, tools, and resources you need to help you spread the word about the importance of comprehensive school-based mental health services.

- Promote well-being and advocate for improved school mental health supports and resources
- Access evidence-based strategies to initiate conversations in school and community settings about the importance of holistic mental health supports
- Increase stakeholder involvement and disseminate public health and mental health literacy campaigns and materials



JOIN US!

Create an equity-focused, trauma-responsive system of care for your school/district.

WAYS TO ENGAGE

01

Get educated and spread the word

about the urgency and importance of school-based mental health supports.

02

Engage and listen to stakeholders

as you plan for collaborations that support the mental health and well-being of your school community.

03

Vision, plan, and monitor the implementation of compassionate school practices.

04

Promote hope

and fill your toolkit with a cohesive strategies and practices that works together to reduce and respond compassionately to trauma.

A close-up photograph of a person's hand holding a silver pen and writing on an orange sticky note. The hand is positioned in the center-left of the frame. In the background, several other colorful sticky notes (orange, purple, green, yellow) are attached to a white surface, likely a whiteboard or a wall. The lighting is bright and soft, creating a professional and focused atmosphere.

Make A Note and Join Us to Access:

- Professional Development Around Compassionate School Practices
- Concrete advocacy, fundraising, communications, and engagement strategies
- Talking points, infographics, and other materials to help you convey the urgency of comprehensive school-based mental health supports

Join Upcoming Sessions:

January 12, 2023

Activate Your Power:
Ways to Operationalize Stakeholder
Engagement

February 9, 2023

Compassionate School Practices: Vision,
Plan, and Monitor for Success

March 9, 2023

Compassion in Action:
School-Based Mental Health Advocacy
Strategies and Tips

All sessions begin at 10:00 a.m. ET.

Our live events will include “Office Hours”—
featuring practical guidance, training exercises,
and Ask the Expert opportunities!



Opportunities Abound!

- Earn CE credits
- Connect with Experts
- Build Community

Learn about funding opportunities to support your on-the-ground efforts to support the mental health and well-being of everyone in your school community.





OPEN FORUM

Q&A





Complete Our Evaluation
Scan the QR Code or follow the
link below:


<https://ttc-gpra.org/P?s=962641>

**Sign up for our
newsletter!**

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Contact Us

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ingrid.padgett@yale.edu

*Thank
you*



OFFICE HOURS:

Right after this
session!
