

# What Helps and Hinders Schools from Implementing Mental Health Literacy Training?



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## Background

- Everyone in a school has a role in advancing school mental health; however, educators often lack knowledge of mental health literacy, which in turn can make it more difficult for school social workers to receive referrals and provide services to students in need.
- The **Mental Health Technology Transfer Center (MHTTC) Network** and the National Center for School Mental Health developed a free 3-part mental health literacy training package, **Classroom WISE (Well-Being Information and Strategies for Educators)**.



Online Course



Video Library and Resource Collection



Website

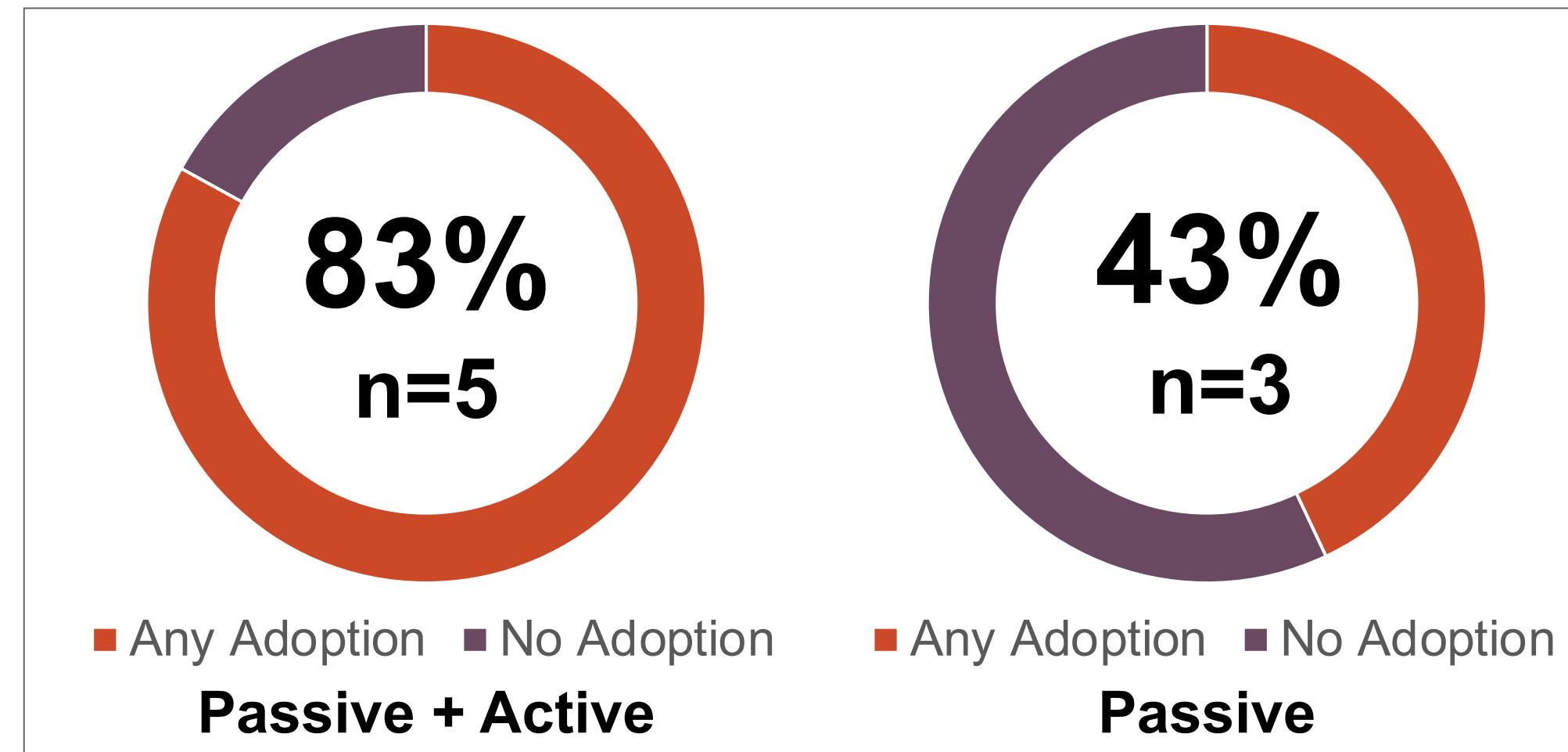
- Research Question:** What supports can help schools adopt resources like **Classroom WISE**?

## Methods

- We examined the effect of passive vs. passive + active supports on adoption of Classroom WISE (completion of the 5-hour online course) over 3 months.
- Data collected from small pilot with 13 school implementation teams included pre/post online course surveys and focus groups that measured adoption and implementation of Classroom WISE.

Intensity of Strategies	Supports Provided
<b>Passive (n=7)</b>	<ul style="list-style-type: none"> <li>Orientation webinar</li> <li>Implementation guide</li> </ul>
<b>Passive + Active (n=6)</b>	<ul style="list-style-type: none"> <li>Orientation webinar</li> <li>Implementation guide</li> <li>Individual school facilitation session</li> <li>2 Community of Practice sharing sessions</li> </ul>

## Adoption of Classroom WISE by Intensity of Support Strategies



## Factors that Affected Classroom WISE Adoption

School Factors	Teacher Factors	Student Factors
<ul style="list-style-type: none"> <li>Impacts of COVID-19</li> <li>Administrative support and effectiveness</li> <li>Mental health protocol</li> <li>Structural barriers</li> <li>Time</li> </ul>	<ul style="list-style-type: none"> <li>Views on mental health</li> <li>Teacher buy in</li> <li>Teacher satisfaction</li> <li>Self care</li> </ul>	<ul style="list-style-type: none"> <li>Communication between staff and students</li> <li>Student and family barriers</li> <li>Diverse needs</li> </ul>

## Feedback from School Staff on Adoption

### School Factors

"I think for some of the teachers [what motivated them was] me talking about...how addressing mental health in the classroom would be helpful with preventing some disruptive behaviors..."

### Teacher Factors

"It definitely helps that our social worker, Lisa, has been a wonderful source and point of contact for [Classroom WISE] and in helping us with any questions that we may have."

### Student Factors

"[Communication] is not all about academics or what's going on in their classes, [it's about] getting to spend time with them...meeting social needs first seem to be far more important..."

## Conclusions

- School social workers can assist schools and school districts to adopt broad mental health literacy training, like Classroom WISE.
- More interactive support strategies, such as facilitation, are more likely to lead to adoption and use of Classroom WISE than more passive strategies.
- Educators can benefit from the expertise of school social workers and other school mental health staff as they implement best practices to promote student mental health.

For more information, scan the QR code or visit [www.classroomwise.org](http://www.classroomwise.org)!

