



Mental Health & Wellness

Leadership Network
Session One:
October 22, 2018

Our Team



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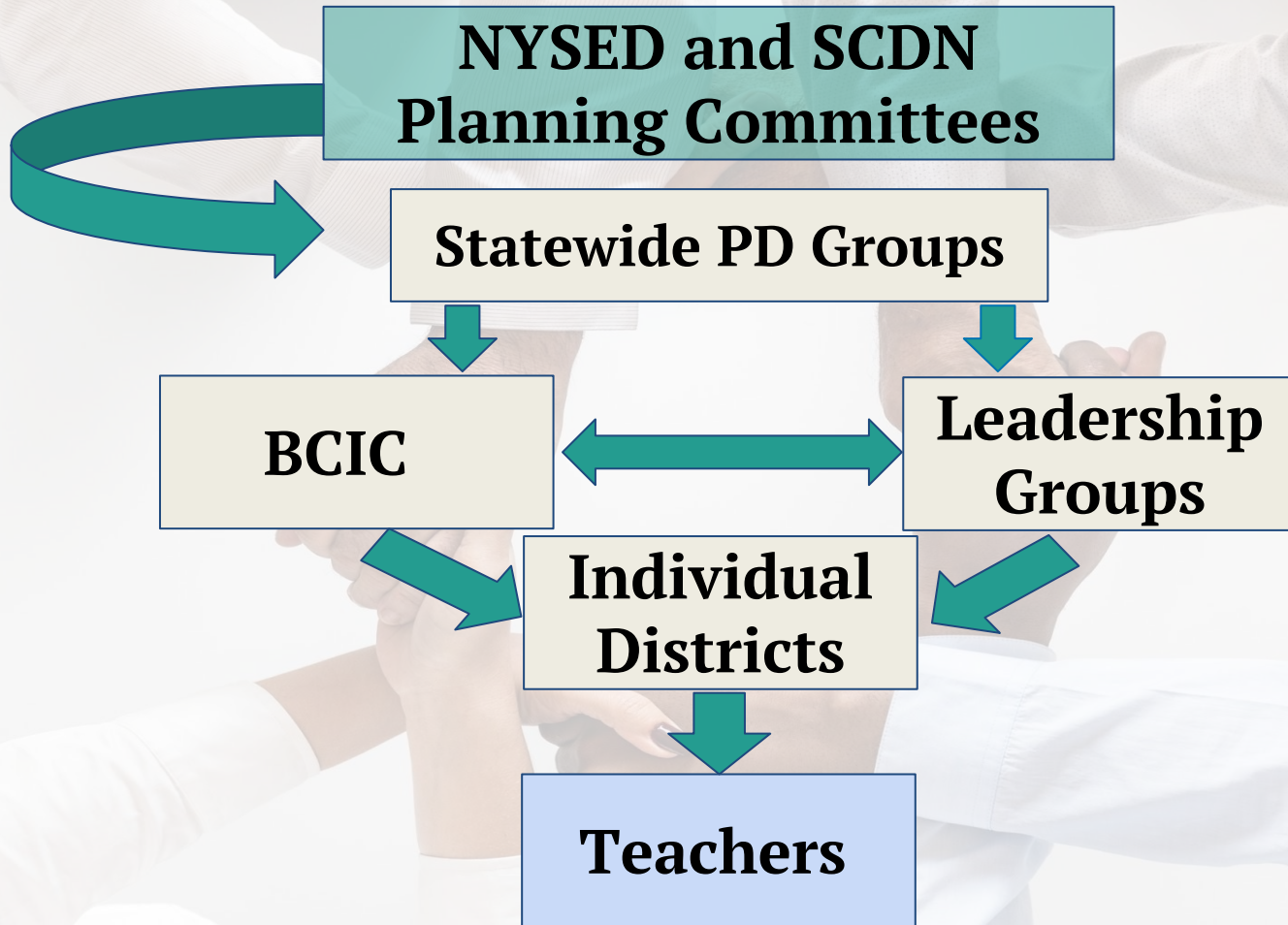
Jackie Burrows-Beck

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Leadership Network Goals

- Leadership Networks offered at BOCES
 - Literacy, Math, Science, Social Studies, Arts
- Mental Health & Wellness Leadership



Goals and Purpose

Why

Opportunity to build a network of leaders to address mental health education given the recent NYS amendment and the timeliness of this topic

What

Develop a common understanding of what mental health education is and support districts in K-12 implementation for all our students

How

Build capacity through dialogue; focus on the components of mental health education; understand mental health and mental illness; define roles of school staff

Agenda



- Introductions
- NYSED: Mental Health Education Literacy in Schools
- NYS Framework for Mental Health Education Instruction
- What is Mental Health?
 - ◆ Build understanding of terms
 - ◆ Data
 - ◆ Signs & symptoms
 - ◆ Early detection
- Next Steps planning

Who's in the Room?

Introductions

At your table, please introduce yourself with your name, role & district/affiliation

Discussion

1. Why did you sign up for this leadership network?
2. What do you hope to get out of these network meetings?

Share

Please write your answer for #2 on a post-it note and place on the wall

NYSED: Mental Health Education Literacy in Schools

As outlined in the May 2018 NYSED's Board of Regents Memo; Education Law §804 was amended by Chapter 390 (Laws 2016) and Chapter 1 (Laws 2017) clarifying that a satisfactory program in health education in accordance with the needs of pupils in all grades that includes the several dimensions of health, is now required to:

- include mental health and the relation of physical and mental health; and
- be designed to enhance student understanding, attitudes and behaviors that promote health, well-being and human dignity.

NYSED: Mental Health Literacy Education in Schools

“focusing on establishing healthy behaviors during childhood is more effective than trying to change unhealthy behaviors during adulthood.”



[Centers for Disease Control and Prevention \(CDC\)](#)

NYSED: Mental Health Literacy Education in Schools

Research has shown that the quality of the school climate may be the single most predictive factor in any school's capacity to promote student achievement.



Shindler, J., Jones, A., Williams, A.D., Taylor, C., Cardenia, H. (2016). The school climate-student achievement connection: If we want achievement gains, we need to begin by improving the climate. *Journal of School Administration Research and Development* 1(1), 9-16.

Mental Health Education Literacy in Schools

3-2-1

3 things that you learned

2 things you can't stop thinking about

1 thing you have a question about



**MENTAL HEALTH EDUCATION
LITERACY IN SCHOOLS:
LINKING TO A CONTINUUM OF
WELL-BEING**

COMPREHENSIVE GUIDE

JULY 2018



MH Education Literacy: Framework

1. **Self-Management**
 - a. Self-care to promote mental health and overall wellness
 - b. Resiliency
 - c. Feelings
2. **Relationships**
 - a. Communication Skills
 - b. Empathy, Compassion, Acceptance
 - c. Gratitude, Forgiveness
3. **Resource Management**
 - a. What to ask for help for self and others
 - b. When to ask for help for self and others
 - c. Where to ask for help for self and others
 - d. How to ask for help for self and others



MENTAL HEALTH EDUCATION
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MH Education Literacy: Framework

In grade level band groups :

K-2 3-5 6-8 9-12

take a closer look at the framework

Please share ideas, strategies, programs,
etc. that you are currently using in your
schools that address these skills and

[record](#)



MH Education Literacy

S	W
O	T

- **Strengths:** Characteristics within the organization that might help it solve problems or address issues.
- **Weaknesses:** Characteristics within the organization that might hinder solution of the problem or resolution of the issue.
- **Opportunities:** External conditions that might help the organization solve problems or address issues.
- **Threats:** External conditions that might hinder solution of the problem or resolution of the issue.

[SWOT_protocol](#)

What is Mental Health ?

Presentation by:

Jeanne Elmer

LMSW; OCM BOCES consultant

Sharon (Sherrie) Bruner

Assistant Professor; Syracuse
University



Next Steps

Please....

1. Think of one strategy, new learning, etc. that you plan to take back to your school and share
2. Find someone new to you and share your plan
3. Record your idea on an index card and leave it on your table on us

Mental Health & Wellness PD

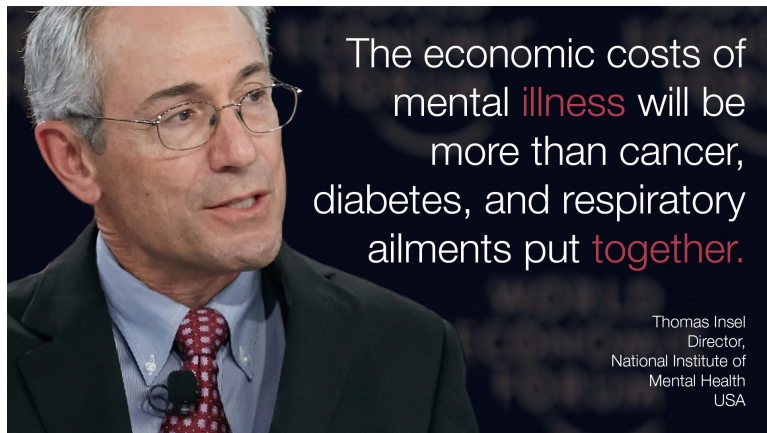
Offering	Date & Time
Suicide Safety for Teachers	October 29, 2018 8:30-11:30 March 14, 2019 8:30-11:30
Crisis Intervention Team Training	December 4, 2018
Trauma Informed Schools	November 1, 2018 (McEvoy) 8:30-3:30 February 6, 2019 8:30-3:30 April 9, 2019 8:30-3:30

Other PD in Mental Health options for Dignity Act CoSer schools:

- Youth Mental Health First Aid
- Mental Health First Aid
- Postvention - Response to Suicide or Other Traumatic Death
- OCM BOCES Mental Health Consultant, Jeanne Elmer

What's an ACE Score?





The economic costs of mental **illness** will be more than cancer, diabetes, and respiratory ailments put **together**.

Thomas Insel
Director,
National Institute of
Mental Health
USA



“Every day in a hundred small ways our children ask, ‘Do you see me? Do you hear me? Do I matter?’ Their behaviour often reflects our response

L.R. Knost

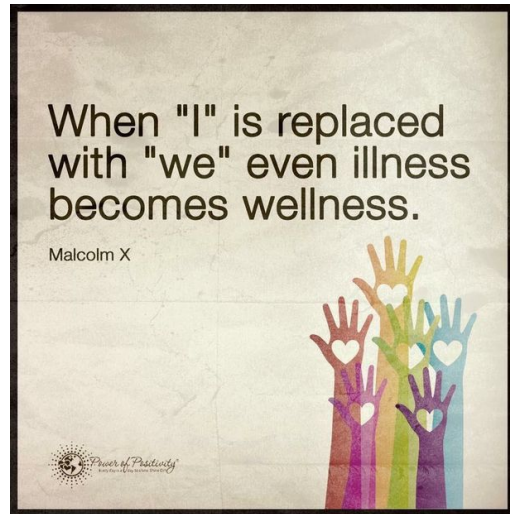
Kids Matter
Australian Early Childhood
Mental Health Initiative

“Mental health...is not a destination but a process. It's about how you drive, not where you're going.”

Noam Shpancer, *The Good Psychologist: A Novel*

mental health quotes
from www.rethink.org

Rethink
Mental
Illness.



When "I" is replaced with "we" even illness becomes wellness.

Malcolm X

Power of Positivity
www.powerofpositivity.com

Before You Go...

One thing
you want
more of

One thing
you want less
of



We've Gone
Social



<http://bit.ly/iss-social-media>

