AGENDA

1:00-1:10 Welcome and WSCC Model Overview and Purpose
   Erin Hager, PhD
   Associate Professor, University of Maryland School of Medicine
   Chair, Maryland State School Health Council

DISCUSSION TOPIC: How mental health connects to all components of the WSCC model in schools

1:10-1:20 Overview of School Mental Health
   Nancy Lever, PhD
   Associate Professor, Co-Director – Center for School Mental Health
   University of Maryland, School of Medicine

1:20-1:40 Group Activity
   Lea Jaspers
   Health Education Specialist, Maryland State Department of Education
   Vice-Chair, Maryland State School Health Council

1:40-2:00 2021 Legislative Session
   Brooke Torton, JD
   Deputy Director, Legal Resource Center for Public Health Policy
   University of Maryland Francis King Carey School of Law

2:00 Closing

Housekeeping Notes:
1. Mute your phone and/or computer microphone
2. If you have a question, please type it into the “chat” feature. We will answer as many questions as possible on the call.

A few updates:
1. Visit our website: http://marylandpublicschools.org/MSSHC
2. Webinars are recorded and posted to the website.
SAVE THE DATE!

February webinar date coming soon
Topic: Food Services

Contact: MarylandSSHC@gmail.com
Website: http://marylandpublicschools.org/MSSHC
Maryland State School Health Council

Mission
To promote health for the whole child through supporting health-promoting programs and policies and supporting activities of our local school health councils and state and local agencies.

Framework
Whole School, Whole Community, Whole Child Model

True or False: One of the 10 components of the WSCC model is “Mental Health”.
Maryland State School Health Council

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True or False: One of the 10 components of the WSCC model is “Mental Health”.

False
Whole School, Whole Community, Whole Child Model
Do LSHCs and School-based Wellness Teams have to focus on all 10 WSCC components?

• Not necessarily!

• Some topics are cross-cutting
  
  • Recess Promotion: *Recess as a practical strategy to implement the Whole School, Whole Community, Whole Child model in schools* (McLoughlin et al, 2020)

• Mental Health Promotion- today!
School Mental Health: An Overview

National Center for School Mental Health (NCSMH)

@NCSMHtweets

Nancy Lever, PhD, NCMSH Co-Director
Maryland State School Health Council Webinar
December 17th, 2020
National Center for School Mental Health (NCSMH)

- Established in 1995 with funding from the US Department of Health and Human Services (HHS), Health Resources and Services Administration (HRSA)

- The **NCSMH mission** is to strengthen policies and programs in school mental health to improve learning and promote success for America's youth.

Visit the NCSMH website at [www.schoolmentalhealth.org](http://www.schoolmentalhealth.org)
What School Mental Health is NOT
Comprehensive School Mental Health Systems

• provide a **full array of supports and services** that promote positive school climate, social emotional learning, mental health and well-being, while reducing the prevalence and severity of mental illness

• **built on a strong foundation of district and school professionals**, including administrators and educators, specialized instructional support personnel (e.g., school psychologists, school social workers, school counselors, school nurses and other school health professionals)
  • in **strategic partnership with students, families and community health and mental health partners**

• assess and address the **social and environmental factors** that impact health and mental health
Core Features

- **Educators and Student Instructional Support Personnel**
  - Adequate staffing and support
  - Trained to address student mental health in schools

- **Collaboration and Teaming**
  - Youth and Families
  - Community Health/Mental Health and Other Partners

- **Multi-Tiered System of Supports**
  - Mental health promotion support (Tier 1)
  - Early intervention and treatment services and supports (Tiers 2-3)

- **Evidence-Informed Services and Supports**

- **Cultural Responsiveness and Equity**

- **Data-Driven Decision Making**
Full array of programs, services, and strategies

**Tier 3**
Targeted interventions for students with serious concerns that impact daily functioning

**Tier 2**
Supports and early intervention for students identified through needs assessments as at-risk for mental health concerns

**Tier 1**
Promotion of positive social, emotional, and behavioral skills and overall wellness for all students

Professional development and support for a healthy school workforce

Family-School-Community partnerships
School Mental Health Matters

3/4
Of youth who receive mental health services, 70-80% access these services in schools.

Positive school climate integrated with social emotional learning improves school safety and decreases bullying.

Students who participate in social emotional learning programs improve academic performance by 11 percentile points.

Youth are 6x more likely to complete mental health treatments in schools than in other community settings.
SHAPE your School Mental Health System!

The School Health Assessment and Performance Evaluation (SHAPE) System

A dynamic, free online system to improve school mental health accountability, excellence, and sustainability.

www.the shapesystem.com
Overview of School Mental Health Quality Domains and Indicators

Quality Domains
- Teaming
- Needs Assessment and Resource Mapping
- Mental Health Promotion for All (Tier 1)
- Early Intervention and Treatment Services and Supports (Tiers 2/3)
- Screening
- Impact
- Funding and Sustainability
Classroom WISE: Well-being Information and Strategies for Educators

- A **FREE** 3.5 hour mental health literacy online course for teachers and school staff with brief, high-impact training videos and accompanying website

- Course development process includes input from educators, students, and school mental health leaders
Classroom WISE: Well-being Information and Strategies for Educators

- Promoting mental health and wellbeing of students
  - Creating safe and supportive school environments
  - Bringing mental health into the classroom and addressing stigma
  - Fostering social emotional competencies
Classroom WISE: Well-being Information and Strategies for Educators

• Understanding and supporting students experiencing adversity and distress
  
  o Impact of trauma/adversity on learning and behavior
  
  o Understanding and identifying student distress and linking students to support
  
  o 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: Well-being Information and Strategies for Educators

How a Teacher Made You Feel Welcome

Think about a teacher who has made you feel welcomed safe and valued. What did that teacher do?

Video: Providing Praise

Elementary Examples
Thumbs up for sitting patiently on the rug.
Way to go sitting in your chair and listening for the whole lesson!

High School Examples
I’m so glad you’re following along as she reads the poem.
Cultural Responsiveness and Equity Module

- Participants will be able to define cultural responsiveness, equity and bias
- Participants will be able to describe how implicit bias influences perceptions of students and responses to their mental health needs
- Participants will be able to name classroom strategies to implement with students to support mental health needs, using culturally responsive and equitable practices
Guidance from the Field

- Why Address Mental Health in Schools
- A Public Health Approach to School Mental Health
- The Value of School Mental Health
- Core Features of a Comprehensive School Mental Health System
- Opportunities, Challenges and Recommended Strategies
- Local Spotlights
- State Spotlights
- Moving Forward

www.schoolmentalhealth.org/AdvancingCSMHS
Padlet Activity Directions

Use the link in the chat to access the Padlet.

1. Choose **ONE** column/WSCC wedge to read.

   **Participant Actions**
   - Click 💌 to like or agree with existing contributions.
   - Use + to add a new thread/idea.
   - Use Add comment to contribute additional information or respond to what is written.

2. Choose one additional column to read. Participate as outlined above.