



Agenda / Objectives

- Participants will review the new NYS regulations relative to mental health education K-12 - and the related reasoning behind the new requirements.
- 2. Participants will consider WHAT new steps must /might be taken, WHO might be involved in their buildings, and HOW such actions might be implemented moving forward.





Rationale

- The Doctors
- School Mental Health Resource & Training Center
- Mental Hygiene





• Research suggests that an increase in mental health literacy leads to early intervention and better health outcomes. According to the National Institute of Mental Health, nearly half of all youth will experience a mental health challenge before the age of 18. We all have mental health and we all benefit from greater understanding of how we can support our own mental health and wellness and that of others.



Mental health is a critical part of overall health & well-being and is important throughout the life cycle; affecting thinking and learning, feelings and actions, influencing healthy decision making.

According to the World Health Organization, "there is no health without mental health" with health being a state of complete physical, mental and social wellbeing; not only absence of disease.

Education on the importance of the mind-body connection, and the several dimensions of health, including mental health and the relation of physical & mental health, will enhance student understanding, attitudes and behaviors that promote health, wellbeing & human dignity.



Mental Health Facts / Center for Disease Control (con't)

- "In childhood & throughout adolescence, mental health means attaining developmental and emotional milestones, learning health social skills and coping with challenging situations.
 Mentally healthy children / youth have a positive quality of life and function well at home, in school, and in their communities."
- "Focusing on establishing health behaviors during childhood is more effective than trying to change unhealthy behaviors during adulthood."

As found in www.cdc.gov



As a result.... NYSED – Amendments to Commissioner's Regulations (CR) Part 135

A satisfactory program in health ed (K-12) ...

- Includes mental health and the relation of physical and mental health
- Designed to enhance student understanding, attitudes, and behaviors that promote health, well-being and human dignity.

- Approved May 2018, Board of Regents
- July 2018 implementation date (2018-19 school year & beyond)



What Schools Can Do / Should Do

- MUST DO: Review & assess current K-12 health ed curriculum for alignment to new mental health education requirements (i.e.: conduct internal audit) (3 Components - See Framework – K-12)
- ENCOURAGED to DO: Build capacity & strengthen relationships between educators and pupil personnel services (school psychologist, social worker, counselor, nurse, etc.)
- ENCOURAGED: Develop school community partnerships with mental health professionals & organizations



What Schools Encouraged to Do (con't)

- Identify strategies to engage families and students in supporting mental health and well-being;
- Support a school climate "Culture of Care"
- Leverage partnerships and build upon existing resources to develop a sustainable infrastructure for mental health

Framework for Mental Health (NEW)

| | Early El (K-2) | Late El (3-5) | Intermediate (6-8) | Commencement |
|--|----------------|---------------|--------------------|--------------|
| Self Management: a. Self-Care b. Resiliency c. Feelings | | | | |
| Relationships a. Communication b. Empathy / Compassion c. Gratitude / Forgiveness | | | | |
| Resource Management What, Where, When, How – to ask for Help | | | | |

Quick Audit / Framework at a Glance



Review Framework



Analyze & Code

Green – We are doing this now. It looks like....

Yellow – We MIGHT BE doing this now. **OR** Some teachers do this....

Pink – We are not doing this yet.



Discuss with colleague:

Strengths in my building

I need to consult with....

We need to meet with

My teachers may need help with....



Simple Things: A Greeting

One on One Time

Teaching Self-Regulation,
Naming Emotions

Calming Down - How To

What if my teachers need training? Lesson development? How might I teach....?

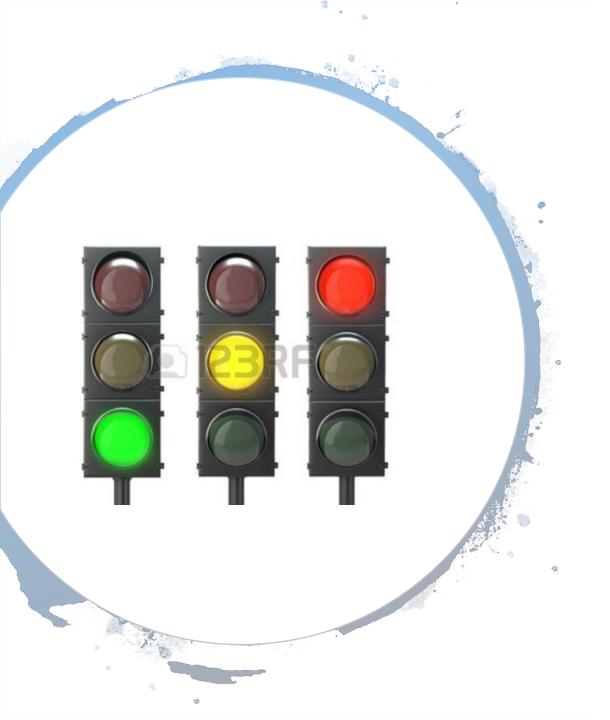
- <u>School Mental Health Resource & Training Center</u>
- Calm Schools
- Greater Good
- Healthy Minds
- Brain Breaks
- High School & Admin Articles for Consideration





Resources / Lessons – School Mental Health Resource & Training Center

- Lesson Plans
- And more related resources



Reflect / Exit Tix

• Stop

• Pause

Start



Questions?

Feel free to contact me –

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