



HEALTHY MINDS FOR A HEALTHY NEW YORK

Lessons From the Field:

*A Comprehensive Approach to
Delivering Mental Health Education*



*NYS
Education
Law
§ 804*

“All schools shall ensure that their health education programs recognize the **multiple dimensions** of health by including mental health, and the **relationship of physical health and mental health**, so as to **enhance student understanding, attitudes and behaviors that promote health, well-being and human dignity.**”

MHANY'S

Nine

Concepts

1. A holistic view of wellness, including self-care and personal responsibility.
2. The concept of mental health as an integral part of health.
3. Recognition of signs & symptoms of developing mental health problems.
4. Instruction in the awareness and management of mental health crises.
5. The relationship between mental health and substance.
6. Understanding of how stigma & cultural attitudes contribute to discrimination.
7. The concept of recovery.
8. The implications of risk factors, protective factors and resiliency.
9. How to identify and leverage appropriate professionals, services & supports.

NYSED Guidance

Drafted by :

Mental Health
Advisory Council,
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MENTAL HEALTH EDUCATION LITERACY IN SCHOOLS: *LINKING TO A CONTINUUM OF WELL-BEING*

**COMPREHENSIVE GUIDE
JULY 2018**



Thank you to our Panelists!

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Tips for Collaborative Teaching

- Communicate expectations for roles/limitations
- Communicate general classroom rules
- Be prepared to triage and refer students to community resources, and to support parents
- Consider offering concurrent parent education
- Provide time for Q & A....could use index cards
- Desk-top name tag
- Be on time and finish on time but be flexible
- Discuss confidentiality and its limitations

If you are a school-based mental health professional:

- Be prepared to triage and refer students to community resources, and to support parents

If you are a community-based mental health professional:

- Bring hand-outs that can be brought home to families
- Bring give-aways or promo items
- Ask about school culture as it relates to mental health
- Remember, your role is to teach, not to provide counseling

Global Tips for Mental Health Education

- Incorporate group work or games
- Use videos or PSAs, if possible
- Peer experiences are particularly effective
- Consider pre- post-tests
- Encourage participation: Involve the students in active learning.
- Kids don't care how much you know until they know how much you care.
- Model person first language



School Mental Health

RESOURCE  TRAINING CENTER

- NYS funding for for FY2019 (\$1M)
- www.mentalhealthEDnys.org
- schools@mhanys.org or 518.434.0439



THANK YOU!

Mental Health Association in New York State, Inc.

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