Lessons From the Field:
A Comprehensive Approach to Delivering Mental Health Education
“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.”
1. A holistic view of wellness, including self-care and personal responsibility.
2. The concept of mental health as an integral part of health.
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.
Thank you to our Panelists!

Wendy Blanchard
Christie Combs
Mary Lou Montanari
Sara Salitan-Thiell
Jessica Wright
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
• NYS funding for for FY2019 ($1M)
• [www.mentalhealthEDnys.org](http://www.mentalhealthEDnys.org)
• [schools@mhanys.org](mailto:schools@mhanys.org) or 518.434.0439
THANK YOU!

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