



Expanded School Mental Health West Virginia

<https://livewell.marshall.edu/mutac>

January 2017

Staff Development

Tool Kit #9

A systematic, ongoing staff development process is in place for all staff to enhance their skills in addressing social-emotional needs of students and promote staff wellness.

– West Virginia Expanded School Mental Health, 2017

In order for staff to support an Expanded School Mental Health Model (ESMH), they must understand the components of ESMH, related school initiatives and their role in supporting student success.

Expanded school mental health (ESMH) is a multi-tiered system of support where schools and strategic community partners work together to enhance student mental health in schools. It is a framework that:

- includes the full continuum of prevention; early intervention and treatment;
- serves all students;
- builds upon core programs/services being provided by schools
- emphasizes shared responsibility between schools, mental health providers and other community partners

Initial and ongoing training and development can reduce teacher stress and improve ESMH program success.

West Virginia Department of Education Policy 4373: *Expected Behaviors in Safe and Supportive Schools* includes requirements for technical assistance, training and staff development on topics related to mental health, school climate and social-emotional learning.¹

The National Summit on School Mental Health identified the following topics that teachers and other staff need to know:

- Awareness of the continuum of mental health—mental illness and early warning signs of mental health concerns
- The language and communication skills that work for connecting with all students – especially troubled students – and communicating with parents and colleagues.
- Who they can count on to support/guide their work with students to offer collaborative services for students.
- Knowing their personal and professional limits, when to ask for help with a troubled student and who to ask.
- Appreciation and awareness of diverse populations within the school and the importance of cultural competency.
- Classroom management strategies.
- Identifying their own perceptions of mental health and illness and personal mental health issues and experiences and how they affect the student's experience in the classroom.
- Identifying social and emotional development benchmarks and milestones.
- How to build trust, empathy and communication between school and family to improve academic performance and classroom behavior.
- Skills to differentiate curricula appropriate for different learning styles among students.
- Knowledge and skills to work effectively as a member of a multidisciplinary team

Staff Development

West Virginia Resources

- Community Schools <http://wvde.state.wv.us/healthyschools/CommunitySchools/CommunitySchoolGuidanceDocumentMarch2015.pdf>
- Integrated Delivery of the WVSSS <http://wvde.state.wv.us/counselors/wvss-standards-resources.html>
- LINKS Student Advisement Program <http://wvde.state.wv.us/counselors/links/about.html>
- Addressing Student Mental Health: Guide for Crisis Prevention and Response http://wvde.state.wv.us/counselors/documents/addressingmentalhealth_resourceFINALforBoard.pdf
- MU ESMH website WV School Mental Health Website
- Mental Health First Aid Training Email: Bailey-Miller, Dianna.baileymiller@marshall.edu
- Mental Health: It's part of our classroom. Eliminating Barriers for Learning: Substance Abuse and Mental Health Administration (SAMHSA) for teachers and school staff, that describes common mental illnesses and classroom management strategies. It includes slides and a script easily implemented in segments. It is best taught by an educator and a behavioral health clinician. Follow up support and a system for referral should be part of the training. Cost: Free. <http://store.samhsa.gov/product/Mental-Health-It-s-Part-of-Our-Classroom/SMA07-4283>
- PBIS <http://wvpbis.org/>
- Prevent Suicide WV <http://preventsuicidewv.org/>
- RESAs
- WVDE School Counseling Website <http://wvde.state.wv.us/counselors/>

General Resources

- Coping with Teacher Burnout—Center for the Advancement of Mental Health Practices in Schools: <http://www.schoolmentalhealth.org>

- School Employee Wellness—A Guide for Protecting the Assets of Our Nation's Schools: http://www.dhpe.org/?page=Programs_SEW
- SAMSHA Evidence-Based Practices (EBP) <https://www.samhsa.gov/ebp-web-guide>
- What Works Clearinghouse <http://ies.ed.gov/ncee/wwc/FWW/Results?filters=,Behavior>
- www.kognito.com: Web-based, interactive evidence based trainings on gatekeeper and suicide prevention, at risk students and how to refer students in Mental Distress.
- www.casel.org: Offers a 2-day school wide social emotional learning (SEL) implementation training for principals/staff that includes a toolkit that costs \$80 to \$100.
- www.school-connect.net: 40-lesson curriculum on social, emotional and academic skills while strengthening relationships among students/ teachers. The four modules address successes in school, at work, life in general, social awareness, self-management, responsible decision making, etc.
- www.schoolclimate.org: Offers bullying toolkit and trainings on bullying, traumatized youth, classroom management, negotiation and collaboration, problem solving for adults and youth, promoting healthy relationships and understanding diversity. In addition, offers free newsletter and trainings at school site.

The purpose of these toolkits is to provide a common framework and recommendations to assist schools and community mental health providers to more effectively develop a comprehensive approach to school mental health that is consistent with current West Virginia Department of Education policies and best practices.

These recommendations and resources have been reviewed and approved by West Virginia's Expanded School Mental Health Steering Team. For more information visit, <https://livewell.marshall.edu/mutac>

Leadership for the West Virginia School Mental Health initiative is a shared commitment. This toolkit was prepared by:

WEST VIRGINIA
SCHOOL HEALTH
TECHNICAL ASSISTANCE CENTER

 Marshall University—Joan C. Edwards School of Medicine
Robert C. Byrd Center for Rural Health

 West Virginia Department of
EDUCATION

WEST VIRGINIA
Department of
Health &
Human
Resources