

A photograph of a female teacher with dark hair, wearing a green top, smiling and looking down at two young students. On the left, a young boy with short dark hair, wearing a light green shirt, is focused on a small orange structure made of sticks. On the right, a young girl with long brown hair, wearing an orange shirt, is looking down at something on the table. The background is a blurred classroom with colorful posters on the wall.

MENTAL HEALTH EDUCATION LITERACY IN SCHOOLS

LINKING TO A CONTINUUM OF WELL-BEING

NYS Board of Regents
Joint P-12 Education &
Professional Practice
Committee
May 7, 2018

Introductions

- **Doug Lentivech**, *Deputy Commissioner, Office of the Professions, NYSED*
- **Renée Rider**, *Associate Commissioner, Office of School Operations and Management Services, NYSED*
- **Pat Breux**, *Coordinator of School and Youth Initiatives, Suicide Prevention Center, NYS Office of Mental Health (OMH);*
- **Ellen Pendegar**, *Mental Health Association in NYS (MHANYS) Chair of the Board of Directors, and Chief Executive Officer of Ulster County Mental Health Association.*
- **Dustin Verga**, *NYS Certified Health Educator, Shenendehowa High School, NYS Association for Health, Physical Education, Recreation and Dance;*
- **Ebony Bullock**, *Assistant Superintendent, Office of Shared Accountability, Buffalo Public Schools; and*
- **Amanda Davidson**, *Youth Engagement Specialist, Youth Power!.*

AGENDA

- Introductions
- Amendments to Commissioner's Regulations Part 135
- Timeline of Events
- Establishment of the Mental Health Education Advisory Council and its Five Workgroups
- Facts on Mental Health
- Panel Presentation: Recommendations from the Advisory Council
- TV Show Clip - *The Doctors*: NYS First in the Nation to Legislate Mental Health Education in Schools
- Resources
- Next Steps

Amendments to Commissioner's Regulations - Health Education Part 135

Education Law § 804 was amended by Chapter 390 (Laws of 2016) and Chapter 1 (Laws of 2017) to require health education in schools to include instruction in mental health. Specifically, the legislation requires the health education curriculum to:

- *include several dimensions of health, including mental health, and the relation of physical and mental health; and*
- *be designed to enhance student understanding, attitudes and behaviors that promote health, well-being and human dignity.*

Effective Date is July 1, 2018

Mental Health Education in Schools: Timeline of Events

- **March 2017:** NYSED partnership meetings began with the NYS Office of Mental Health (OMH) and the Mental Health Association in NYS (MHANYS).
- **August 2017:** Stakeholders across the State completed a survey to share perspectives on current education in mental health well-being.
- **August 2017:** NYS Mental Health Education Advisory Council established.
- **January 2018:** Board of Regents meeting proposing amendments to Commissioner's Regulations (CR's) Part 135.
- **February 2018:** "Notice of Proposed Rule Making" published in State Register.

New York State Mental Health Education Advisory Council (Advisory Council)

- Over 75 expert cross-disciplinary and cross-sector partners;
- Established 5 Workgroups
 1. Mental Health Classroom Instructional Resources
 2. Multiple Dimensions of Mental Health
 3. Resources for Schools, Students and Families
 4. Supporting Positive School Climate and Culture
 5. Implementation; and
- Develop evidence-based and best-practice resources.



The Advisory Council met in September 2017, November 2017, February 2018, and April 2018; with Workgroups conferencing in-between meetings.

Mental Health Facts

- 22 percent of youths ages 13 to 18 experience some form of serious mental disorder¹ - that is 1 in 5 students in a classroom.
- Only about 40 percent of those with a mental illness seek treatment, and half of those who do seek treatment wait an average of 10 years from the time they begin experiencing symptoms.²
- Mental health is a critical part of **overall health and well-being**; it affects thinking and learning, feelings and actions, influencing healthy decision making.³
- According to the Centers for Disease Control and Prevention (CDC), “focusing on establishing healthy behaviors during childhood is more effective than trying to change unhealthy behaviors during adulthood.”⁴

1. <https://www.nami.org/getattachment/learn-more/mental-health-by-the-numbers/childrenmhfacts.pdf>

2. <https://www.nami.org/getattachment/learn-more/mental-health-by-the-numbers/childrenmhfacts.pdf>

3. <https://www.mentalhealth.org.uk/a-to-z/p/physical-health-and-mental-health>

4. <https://www.mentalhealth.gov/basics/what-is-mental-health>

Mental Health Facts: Suicide

- According to the NYS Department of Health, NYS loses on average 80 students to suicide each year.¹
- Additionally, there are nearly 5,000 emergency room visits each year in New York for suicide attempts among school age youth.¹
- According to the CDC, suicide is the second leading cause of death of kids in all age groups from 10 to 19.²
- According to the CDC Youth Risk Behavior Surveillance System(YRBSS) data, 17.6% of High School students in the US have seriously thought about ending their life (1 in 6 students in any given classroom). 8.9% have made a plan to end their life.³

1. https://www.health.ny.gov/statistics/prevention/injury_prevention/suicide_selfinflicted.htm

2. <https://www.nimh.nih.gov/health/statistics/suicide.shtml>

3. <https://www.cdc.gov/healthyyouth/data/yrbs/results.htm>



Youth Perspective ...

Health Education in Schools



- Creation of functional knowledge, and scope and sequence for mental health at elementary, intermediate and commencement levels:

- ❖ Scope and Sequence - increasing knowledge and skills in a sequential order over time;
- ❖ Functional Knowledge - useable, applicable and relevant.
- ❖ Seven developmental personal and social skills: decision making, self-management, advocacy, communication, relationship management, stress management, planning and goal setting.

1. Mental Health Instruction for the Classroom

Identifying functional knowledge and scope and sequencing strategies, and methods.

Resources

- Mental Health Instructional Guide aligned with the NYS Next Generation Learning Standards
- Instructional Resource Section

Recommendations

- 1.1 Professional development (PD) or training for educators on application of the “Mental Health Instructional Guide”
- 1.2 Mental health education curriculum taught by NYS Certified Health Educators having PD
- 1.3 Mental health literacy instruction for high school students on prevalent disorders to gain knowledge, attitudes and competencies
- 1.4 Increase time, and identify regular frequency to teach students health education topics in the classroom setting
- 1.5 Dedicate funding to support integrating mental health

2. The Multiple Dimensions of Mental Health

Cultural shift emphasizing mental health is an integral part of overall health on a continuum of *well-being* and more than illness/disease.

Resources

- Definition of mental health
- Narrative on the multiple dimensions of health
- List of evidence-based resources and best-practices curricula on the connection between mental health, SEL, well-being, nutrition, health education, physical education and activity

Recommendations

- 2.1 Increase the presence of pupil personnel staff
- 2.2 - Promote the role and expertise of school social workers, school counselors, school psychologists
- 2.3 Include mental health well-being and multiple dimensions of health in school districts' mission and vision statements
- 2.4 Build on existing resources to strengthen capacity, infrastructure and integration
- 2.5 Integrate the NYSED's SEL Benchmarks into school programs and the instruction of mental health.

3. Mental Health Resources for Schools, Students, Families

Facilitating relationships between schools and communities within school-based structures, county resources, staff and parent education; and topics to discuss when collaborating with community agencies.

Resources

- Guidance for fostering school and community collaborations
- Development of a “Resource Toolkit” for cultivating partnerships

Recommendations

- 3.1 Guidance on best practices in effective school-community partnerships addressing student mental and physical health
- 3.2 - Support leadership and pupil personnel services to develop strategies supporting mental health and well-being of students
- 3.3 Identify a liaison within each school to ensure families are informed, supported and engaged
- 3.4 Provide guidance and resources to families on guiding conversations with their children on mental health
- 3.5 Align funding priorities to promote positive school climate and leverage State-level partnerships

4. Creating and Supporting a Positive School Climate

Supporting mental health *well-being* with a coordinated approach, while remaining sensitive to the identified mental health needs of students and families. Decrease stigma and increase mental health awareness, knowledge and understanding.

Resources

- Needs Assessment Checklist
- School climate definition
- Evidenced-based frameworks for promoting positive school climate and culture

Recommendations

- 4.1 All instructional and non-instructional staff in schools receive PD or training in areas such as trauma-informed care, restorative practices, among others.
- 4.2 Assess the school climate based on NYSED's Social Emotional Learning framework
- 4.3 Schools adopt a whole-school based framework promoting a positive school climate and whole-child approach
- 4.4 Schools conduct ongoing valid and reliable research-based school climate needs assessment
- 4.5 Extend applicability of functional knowledge of mental health into areas in schools beyond the classroom

5. Implementation

Leverage school, community and family partnerships to build upon existing policies, structures and resources to increase capacity and develop a sustainable structure.

Resources

- Sample mental health and well-being school policy with emphasis on positive mental health
- Links to related policies, and documents to prevention and care

Recommendations

- 5.1 NYSED develops guidance regarding comprehensive health programs, services, and instructions
- 5.2 Board of Education's adopt a policy requiring collaboration with OMH and other mental health professionals
- 5.3 NYSED works with colleges and universities to require pre-service higher education programs
- 5.4 Develop a state-level web resource
- 5.5 PD/training for educators on sequential integration of mental health into PreK-12, utilizing statewide coordinated leadership
- 5.6 Continuing Teacher-Leader Education certificate holders to complete 10% of currently required hours in mental health

What Schools Can Do

Encourage	Youth First Aid Mental Health Training
Build	Build Safe Spaces for youth to come and discuss their feelings; after school youth group or diversity club.
Develop	Develop school-community partnerships with mental health professionals and organizations
Identify	Identify strategies to engage families and students in supporting mental health and well-being
Support	Support a positive school climate and culture for ALL
Host	Host community wellness events with local mental health providers and youth groups
Advocate	Advocacy working groups for after school activities (even extra credit) to help develop advocacy skills.

What can school communities do?

- Pay attention to climate and culture;
- Offer the entire community ways to authentically show up, engage and contribute;
- Promote the use of inclusive language, curriculums and practices;
- Promote open mindsets around the abilities, identities, and needs of all community members;
- Support and advocate for the dignity of all community members; and
- Value and advocate for the health and wellness of all community members.



Healthy school environments ensure that students

Contribute positively to our communities ...



Are prepared for their future and beyond ...



New York State - First in the Nation to Require Mental Health Education Legislation

The TV show *The Doctors* featured New York State's Mental Health Education in Schools Legislation and was aired on April 27, 2018 announcing:

New York State as the First State in the Nation to Enact Legislation to Require Mental Health to be Taught at Elementary and Secondary Schools.

<https://www.thedoctorstv.com/videos/mental-health-education-schools>

Resources

- 2018-19 Enacted State Budget included additional resources to support mental health in schools
 - \$50 million to bring the total to \$200 million of Foundation Aid - Community Schools Set-Aside funds
 - \$2 million for the Supportive Schools Grant Program to create a technical assistance center and provide grants to schools
 - \$250,000 to create Enhanced Mental Health Support Grants
- NYSED's Office of Curriculum and Instruction: <http://www.p12.nysed.gov/ciai/health/>
- NYS Center for School Health: <http://www.schoolhealthny.com>
- NYSED's Office of Student Support Services Social Emotional Learning: <http://www.p12.nysed.gov/ssss/sel>
- Mental Health Association in NYS, Inc.: <https://mhanys.org/>
- NYS Office of Mental Health: <https://www.omh.ny.gov/omhweb/about/>
- NYS Office of Alcoholism and Substance Abuse Services: <https://www.oasas.ny.gov/>
- NYS Department of Health Prevention Agenda: https://www.health.ny.gov/prevention/prevention_agenda/2013-2017/

NEXT STEPS

1. **MAY 2018:** Board of Regents vote on the Proposed Amendments to Commissioner's Regulations Section 135 Relating to Health Education that includes Mental Health Instruction into the Health Education Curriculum.
2. **MAY 2018:** The Department will work with the NYSPTA and Youth Power to be sure Documents Issued to the Field are Youth- and Family-Friendly.
3. **MAY 2018:** The Department will Issue Briefing Documents to the Field.
4. **JUNE 2018:** Release the Full Package of Resources: Instructional Guide, Evidence-based and Best-Practices Resources.
5. **DECEMBER 2018:** Advisory Council Meeting for a Debriefing Opportunity, and to Discuss any Lessons Learned to Improve Ongoing Implementation.

THANK YOU!

