

USING THE WHOLE SCHOOL, WHOLE COMMUNITY, WHOLE CHILD MODEL TO SUPPORT MENTAL HEALTH IN SCHOOLS



HEALTH EDUCATION



- Ensure the implementation of comprehensive health education including mental health for every grade
- Teach skills-based health education with demonstration opportunities
- Model strategies for healthy coping and self-care, interpersonal communication, empathy, reducing stigma, and increasing connectedness
- Offer mental health resources and information to students, families, and staff

NUTRITION ENVIRONMENT AND SERVICES

- Ensure schools have access to food pantries, backpack programs for dinner, weekends, and breaks. Offer multiple times for pickup.
- Include access to school meals (breakfast and lunch) for all students
- Equip nutrition services staff with basic skills to identify youth distress and with knowledge of how to inform staff



EMPLOYEE WELLNESS



- Promote staff self-care and allow time during school day to practice self-care
- Assess and address organizational challenges that contribute to stress in school staff
- Raise awareness about community resources, and employee benefits and rights related to mental health services and supports

SOCIAL AND EMOTIONAL SCHOOL CLIMATE

- Have mental health staff join social and emotional learning lessons in the classroom
- Provide opportunities for student group sessions
- Integrate trauma-informed, healing-centered best practices into classroom environments, to promote connections and positive mental health



PHYSICAL ENVIRONMENT



- Offer classroom setup that allows for physical movement breaks, adequate personal space, and calming or de-escalation spaces.
- Promote two-way communication about building safety and security.
- Design school settings to be as welcoming as possible and offer calming spaces in the classroom and school.

HEALTH SERVICES

- Promote collaboration between full-time school nurses, staff, families, and primary care providers around student mental and physical health concerns.
- Integrate mental health screening or interview questions into school-based health centers and by full-time school nurses or assistants.



COUNSELING, PSYCHOLOGICAL AND SOCIAL SERVICES



- Create referral processes that can be used by school staff, families, and community
- Create a directory for school staff and families of supports provided by the school, school system, and community
- Continue school and community education efforts to eliminate stigma, promote positive mental health, and increase access to mental health
- Offer more Tier 1& 2 services to meet the needs of more students
- Ensure that mental health staff are trained in evidence-based practices and can provide in-person and virtual counseling services

COMMUNITY INVOLVEMENT

- Collaborate with community partners to increase mental health services
- Develop MOUs with community mental health providers to increase access to supports
- Fund and integrate mental health partners within a Community School strategy
- Work with the community to develop a directory of available mental health supports



FAMILY ENGAGEMENT

- Partner with families to support positive development
- Invite families to be a part a full comprehensive school mental health system from planning to implementation to evaluation
- Continue to offer flexibility to families with virtual meetings and timing
- Provide information and host discussion sessions related to social and emotional well-being of students and families

PHYSICAL EDUCATION AND PHYSICAL ACTIVITY

- Implement physical education lessons that emphasize the mind-body connection, sportsmanship, and social-emotional-learning.
- Increase opportunities for students to use physical activity to reduce levels of stress throughout the day and practice good social behavior with other students.

