

2024

School Mental Health Virtual Learning Series

Mental Health Literacy: What Is It and Why Is It Important?

April 9, 2024

Introductions



Cameron Sheedy, MS

Senior Research Coordinator, The National Center for School Mental Health at the University of Maryland School of Medicine

Share in the chat box:

- Name, Role, Location
- Why is this topic– ***Mental Health Literacy*** – important to you?

Technology Support

- **Slides & recording will be posted in** ~one week on the NCSMH website

www.schoolmentalhealth.org/Webinars

- Type **questions for the presenters into the Q&A box**
- Message ***"Hosts and panelists"*** in the chat box **for technical support**
- Message ***"Everyone"*** in the chat box **to share resources and provide general comments**

* *Note:* CE credits are not available for this series, but **Certificates of Attendance** are

Certificates of Attendance

Process:

1. Complete GPRA Post-Event Evaluation
2. Redirected to a *Certificate Request* form
3. Submit name and email address
4. Expect to receive Certificate within 30-45 days from webinar

Notes:

- You must attend **at least 50%** of webinar *in real time*
- Your Zoom name **must match** name on evaluation
- **If you are calling in**, email csheedy@som.umaryland.edu & confirm your phone number
- To access evaluation, use **any code** you are comfortable with & will easily remember:

Provide the last 3 digits of your personal zipcode; last 4 digits of your phone number; 2 digit birth year; first 3 letters of preferred name.

Personal Code (please use uppercase letters): Ex. 734036172BRI

Last 3 digits of your personal zipcode:

Last 4 digits of your phone number:

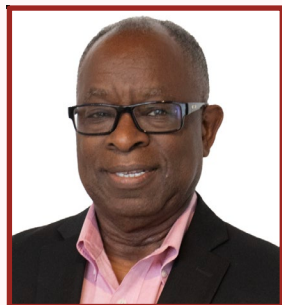
2 digit birth year:

First 3 letters of preferred name

THE DANYA INSTITUTE



UNIVERSITY of MARYLAND
SCHOOL OF MEDICINE



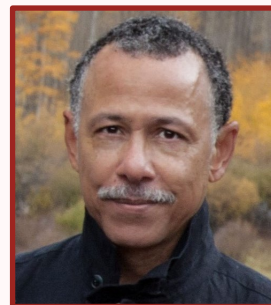
Oscar Morgan
Executive Director
MHTTC Project Director



Michael Thompson
MHTTC Senior TA
Coordinator



Dave Brown
Senior Associate:
School-Based Health &
Behavioral Health Equities



Raymond Crowel
Clinical Director



Dana Cunningham
PGSMHI Director



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Cameron Sheedy
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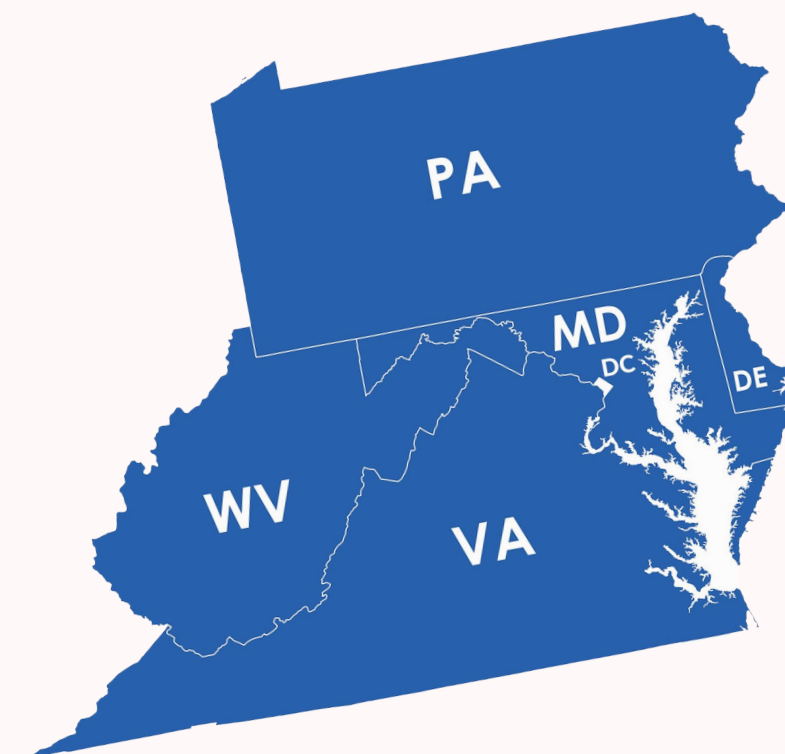
schoolmentalhealth.org/Connect/Listserv--Newsletters/

Central East MHTTC

Actions

- **Accelerates** the adoption and implementation of evidence-based and promising treatment and recovery-oriented practices and services
- **Strengthens** the awareness, knowledge, and skills of the behavioral and mental health and prevention workforce, and other stakeholders, that address the needs of people with behavioral health disorders
- **Fosters** regional and national alliances among culturally diverse practitioners, researchers, policy makers, funders, and the recovery community
- **Ensures** the availability and delivery of publicly available, free of charge, training and technical assistance to the behavioral and mental health field

Area of focus



National Center for School Mental Health

Mission

To strengthen policies and programs in school mental health to improve learning and promote success for America's youth.

Goals

1. Advance high-quality, sustainable comprehensive school mental health systems at school, district, state, regional, and national levels.
2. Conduct research and evaluation on mental health promotion, prevention, and intervention in schools and other aspects related to the planning, delivery, and continuous quality improvement of high quality, sustainable school mental health systems.
3. Train and support diverse stakeholders and a multidisciplinary workforce in understanding, promoting, and advancing child, adolescent, and young adult mental health and wellbeing.

Directors

Nancy Lever, *Ph.D.*, & Sharon Hoover, *Ph.D.*,

Faculty

Tiffany Beason, *Ph.D.*, Jill Bohnenkamp, *Ph.D.*, Elizabeth Connors, *Ph.D.*, Aijah K. B. Goodwin, *Ph.D.*,
Britt Patterson, *Ph.D.*, Sam Reaves, *Ph.D.*, Cindy Schaeffer, *Ph.D.*

www.schoolmentalhealth.org

www.theshapesystem.com



[@CenterforSchoolMentalHealth](https://www.facebook.com/CenterforSchoolMentalHealth)



[@NCSMHTweets](https://twitter.com/NCSMHTweets)

Commitment



**BLACK
LIVES
MATTER**

- Racial and social justice lens
- Cultural responsiveness and equity
- Developing and modeling equitable and anti-racist policies and practices
- Learn, heal, grow together

Upcoming Events

May 14, 2024, 3-4pm ET: *Using Data to Promote Equity*

Details to be announced soon; Register [here](#)

Second Tuesdays through September, 3-4pm ET:

School Mental Health Virtual Learning Series

Stay updated &
Register for upcoming sessions:

www.schoolmentalhealth.org/webinars

2024

School Mental Health Virtual Learning Series

The Central East MHTTC in collaboration with the National Center for School Mental Health is pleased to offer a school mental health webinar series with a focus on advancing high quality, sustainable school mental health from a multi-tiered system of support, trauma-sensitive, culturally responsive, and equitable lens.

Using Data to Promote Equity

3 – 4pm ET • Tuesday, May 14, 2024 • Virtual (Zoom Webinar)

OBJECTIVES	PRESENTERS
Participants will be able to:	TBD
• ...	TBD
• ...	
• ...	

CERTIFICATES OF ATTENDANCE ARE AVAILABLE

Register at: www.schoolmentalhealth.org/webinars or use this QR code

For registration questions, contact: csheedy@som.umaryland.edu

Logos: University of Maryland School of Medicine, NCSMH, MHTTC, The Danya Institute

Today's Objectives

- 1** Define the components of mental health literacy.
- 2** Describe the importance of promoting mental health literacy across diverse youth-serving settings.
- 3** Identify outcomes associated with improved mental health literacy.

Our Presenters



Annie Slease, M.Ed.

*Co-Founder,
The Mental Health Literacy Collaborative*



Sean Perry

*Founder and President,
We R. H.O.P.E. Inc.*



Abbie Rosenberg, PMHNP-BC, RN

*Founder and Executive Director,
Mental Health Collaborative*

Discussion and Q&A facilitated by:



Britt Patterson, PhD

*Core Faculty & Assistant Professor of Psychiatry,
National Center for School Mental Health at the
University of Maryland School of Medicine*



Dana Cunningham, PhD

*Director of the Prince George's School Mental Health
Initiative, National Center for School Mental Health
at the University of Maryland School of Medicine*



Annie Slease
M.Ed.

MY ROLES

- **Co-Founder & Advocacy Director**, The Mental Health Literacy Collaborative
- **Appointed Member**, Delaware Behavioral Health Consortium
- **Board Member**, Delaware School Based Health Alliance
- **Core Team Member**, Delaware Recovery Friendly Workplace Initiative
- **Consultant | Speaker | Trainer**

MY LENS

- (she/her)
- cisgender
- Potawatomi
- Parent of person with SMI/JI
- 25-year educator

PRESENTER DISCLOSURE

The MHLC Team

- Outside of our work with the MHLC, members of the MHLC Leadership Team periodically work privately and receive compensation in the mental health field as:
 - Authors
 - Consultants
 - Presenters & Keynotes

MHLC TEAM & ADVISORS



Dr. Donna Volpitta,
Education Director



Annie Slease, M.Ed.,
Advocacy Director



Jason Schofield,
Products & Operations Director



Stephanie Pasternak



Dr. Zainab Okolo



Pooja Mehta



Hon. Dr. Stan Kutcher



Mackenzie Shane



Julian Nuñez



Andrew Baxter



Abbie Rosenberg



Dr. Mark Weist



Dr. Wendy Carr



Ross Szabo



Dr. Yifeng Wei



Dr. Sharon Hoover



Dr. Jason Frydman



Tramaine El-Amin



Dr. Brooke Eisenbach



Todd Crooks



Brandon Beachamp



Dr. Brittany Patterson



Joey Jegier



Austin Wyman



Erin L. Wick



Chris Waddell



Sean Perry



Angela Kimball



Dureen Khatib



Nicole Kennedy



Nick Jaskiw



THE PROBLEM

Limited understanding about mental health in:



Schools



Workplaces



**Community
Spaces**



What if Smokey Bear only taught
us how to put out fires?

MENTAL HEALTH LITERACY IS A VIABLE SOLUTION



How to foster positive
mental health



Common mental health
disorders and treatments



How to seek help
effectively




Stigma and strategies for
stigma reduction



THE MHLC MISSION

To make evidence-based mental health literacy
a foundational part of PK-12 education and
communities.



SOLVING THE PROBLEM



Policy Support & Advisory



Content ID, Research & Development



MHL Advocacy & Education

EDUCATOR SUPPORT



Educators are already
dealing with this daily.

They deserve support.

MHL ADVOCACY TOOLKIT: FIRST EDITION

Empowering advocates for
MHL by answering three
critical questions.



Closing in on 3,000
Views/Downloads!

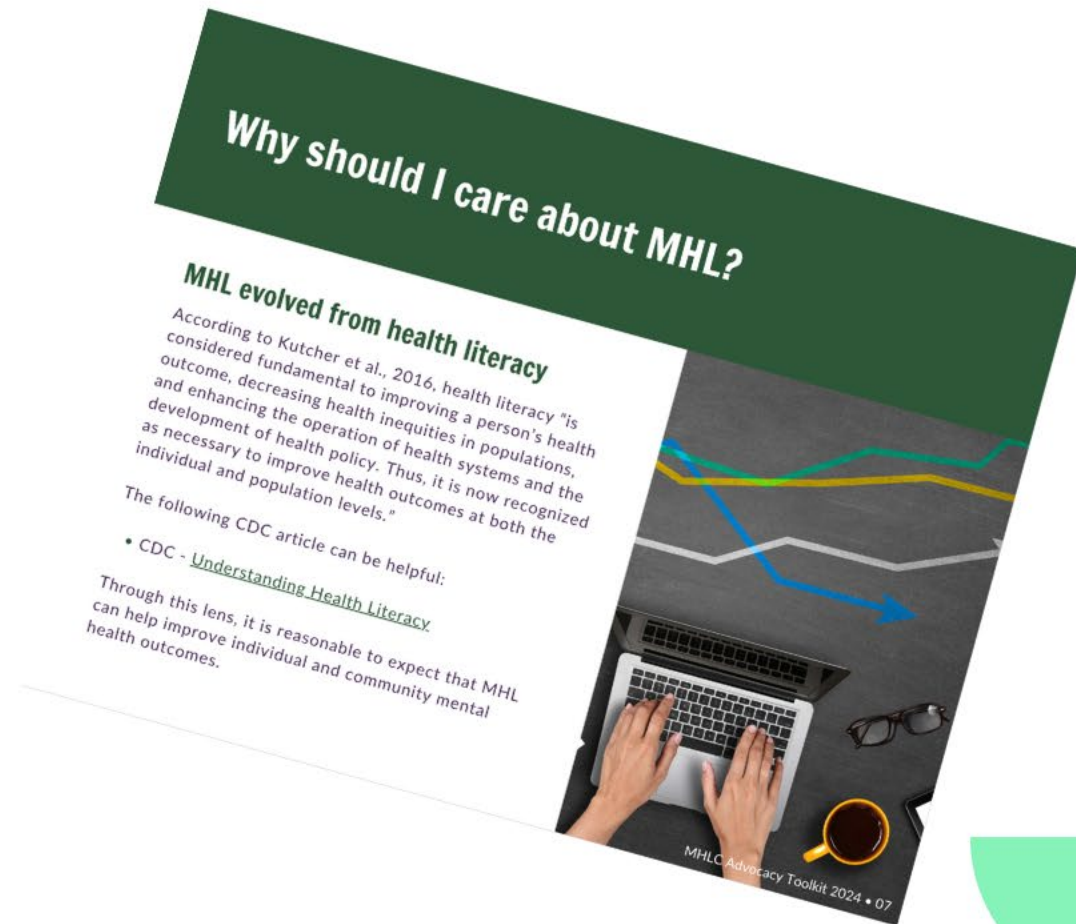
WHAT IS MHL?



**Provides an
informed
perspective**

WHY SHOULD I CARE ABOUT MHL?

**Makes the case
for MHL.**



HOW CAN I BRING MHL EDUCATION TO MY COMMUNITY?

A framework for effective advocacy

How do I bring MHL Education to my community?

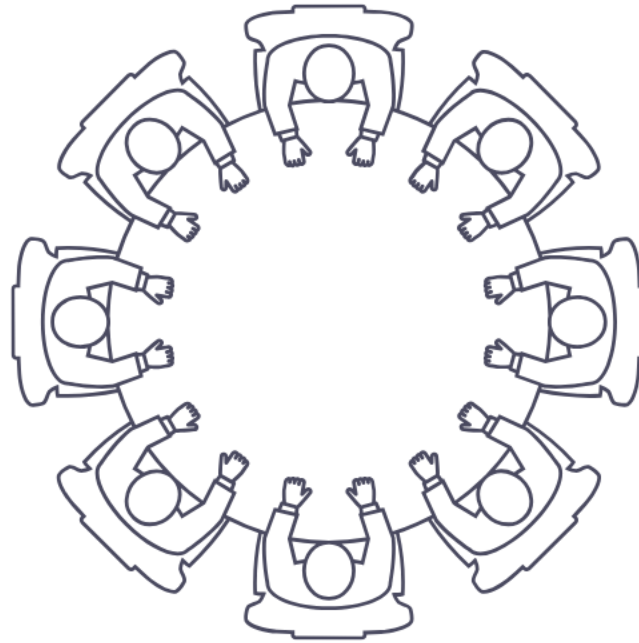
Explaining the problem and solution

Some people will recognize the value of MHL Education immediately, but others will need more information (and data) to help them understand why it should be a focus within their community. Engaging in these conversations can feel daunting, but you're not alone!

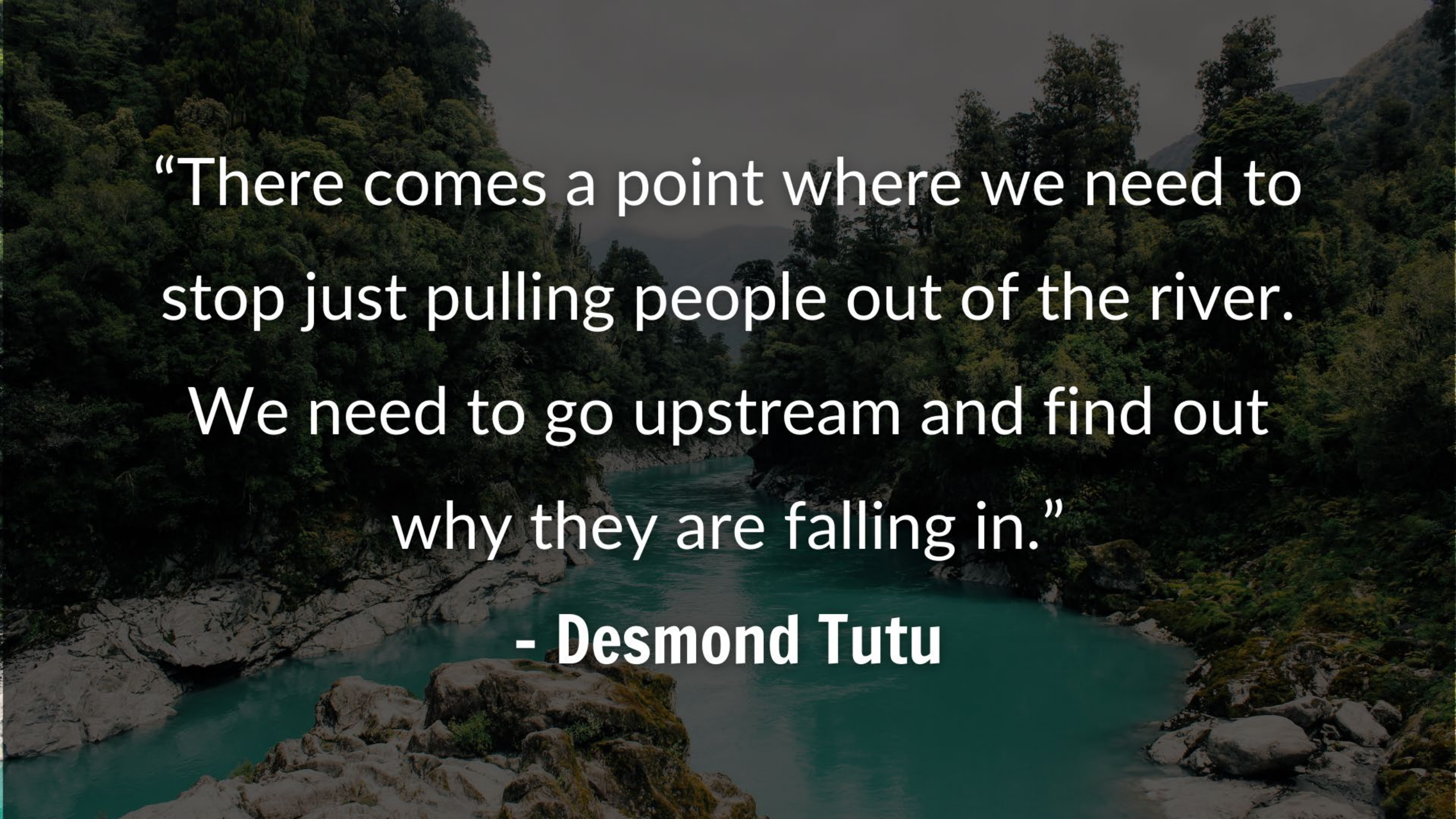
In addition to the research and resources on the following pages, we're putting together an MHL Talking Points document that will be available for download in the coming months.



EDUCATOR COUNCIL



Our councils are designed to elevate voices from within specific communities to amplify impact.



“There comes a point where we need to stop just pulling people out of the river. We need to go upstream and find out why they are falling in.”

- Desmond Tutu



Thank You!

Contact:

ANNIE@THEMHLC.ORG

Website:

WWW.THEMHLC.ORG



Sean Perry

MY ROLES

- **Founder & President**, We R H.O.P.E. Inc.
- **Advisor**, The Mental Health Literacy Collaborative
- **Board Of Directors**, National Empowerment Center
- **Author**

MY LENS

- Father
- African American Male
- Heterosexual
- Faith
- Humanitarian
- Innovator



We R H.O.P.E. Inc.

“Preparing The People Of Today For The Anxieties Of Tomorrow”

We R H.O.P.E. Is Dedicated To Bringing Affordable And Accessible Education, Normalization And A Message Of Hope To Individuals struggling With Anxiety

Overview:

- ❖ Tier two intervention MTSS
- ❖ Private affordable coaching services to individuals of all ages
- ❖ School-based programs operating five days a week
(Sessions are half-hour long, part of a 60-90 day program.)
- ❖ Education and Training – Provided to youth, parents, schools, educators, etc.

Progress and Tracking:

- ❖ BH Works - Utilizing GAD-7 scales for assessment and diagnostics
- ❖ Measurements taken at the start, 30 days, 60 days, end (90 days).

Mental Health Literacy:

- ❖ [Pathways to Empower] Offering brain-based mental health literacy and wellness programs
- ❖ [National Empowerment Center] Providing Emotional CPR (eCPR) for individuals to gain the necessary skills to connect, empower, and revitalize themselves or others to handle emotional crises
- ❖ Trauma-informed interactive services, suicide prevention, and collaborative problem-solving



SEAN PERRY

PRESIDENT | CO FOUNDER



- ❖ Two decades of coaching experience and working with youth
- ❖ Managed two residential treatment centers for mental health
- ❖ Observed firsthand that mental health care was supporting "the haves" rather than the "have nots"

Certified:

- Life Coach
- Cognitive Behavioral Coach
- Nonviolent Crisis Intervention Specialist
- Instructor, certified in Childhood Trauma
- Exposure Response Prevention Specialist
- Signs of Suicide Prevention trainer
- Trained in collaborative problem solving
- International trainer in Emotional CPR

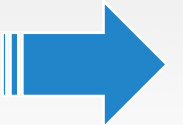
Board Director:

- National Empowerment Center (NEC)
- New England Mental Health Technology Transfer Center Network (MHTTC).

THE IMPACT OF MENTAL HEALTH LITERACY ON YOUTH



Success stories shared by our coaches, family members, or educators are a huge example of just how we can psychically see the growth and reduction of mental health struggles in youth.



THE STORY OF STUDENT CALEB:

Background:

- ❖ History of Violence
- ❖ Previous placement (TWICE) in a behavioral institution
- ❖ Family upheaval:
 - Mother incarcerated
 - Siblings split into multiple foster homes
- ❖ Trouble in school/class with physical confrontations with peers

What Worked?

- Mental Health Literacy/ understanding the what and why
- Identifying triggers and finding effective coping skills to prevent physical confrontation
- Problem solving with scripted scenarios
- Having a support system

The Outcome:

- ✓ Achieving straight A's in school
- ✓ Found a stable and supportive family who are moving forward with adoption
- ✓ Not engaging in physical violence
- ✓ Feeling more "Resilient and supported to choose better behavior"



WE ALSO LOOK AT THE DATA

We recently collaborated with Karen L. Fortuna, PhD, LICSW to study our data and its effectiveness.

Examining:

- Supporting Youth Mental Health Challenges and Wellness in Rural New England

(Recently sent to the American Journal of Health Education for publication)

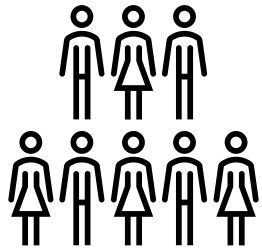
- The feasibility, acceptability, and preliminary effectiveness of School-Aged Mental Health Literacy.



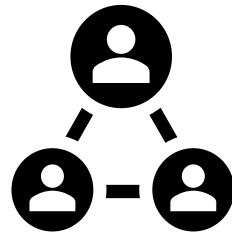
SCAN TO SEE THE STUDY



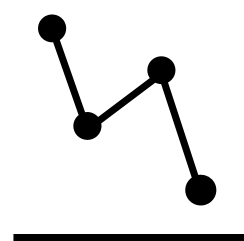
USING A POWERFUL SAMPLE



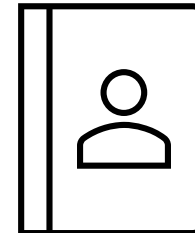
194 youth
participated



30.9% Female (n=60)
26.8% Male (n=52)
1 identified as other
81 did not respond



Ages 5 – 18
Average Age: 10.7



28 – White
16 – Black/ African American
1 – Asian
1 – (Two+ races)
Of the participants who reported race



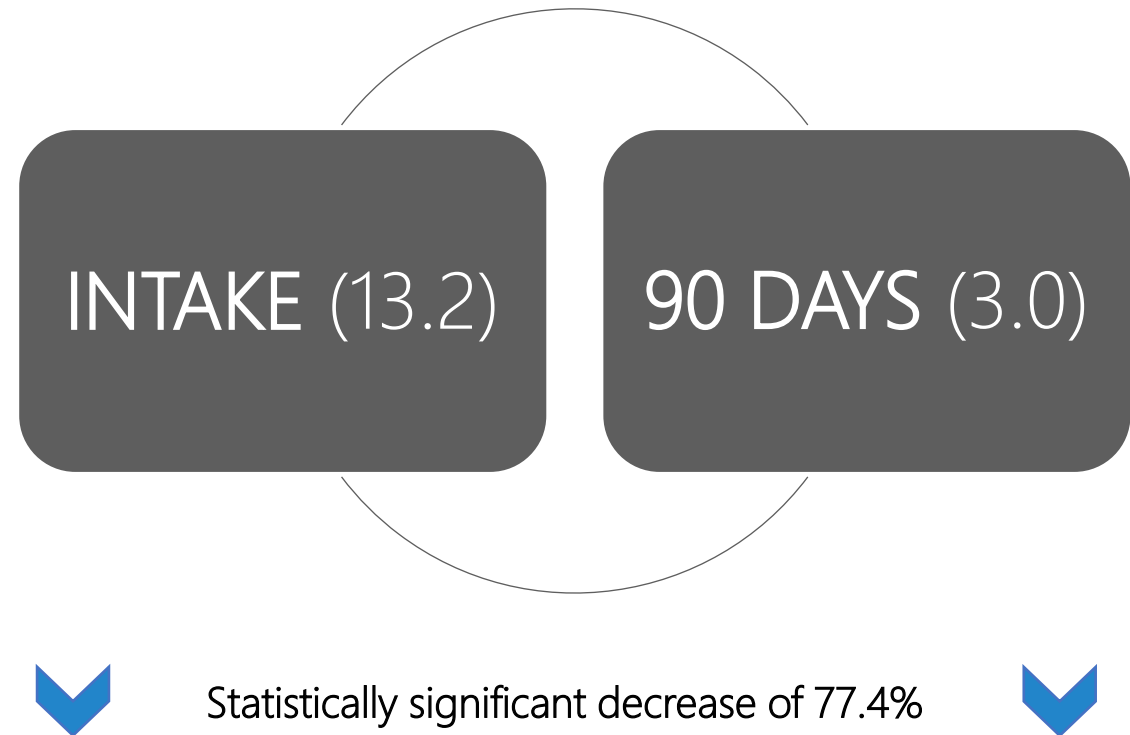
WE SEE THE RESULTS!

What does this show?

A) Just how effective of our approach is in delivering evidence-based interventions beyond traditional clinical environments with a focus on Mental Health Literacy.

B) Our Methods deliver a promising and practical approach to decrease anxiety in children and adolescents

A paired sample t-test was run on 230 participants



SENDING YOU HOME



YOU ARE NOT ALONE!
WE R H.O.P.E. IS AVAILABLE 24/7



www.werhope.org



Info@werhope.org



(802) 440 - 1428



[@werhopeinc](https://www.facebook.com/werhopeinc)



[@werhopeinc](https://www.instagram.com/werhopeinc)



Abbie Rosenberg, PMHNP-BC, RN

MY ROLES

- **Founder & Executive Director**, Mental Health Collaborative
- **Psychiatric Nurse Practitioner**, M.S. UCLA; B.S.N. Boston University
- **Advisory Board**, The Mental Health Literacy Collaborative
- **Founder & Director**, Sharon Timlin Memorial Event to Cure ALS

MY LENS

- Woman (she/her/hers)
- Mother
- Jewish
- Passionate about Family, Friends and Community
- Collaborator
- Passionate about bringing mental health literacy education to all



Mental Health
Collaborative

Meet Jon:





Mental Health
Collaborative

The Missing Piece: Mental Health Literacy





Why Do We Need Mental Health Literacy?

75%

of lifetime cases of mental illness begin by age **25**¹

20%

percent of the population is affected by mental illness²

**8-11
years**

is the average delay between symptom onset and intervention³

1. NAMI. (n.d.) <https://www.nami.org/About-Mental-Illness/Mental-Health-Conditions#:~:text=1%20in%206%20U.S.%20youth,and%2075%25%20by%20age%2024>
2. CDC. (2023). <https://www.cdc.gov/mentalhealth/learn/index.htm#:~:text=Mental%20illnesses%20are%20among%20the,live%20with%20a%20mental%20illness.>
3. NAMI. (n.d.) <https://www.nami.org/mhstats>



Mental Health Literacy: The 4 Components

Decrease stigma

**Understand how to
obtain and maintain
good mental health**



**Understand and identify
mental illnesses and
their treatments**

**Enhance help-seeking
efficacy**



School-Based Mental Health Essentials Programs

Educators
(Professional
Development)

**Student
Curriculum**
(7th - 10th Grade)

**Beyond High
School**
(11th & 12th Grade)

**Athletic
Coaches**

**Parents &
Caregivers**



Our Programs:

- ❖ Cover **all 4 components** of mental health literacy ←
- ❖ Are **preventative, proactive** approach (rather than crisis-based) ←
- ❖ Are **evidence-based, Tier 1** (adapted from MHL.org) ←
- ❖ Are **customized** to the **needs** of the district we are partnering with ←
- ❖ Are **delivered by** experienced **clinicians & educators** ←
- ❖ Can be **virtual or in-person** ←



Mental Health Essentials for Educators

4-to-6-hour training provided to all school personnel with whom students naturally engage.

Educators and school personnel will learn:

- how to identify when students need referrals for mental health
- who to refer to within the school
- how to manage mental health in the classroom
- how to talk about mental health
- how to take care of their own mental health





Mental Health Literate **Educators:**

- Creates a shared language about mental health throughout the school
- Helps identify resources for your students
(Educators are not expected to diagnose)
- Research shows program improves educators mental health and well-being
- Provides the necessary foundation for teaching students the mental health literacy curriculum in classrooms



Mental Health Essentials Student Curriculum

(Focused on 1 grade in 7th – 10th)

- Train the Trainer: MHC trainers spend 4 hours with designated staff, providing all materials needed to deliver the 6 module curriculum in perpetuity. One-time cost
- Taught to students in 6 – 12 hours of classroom time
- Includes 1 year of data collection and analysis
- Lifetime access to our curriculum materials as we make updates and our Community of Practice
- Student-facing materials available in Spanish & Portuguese
- Curriculum aligns with National Health Education Standards, CASEL Competencies & Signature Practices Playbook





Mental Health
Collaborative

Mental Health Essentials for Coaches

Training for Coaches & Health & Wellness teachers.

Learn strategies to include **mental health as part of the team's culture**, how to **identify when athletes need referrals** for mental health, how to **manage mental health on the field/court**, and how to **take care of their own** mental health.

Available as

- Delivered directly to coaches by MHC (75 minutes)
- A train-the-trainer model





Mental Health
Collaborative

Mental Health Essentials for Parents & Caregivers

90-minute program for parents & caregivers.

Parents & caregivers will learn:

- strategies to include mental health as part of their parenting
- how to identify when loved ones need support for mental health
- how and where to get professional support
- how to use strategies for self-care for themselves and their loved ones





Mental Health
Collaborative

School-Based Mental Health Essentials Programs

Educators

**Student
Curriculum**
7th - 10th grade

**Beyond High
School**
11th and 12th grade

**Athletic
Coaches**

**Parents &
Caregivers**

www.mentalhealthcollaborative.org

Discussion

What additional outcomes are associated with mental health literacy?

Where does social-emotional learning (SEL) fit within mental health literacy?

Audience: please share your thoughts in the chat box!

What are the barriers for schools to implement mental health literacy programs? What solutions have you found to overcome these barriers?

Audience share in the chat box:

Have you found any strategies for overcoming barriers to teaching mental health literacy in your schools or organizations?

Audience Q & A

Resources

- **The Mental Health Literacy Collaborative's MHL Advocacy Toolkit**
- **Assessing the Feasibility, Acceptability, and Preliminary Effectiveness of a School-Aged Program that Supports Physical Activity and Wellness [We R H.O.P.E. study]**
- **Mental Health Collaborative's Mental Health Essentials Programs**
- **Mental Health Instruction** provides easy access to mental health curricula and programs for delivery to students.
- **Mental Health Literacy** delivers high quality mental health literacy information, research, education, and resources in a variety of media including videos, animation, brochures, e-books, and training programs.
- **Classroom WISE** is a free 3-part training package for K-12 educators on mental health literacy which includes a self-paced online course, a video library, and a comprehensive resource collection.
- **MDBehavioralHealth.com** hosts a variety of free online trainings, including:
 - ***Mental Health Training Intervention for Health Providers in Schools;*** and
 - ***Mental Health to Support Student Learning: Training Modules for Educators and School-based Staff (MHE)***
- **MHL Curriculum** is a Canadian mental health literacy curriculum designed for use in schools.
- **School Mental Health Virtual Learning Series**

