

# An Introduction to Classroom WISE and Mental Health Literacy

Stefanie Winfield, MSW  
Mountain Plains MHTTC, WICHE  
September 22<sup>nd</sup>, 2021



Mountain Plains (HHS Region 8)

MHTTC

Mental Health Technology Transfer Center Network  
Funded by Substance Abuse and Mental Health Services Administration

# Disclaimer and Funding Statement

This presentation was prepared for the Mountain Plains Mental Health Technology Transfer Center (Mountain Plains MHTTC) under a cooperative agreement from the Substance Abuse and Mental Health Services Administration (SAMHSA). All material appearing in this presentation, except that taken directly from copyrighted sources, is in the public domain and may be reproduced or copied without permission from SAMHSA or the authors. Citation of the source is appreciated. Do not reproduce or distribute this presentation for a fee without specific, written authorization from the Mountain Plains MHTTC. For more information on obtaining copies of this presentation please email [swinfield@wiche.edu](mailto:swinfield@wiche.edu).

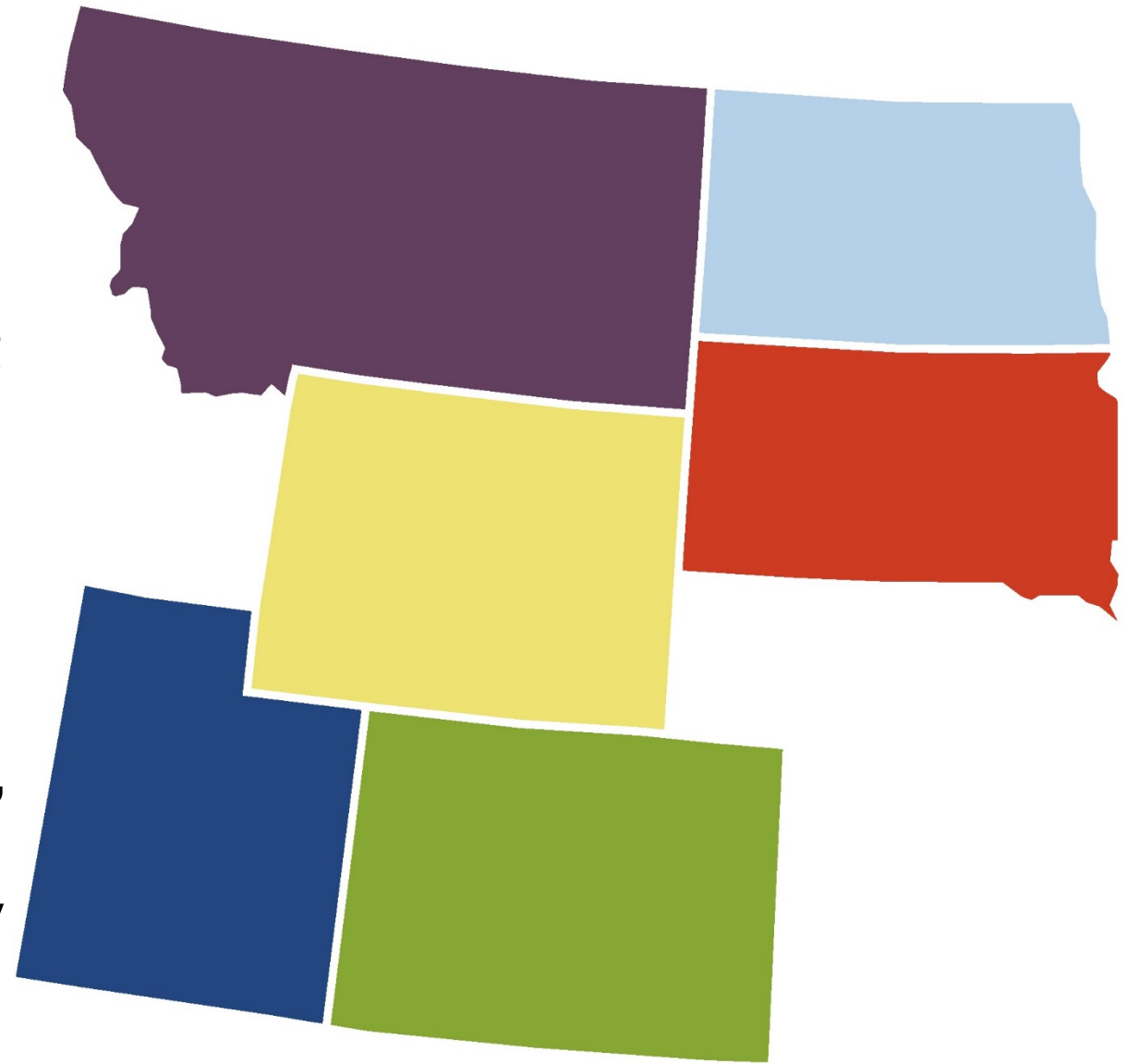
At the time of this presentation, Miriam E. Delphin-Rittmon, Ph.D. served as acting SAMHSA Assistant Secretary. The opinions expressed herein are the views of Stefanie Winfield, MSW and do not reflect the official position of the Department of Health and Human Services (DHHS), or SAMHSA. No official support or endorsement of DHHS, SAMHSA, for the opinions described in this presentation is intended or should be inferred.

The work of the Mountain Plains MHTTC is supported by grant H79SM081792 from the Department of Health and Human Services, Substance Abuse and Mental Health Services Administration.

# The Mountain Plains Mental Health Technology Transfer Center

The Mountain Plains Mental Health Technology Transfer Center (Mountain Plains MHTTC) provides training and technical assistance to individuals who serve persons with mental health concerns throughout Region 8 (Colorado, Montana, North Dakota, South Dakota, Utah and Wyoming).

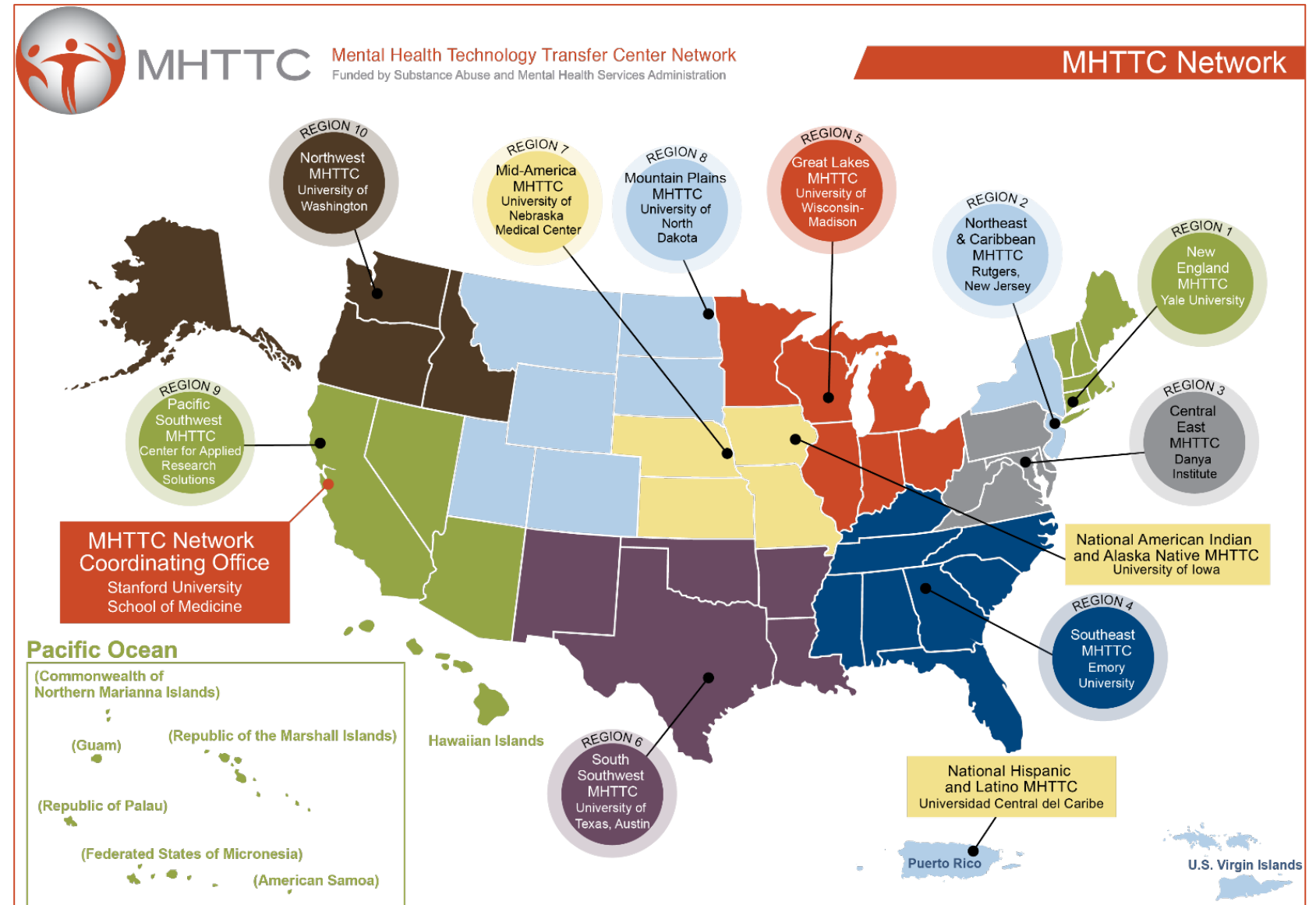
We belong to the Technology Transfer Center (TTC) Network, a national network of training and technical assistance centers serving the needs of mental health, substance use and prevention providers. The work of the TTC Network is under a cooperative agreement by the Substance Abuse and Mental Health Service Administration (SAMHSA).



# Mental Health Technology Transfer Center (MHTTC) Network

The purpose of the MHTTC Network is technology transfer - disseminating and implementing evidence-based practices for mental health prevention, treatment, and recovery.

Visit the MHTTC website at <https://mhttcnetwork.org/>



The MHTTC Network uses affirming, respectful and recovery-oriented language in all activities. That language is:

STRENGTHS-BASED  
AND HOPEFUL

INCLUSIVE AND  
ACCEPTING OF  
DIVERSE CULTURES,  
GENDERS,  
PERSPECTIVES,  
AND EXPERIENCES

HEALING-CENTERED AND  
TRAUMA-RESPONSIVE

INVITING TO INDIVIDUALS  
PARTICIPATING IN THEIR  
OWN JOURNEYS

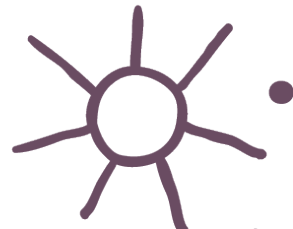
PERSON-FIRST AND  
FREE OF LABELS

NON-JUDGMENTAL AND  
AVOIDING ASSUMPTIONS

RESPECTFUL, CLEAR  
AND UNDERSTANDABLE

CONSISTENT WITH  
OUR ACTIONS,  
POLICIES, AND PRODUCTS

# Classroom WISE: Well-Being Information and Strategies for Educators



Developed by the MHTTC Network in partnership  
with the National Center for School Mental Health



MHTTC

Mental Health Technology Transfer Center Network  
Funded by Substance Abuse and Mental Health Services Administration

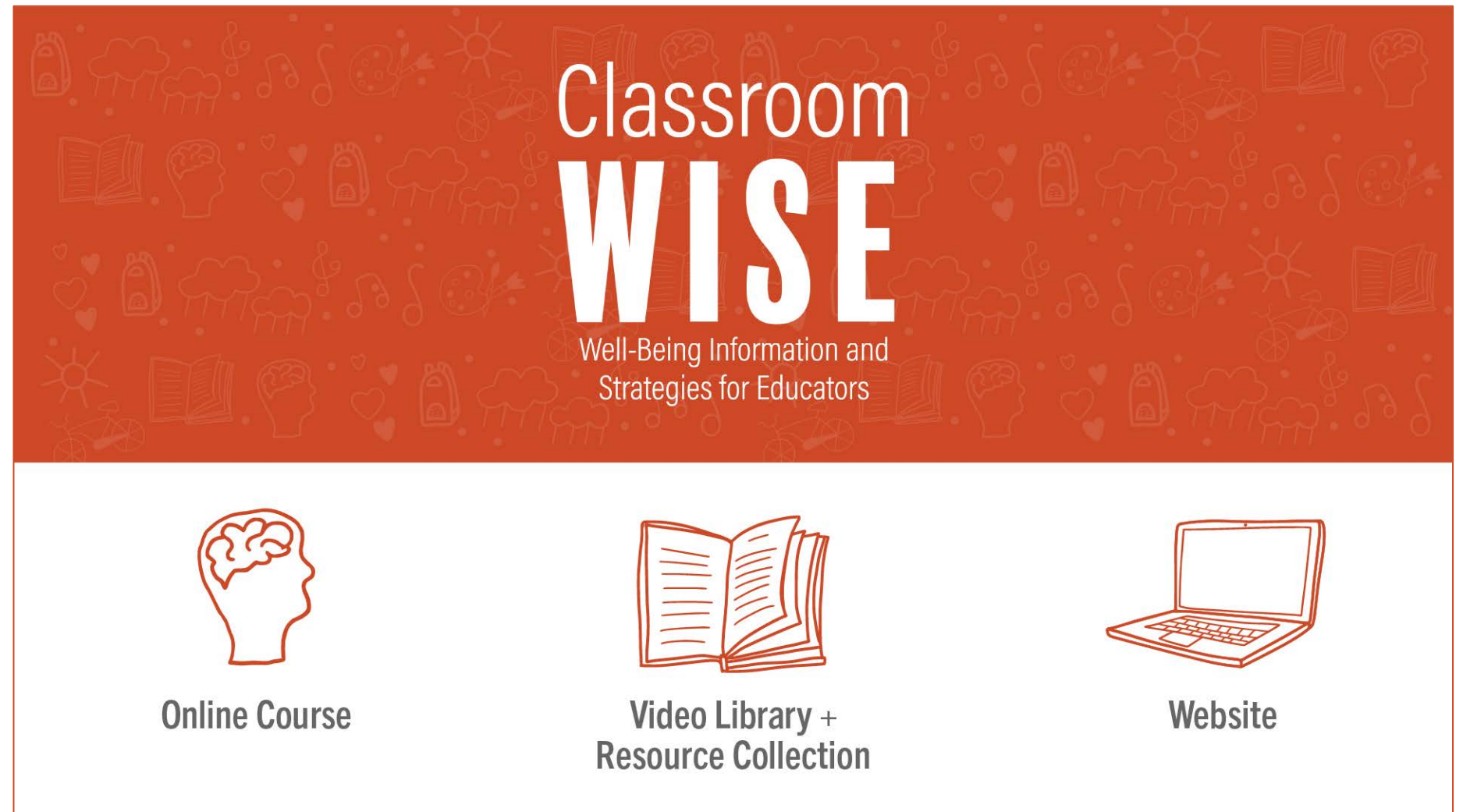


# Learning Objectives

- Increase understanding of Classroom WISE development, structure and content
- Learn strategies to promote student well-being and support students experiencing adversity, distress, and mental health challenges in the classroom.
- Identify talking points and implementation ideas to support Classroom WISE utilization in schools or districts

# Classroom WISE: Well-being Information and Strategies for Educators

- FREE 3-part training package for K-12 educators and school personnel on mental health literacy
- Development process included input from educators, students, and school mental health leaders



The image shows a promotional graphic for Classroom WISE. The top half has a red background with the text "Classroom WISE" in white, with "WISE" in a larger font. Below it, in smaller white text, is "Well-Being Information and Strategies for Educators". The background is filled with faint, repeating icons of a brain, a book, a heart, a sun, and a person. The bottom half has a white background and features three icons: a brain in a head, an open book, and a laptop. Below each icon is a label: "Online Course", "Video Library + Resource Collection", and "Website".

Classroom  
**WISE**  
Well-Being Information and  
Strategies for Educators

Online Course

Video Library +  
Resource Collection

Website

Available at [www.classroomwise.org](http://www.classroomwise.org)





<http://bit.ly/cwise-sneak-peek>



# Classroom **WISE**

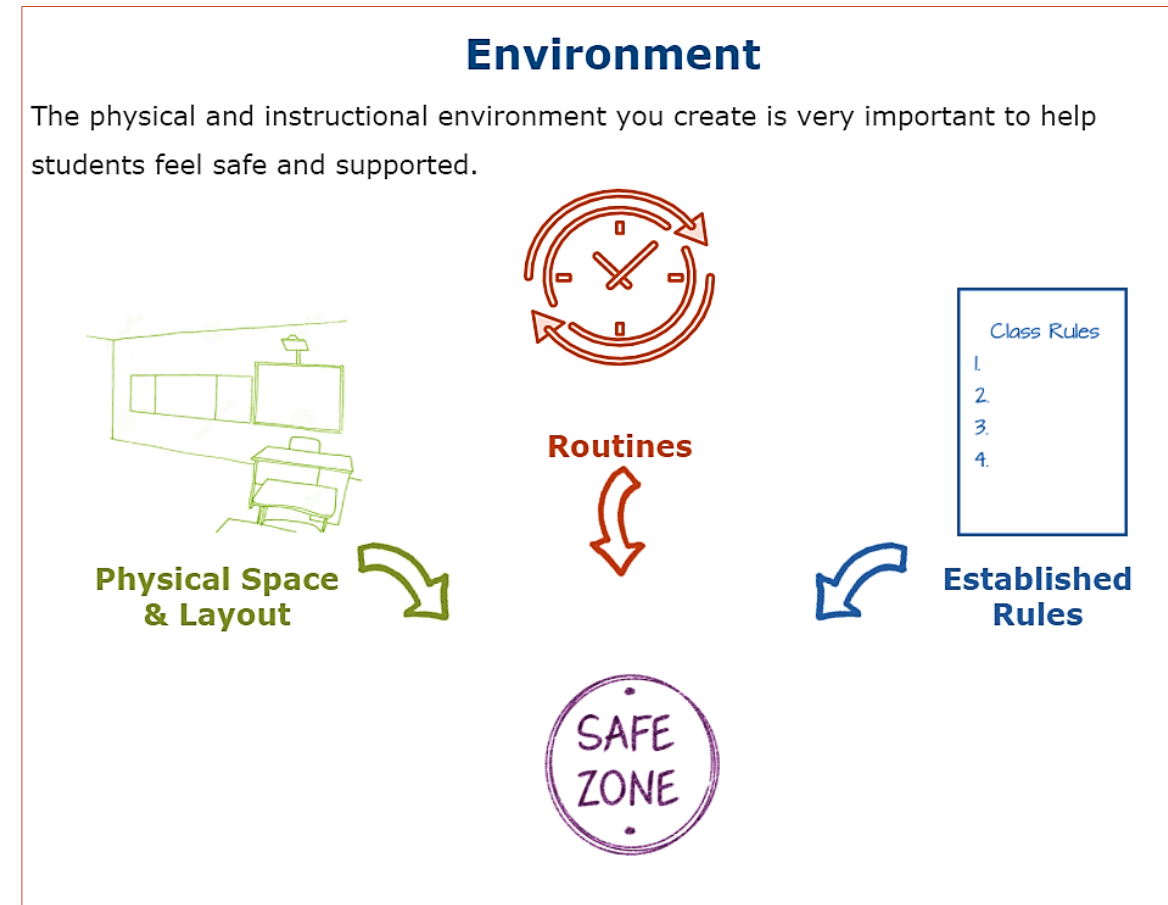
Well-Being Information and  
Strategies for Educators

## Evidence-Based Content

- Classroom WISE offers evidence-based strategies to promote student mental health and support students with mental health challenges.
- Skills are based on the scientific literature on school climate, mental health literacy, social emotional learning, and school-based interventions for mental health problems.



- Creating safe and supportive classrooms
- Bringing mental health into the classroom and addressing stigma
- Fostering social emotional competencies



Step 1



**Classroom WISE**  
Well-Being Information and Strategies for Educators

About Classroom WISE About the Developers  
Video Library Resource Collection Contact Us

[Launch Course](#)

### Introducing Classroom WISE

Well-Being Information and Strategies for Educators

Classroom WISE is a FREE 3-part training package that assists K-12 educators in supporting the mental health of students in the classroom. Developed by the Mental Health Technology Transfer Center (MHTTC) Network in partnership with the National Center for School Mental Health, this package offers evidence-based strategies and skills to engage and support students with mental health concerns in the classroom.

<https://www.classroomwise.org/>

HealthKnowledge

Dashboard Site home Calendar My courses

## School Mental Health

Dashboard Courses Mental Health Services School Mental Health

Course categories: Mental Health Services / School Mental Health

Search courses  Go

**School Mental Health**  
Cultivating Compassionate School Communities that Respond to Trauma Effectively

This course is currently in pilot/testing phase and is not open to students at this time.

**School Mental Health**  
Classroom WISE: Well-Being Information and Strategies for Educators

[View Description and Enroll](#)

**School Mental Health**  
Building Capacity of School Personnel to Promote Positive Mental Health in Children and Youth (Self-Paced)

[View Description and Enroll](#)

Step 2

HealthKnowledge

School Mental Health

### Classroom WISE: Well-Being Information and Strategies for Educators

Educators and school personnel play a vital role in promoting mental health and well-being and identifying and responding to emerging mental illness in children and adolescents. Classroom WISE (Well-Being Information and Strategies for Educators) is a 5-hour, self-paced, educator mental health literacy course, developed by the MHTC Network, in partnership with the National Center for School Mental Health. It presents concrete, universal approaches to promoting student mental health and creating safe and supportive classroom environments, describes student behaviors that may indicate a mental health concern, and provides specific skills and strategies to engage and support students with mental health concerns. This course includes a high-impact video series and resource collection also available on our website, [www.classroomwise.org](http://www.classroomwise.org).

Certificate of Completion Available

[REGISTER NOW AND BEGIN COURSE](#)

Close

Search courses

School Mental Health

#### Cultivating Compassionate School Communities that Respond to Trauma Effectively

This course is currently in pilot/testing phase and is not open to students at this time.

[View Description and Enroll](#)

School Mental Health

#### Classroom WISE: Well-Being Information and Strategies for Educators

[View Description and Enroll](#)

School Mental Health

#### Building Capacity of School Personnel to Promote Positive Mental Health in Children and Youth (Self-Paced)

[View Description and Enroll](#)

Step 3

Step 4

HealthKnowledge

Already have an account?

Remember username

[Log in](#)

Forgotten your username or password?

**HealthKnowledge**

Cookies must be enabled in your browser ?

### Is this your first time here?

In order to register for courses on this site, you must first **create an account**

Follow the instructions on the account creation page. If you run into any problems, please **contact us**.

healthknowledge.org/course/view.php?id=621

Health Knowledge

- Grades
- Dashboard
- Site home
- Calendar
- Course sections
- My courses

# Classroom WISE: Well-Being Information and Strategies for Educators

Dashboard My courses Classroom WISE: Well-Being Information and Strategies for Educators

## Introduction (Required) Your progress?



**Classroom WISE**  
Well-Being Information and

Technical Support

Having trouble? Question






Visit our 24/7 Online Course Support Center for help with technical problems, answer common questions, and more. Live help is available by chat from 9AM to 9PM Central Time, Monday-Friday or you can send an email for quick help at any time.

Accessibility settings

# Course Navigation

## Navigation, Transcripts, and Course Completion

### Course Navigation

- The course has narration, so make sure speakers are on.
- Select  to control volume.
- Select  to access closed captions.
- Select  for free resources and guidelines on the topic available at [www.classroomwise.org](http://www.classroomwise.org). It will open in a new window.

### Accessible Transcripts

An accessible PDF transcript is available on each module's home page.

### Quizzes

Once you have completed the learning module, return to the home page and take the quiz. A **passing score (80%) is needed** to advance to the next module.

### Certificate of Completion

A **Certificate of Completion for 5 contact hours** (not CEUs) will become available once the course is completed.



Classroom  
**WISE**  
Well-Being Information and  
Strategies for Educators

## Modules 3-6: Understanding and Supporting Students Experiencing Adversity and Distress

- Impact of trauma/adversity on learning and behavior
- Understanding and identifying student distress and linking students to support
- Classroom strategies to support students with mental health concerns

### Stress & Trauma

#### 8. Be aware of stress or trauma reminders

It's hard for a student to feel safe when regularly reminded of past events or traumas.

Being center of attention

Sudden or loud noises

Fighting or yelling

Confinement

Physical touch

Unexpected changes





# Classroom WISE Modules

**Module 1:** Creating Safe and Supportive Classrooms

**Module 2:** Teaching Mental Health Literacy and Reducing Stigma

**Module 3:** Fostering Social Emotional Competencies and Well-Being

**Module 4:** Understanding and Supporting Students Experiencing Adversity

**Module 5:** Impact of Trauma and Adversity on Learning and Behavior


**Module 6:** Classroom Strategies to Support Students


# Module 1: Creating Safe and Supportive Classrooms

- Describes the components necessary for creating safe and supportive classrooms
- Guidance on helping students feel engaged in the classroom community
- Guidance on helping students feel physically and emotionally safe in the classroom
- Guidance on designing a safe and supportive physical classroom environment

**Welcoming Students**

How can teachers make their students feel included and welcomed?



Watch on  YouTube

Copy link

The image shows a group of seven diverse students standing in a school hallway with blue lockers in the background. They are all smiling and looking towards the camera. A red play button icon is overlaid on the center of the image. The video player interface includes a 'Watch on YouTube' button at the bottom left and a 'Copy link' icon at the bottom right.

# Module 2: Teaching Mental Health Literacy and Reducing Stigma

- How to educate students about mental health
- How to integrate mental health literacy into instruction
- How to address mental health stigma in the classroom

**Mental Health in the Classroom**  
How can teachers bring mental health into the classroom?



Bringing Mental Health to Classroom

Watch on [YouTube](#)

Copy link

**Stigmatizing Language**  
How can teachers help students replace stigmatizing language?



Addressing Stigmatizing Language

Watch later Share

Watch on [YouTube](#)

# Module 3: Fostering Social Emotional Competencies and Well-Being

- Introduction to social emotional learning (SEL)
- How to integrate SEL competencies into instruction
- Strategies for teaching students SEL skills

**Self-Awareness: Core Lesson Example**

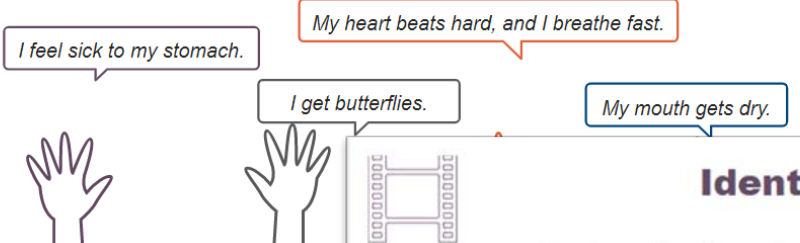
Today we are going to focus on how our feelings feel on the inside. Think about ways that we feel our feelings on the *inside* – in our bodies. If I'm scared, my heart starts to beat fast. What are other things that happen on the inside when we are scared?

*I feel sick to my stomach.*

*My heart beats hard, and I breathe fast.*


*I get butterflies.*

*My mouth gets dry.*

A diagram illustrating self-awareness. It features two hands with speech bubbles above them. The first hand has a bubble that says "I feel sick to my stomach." The second hand has a bubble that says "I get butterflies." To the right, there are two more speech bubbles: "My heart beats hard, and I breathe fast." and "My mouth gets dry." The entire diagram is enclosed in an orange border.

**Identifying Feelings**

How can teachers identify and coach through difficult feelings in the classroom?

A video player interface showing a woman with long brown hair, wearing a grey t-shirt, speaking. The video title is "Identifying Feelings". The player includes a play button, a "Watch later" button, and a "Share" button. The video is set against a background of wooden paneling.

Watch on YouTube

# Module 4: Understanding and Supporting Students Experiencing Adversity

- Overview of typical child and adolescent development
- Strategies for promoting healthy child and adolescent development
- How to recognize signs of student distress
- How to link students with potential mental health concerns, and their families, to support



**Behavior Regulation**

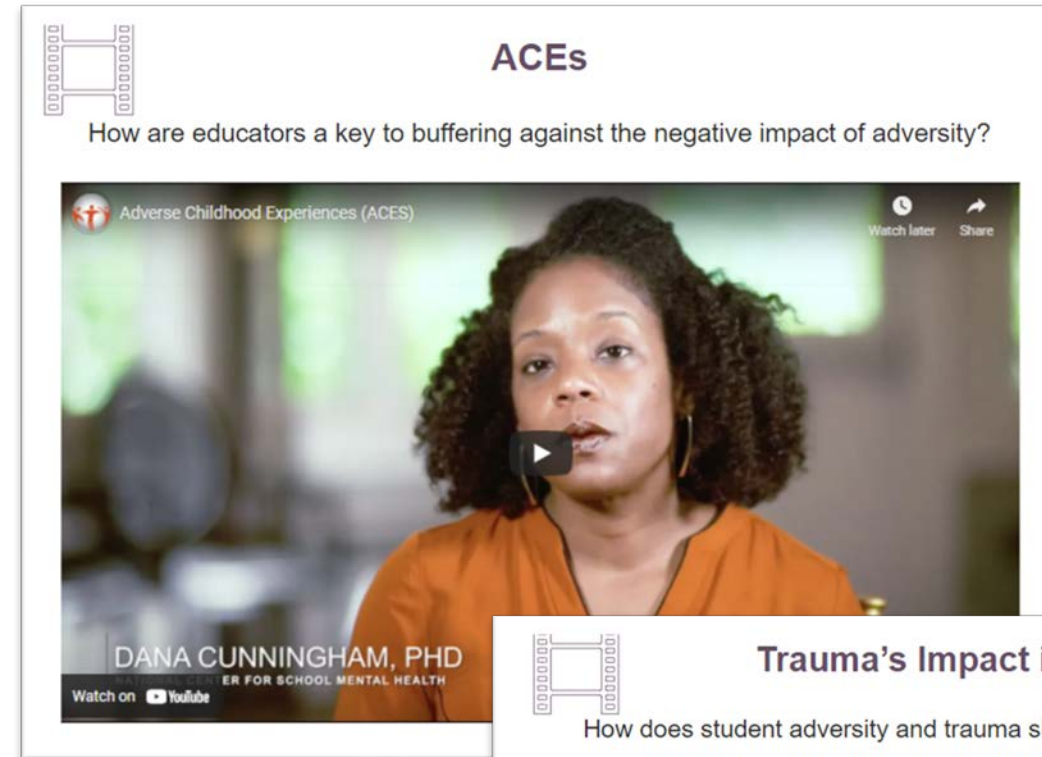
What do teachers notice when students demonstrate problems with behavior regulation?

Problems with Behavior Regulation

Watch on YouTube

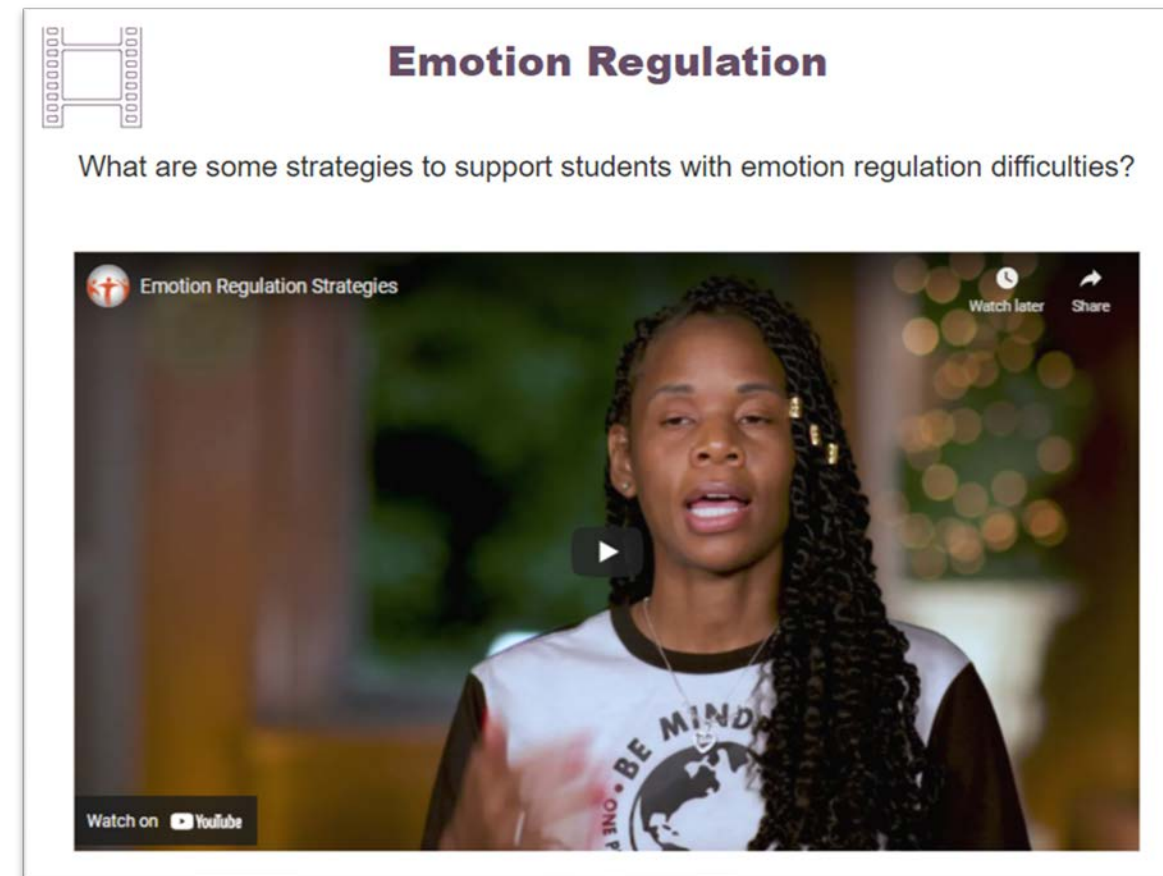
# Module 5: Impact of Trauma and Adversity On Learning and Behavior

- Overview of childhood trauma and adverse childhood experiences (ACES)
- Describes the impact of trauma and ACES on learning and overall functioning
- Strategies for integrating trauma-sensitive teaching practices in the classroom



# Module 6: Classroom Strategies to Support Students

- Identifies factors that contribute to student behaviors
- Practice co-regulation and self-regulation skills
- Classroom strategies to support students experiencing distress



# Cultural Inclusiveness and Equity WISE



- A companion course to Classroom WISE, Cultural Inclusiveness and Equity WISE (Well-Being Information and Strategies for Educators), is coming soon!
- Educators will learn how inequities in education impact student mental health and how implicit bias influences our perceptions and responses. Building on this foundation, educators will learn culturally inclusive classroom strategies to support student mental health.
- Visit [www.classroomwise.org/companion-course](http://www.classroomwise.org/companion-course) to learn more.



# Classroom WISE Video Library



## **How Teachers Can Show Interest**

Teachers can help keep students engaged by showing interest. In this video, students of various ages describe ways that teachers have shown interest in them and their lives.

*1min 10sec*



## **Promoting Self-Regulation**

Self-regulation incorporates stress management, impulse control, and goal setting to positively impact motivation and moderate one's emotions, thoughts, and behaviors. In this video, teachers discuss strategies for promoting self-regulation in the classroom.

*2min 30sec*

# Classroom WISE Resource Collection

Below is a compilation of resources that are referenced in the Classroom WISE online course. All resources were developed by the MHTTC Network and the National Center for School Mental Health for Classroom WISE, unless otherwise noted. A complete list of Classroom WISE resources is available [here](#).



Module 1: Creating Safe and Supportive Classrooms



Module 2: Teaching Mental Health Literacy and Reducing Stigma



Module 3: Fostering Social Emotional Competencies and Well-Being



Module 4: Understanding and Supporting Students Experiencing Adversity and Distress



Module 5: The Impact of Trauma and Adversity on Learning and Behavior



Module 6: Classroom Strategies to Support Students Experiencing Distress

# Discussion

How do you see  
**Classroom WISE** fitting in  
with other existing or  
competing priorities?



# Classroom WISE Value Added

- Cost: FREE
- Pace: Self-paced
- Duration: 6 hours
- Timing: Available 24/7
- Engagement: Accessible yet interactive



# Making the Case for Mental Health Awareness

---

Talking points

---

Data

---

Needs assessment

---

Resource mapping

---

Stigma



# Needs Assessment Tools

---

SHAPE System

---

School Mental Health  
Toolkit

---

National Implementation  
Guidance Modules

# Implementation Planning Considerations

- Initial: Viewing Modules
  - Suggested or required?
  - All or selected modules?
- Ongoing: Supported Application
  - Team-based discussion opportunities (e.g., following module viewing)
  - Consultation or coaching supports (e.g., school mental health team)
  - Natural mechanisms for peer support/shared learning (e.g., PLCs)
- Multilevel Implementation Roles/Responsibilities
  - District administrators
  - School administrators
  - SMH professionals
  - Educators

# Questions

## Contact Information

Stefanie Winfield

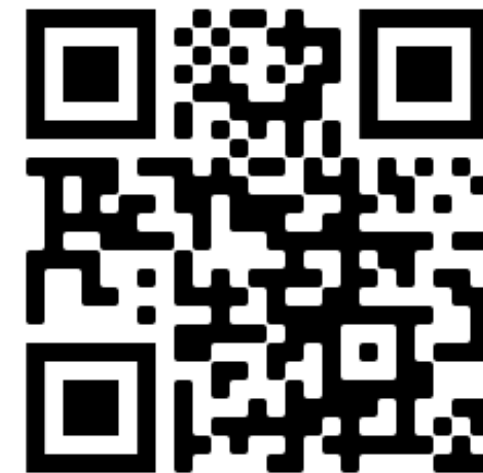
[swinfield@wiche.edu](mailto:swinfield@wiche.edu)



Classroom

**WISE**

Well-Being Information and  
Strategies for Educators





# Stay Connected



[mhttcnetwork.org/centers/mountain-plains-mhttc/home](http://mhttcnetwork.org/centers/mountain-plains-mhttc/home)



[@Mountain-Plains-MHTTC](https://www.facebook.com/@Mountain-Plains-MHTTC)



[@MPMHTTC](https://www.twitter.com/@MPMHTTC)



[mhttcnetwork.org/centers/mountain-plains-mhttc/subscribe-our-mailing-list](http://mhttcnetwork.org/centers/mountain-plains-mhttc/subscribe-our-mailing-list)