

Graduation
Equity
Webinar
Series

Teacher Strategies for Supporting Mental Health in the Classroom



Washington Office of Superintendent of
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Vision

Mission

Values

Equity Statement

All students prepared for post-secondary pathways, careers, and civic engagement.

Transform K–12 education to a system that is centered on closing opportunity gaps and is characterized by high expectations for all students and educators. We achieve this by developing equity-based policies and supports that empower educators, families, and communities.

- Ensuring Equity
- Collaboration and Service
- Achieving Excellence through Continuous Improvement
- Focus on the Whole Child

Each student, family, and community possesses strengths and cultural knowledge that benefits their peers, educators, and schools.



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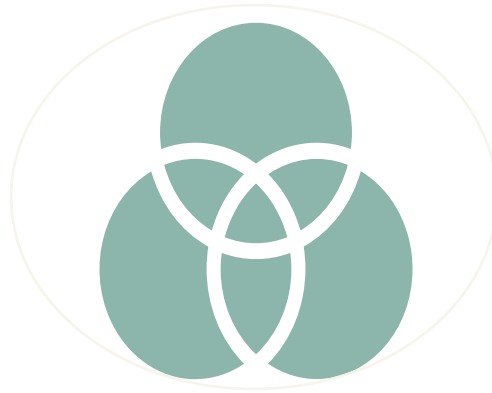
I am on Squaxin, Cowlitz, Nisqually, and Cayuse Land



Equity Pause – Why Are We Doing This?



Who will my decision affect?



What is my locus of control?



Which actions will have the largest impact?



What's a step I can take right away?



Objectives

- Learn the **four components** of mental health literacy
- Get **tiered supports** and **shared language alignment** examples that can decrease stigma and increase help seeking behaviors
- Get **strategies** for **increasing mental health supports to strengthen school climate**
- Learn from **practitioners** who have implemented these strategies in classrooms
- Get resources to help you get started



Presenters



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We want to know about you!



Who's here?



What grade band do you work with the most?



How familiar are you with our topic?



OSPI Supports

1-Minute Mental Health Check-in

It's an easy activity that any of us can do.

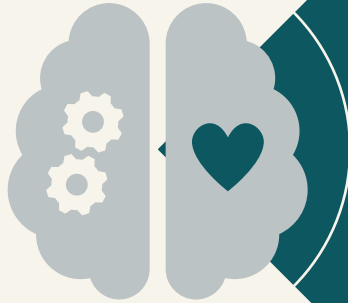
Ask yourself, what emotion do you closely relate with at this moment?

If it's a difficult emotion, what is your remedy?

- It could be using coping strategies or other actions to help relieve the emotion if that is needed.



What is Mental Health Literacy (MHL)?



Involves students':

Understanding of age-appropriate mental health concepts

Recognition of mental health challenges and stigma

Awareness of available resources

Development of healthy mental health promotion strategies and skills



It aims to create a supportive school environment, where mental health and well-being is prioritized.



Benefits of Teaching Mental Health Literacy

Fosters positive mental health in students

Promotes positive mental health for educators

Reduces risky behaviors and promotes safety

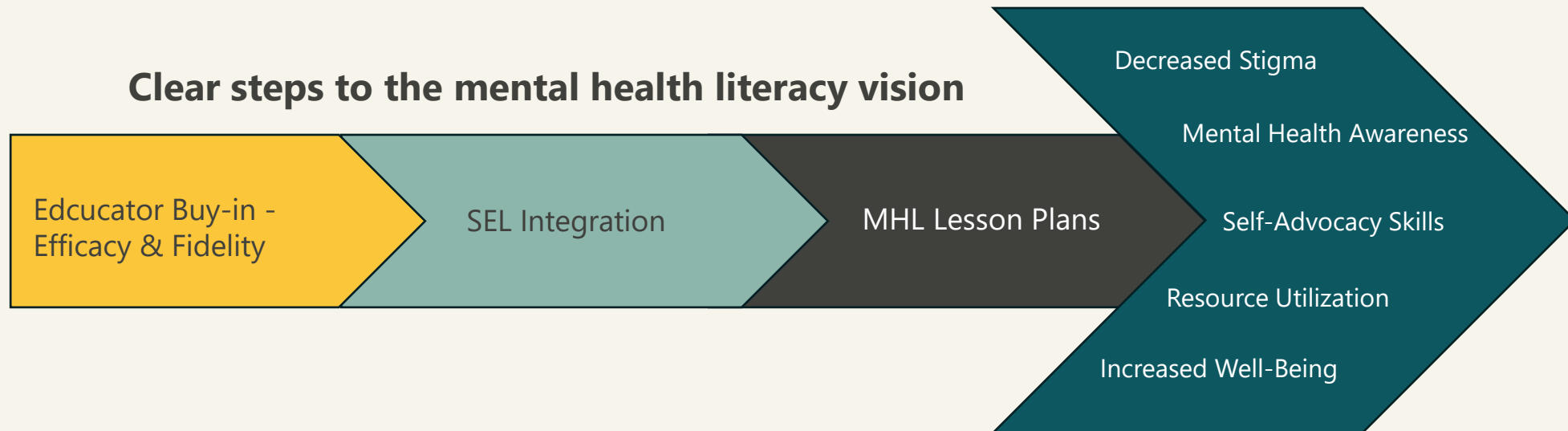
These are perfect examples of visualizing the importance to integrate mental health literacy into the classroom



Learning Objectives & Vision

Mental health literacy covers four primary learning components:

- Mental Health Competency
- Mental Health Promotion
- Mental Health Awareness and Advocacy
- Mental Health Stigma



Key Points to Consider

When adopting mental health literacy lesson plans, these core elements helped establish a comprehensive practice for mental health awareness and promotion:

- Strength-based learning
- Trauma-informed
- Equity focused
- Incorporated principles of social emotional learning



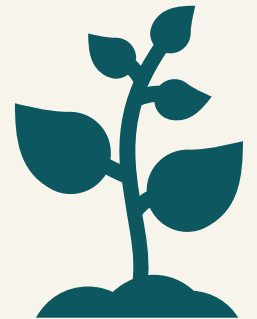
A Whole Child & Student Approach

Key Aspects of this approach

- Strength recognition
- Integrated learning
- Safe and inclusive classrooms
- Student-centered support
- Ease in collaboration

Mental health literacy emphasizes:

- Nurturing every dimension of a student's development
- by enabling students to thrive across various domains
- while empowering them with knowledge and skills related to mental health



Recognizing the Social Emotional Learning & Mental Health Literacy Relationship

Social emotional learning and mental health literacy are separate components but have a strong **interlinking** relationship.

Social emotional learning is a **foundation** and mental health literacy is an education to extend social emotional development.

Social emotional learning is **integrated** into each mental health literacy component.

Social emotional learning and mental health literacy have a shared goal to **promote emotional well-being**.

Social emotional learning skills	Mental health literacy skills
<ul style="list-style-type: none">• Self-awareness• Emotion management• Setting goals• Relationship building• Decision making skills• Social responsibility	<ul style="list-style-type: none">• Mental health awareness and competency• Stigma reduction• Promotion and advocacy• Service utilization



Mental Health Instruction



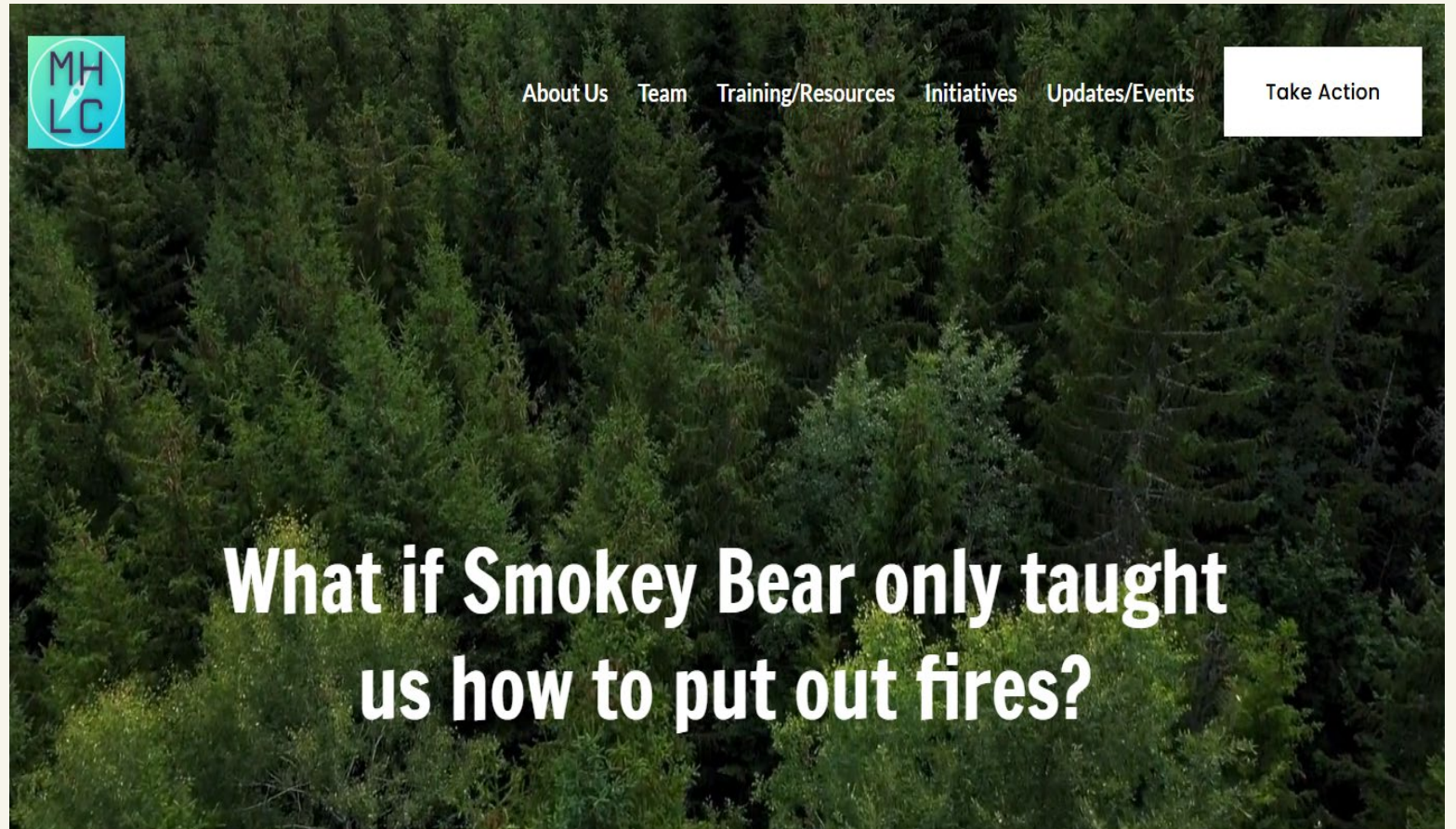


Mental Health Literacy Collaborative

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

Check out their site for more information on mental health literacy.

They offer trainings and community of practice calls on various topics to increase your mental health literacy toolkit.



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What You Need to Know About Mental Health Literacy

Keynote Speakers

- Add your questions to the **Q & A**
- **Upvote** questions you want answered most



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Audience Polling



Tell us in the chat

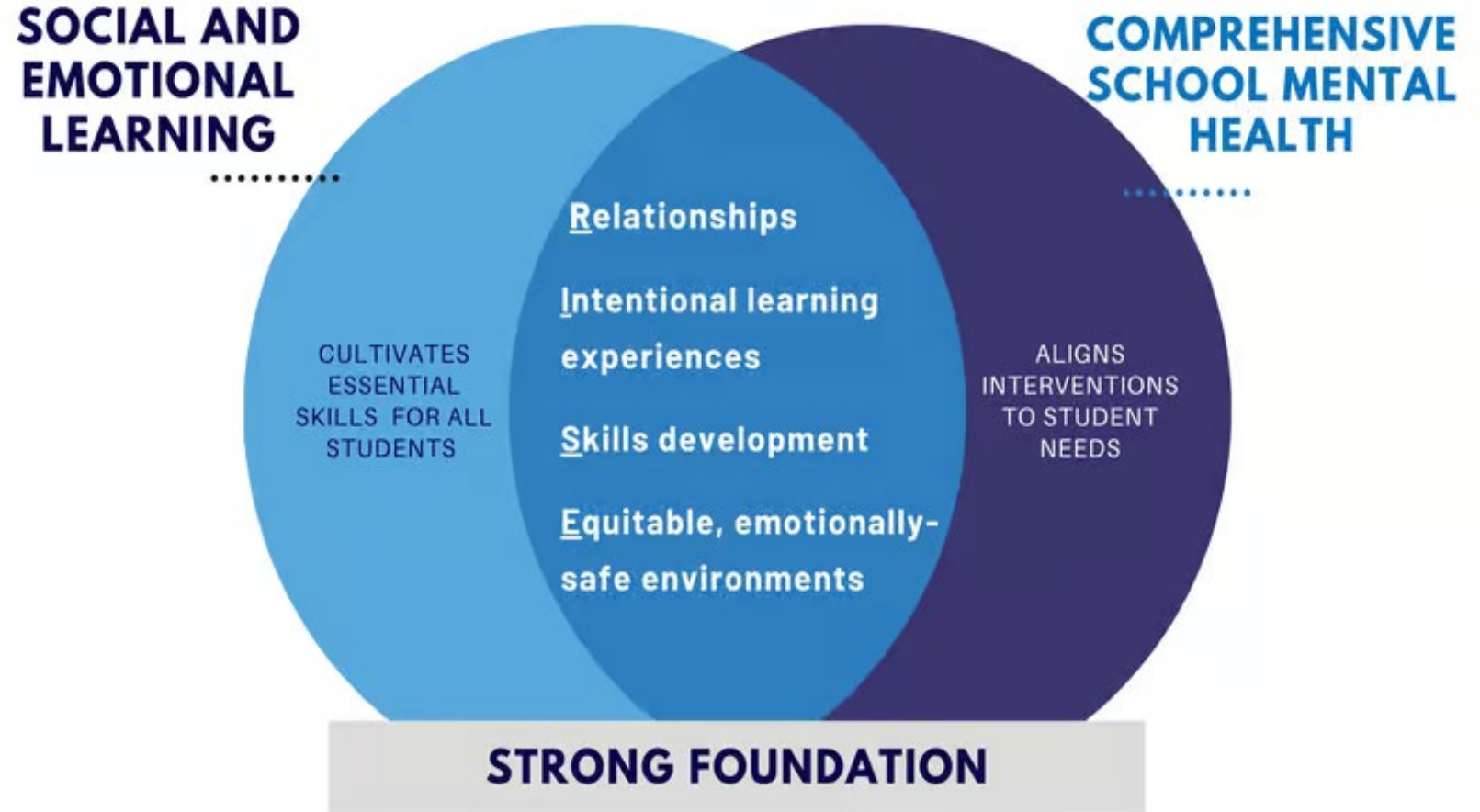
Do you know what the 4 pillars are for mental health literacy?

Social Emotional Learning as a Foundation

Mental Health Literacy
is separate from (and
complimentary to)
Social-Emotional
Learning

AND

Mental Health Literacy
is **NOT** just “one thing”



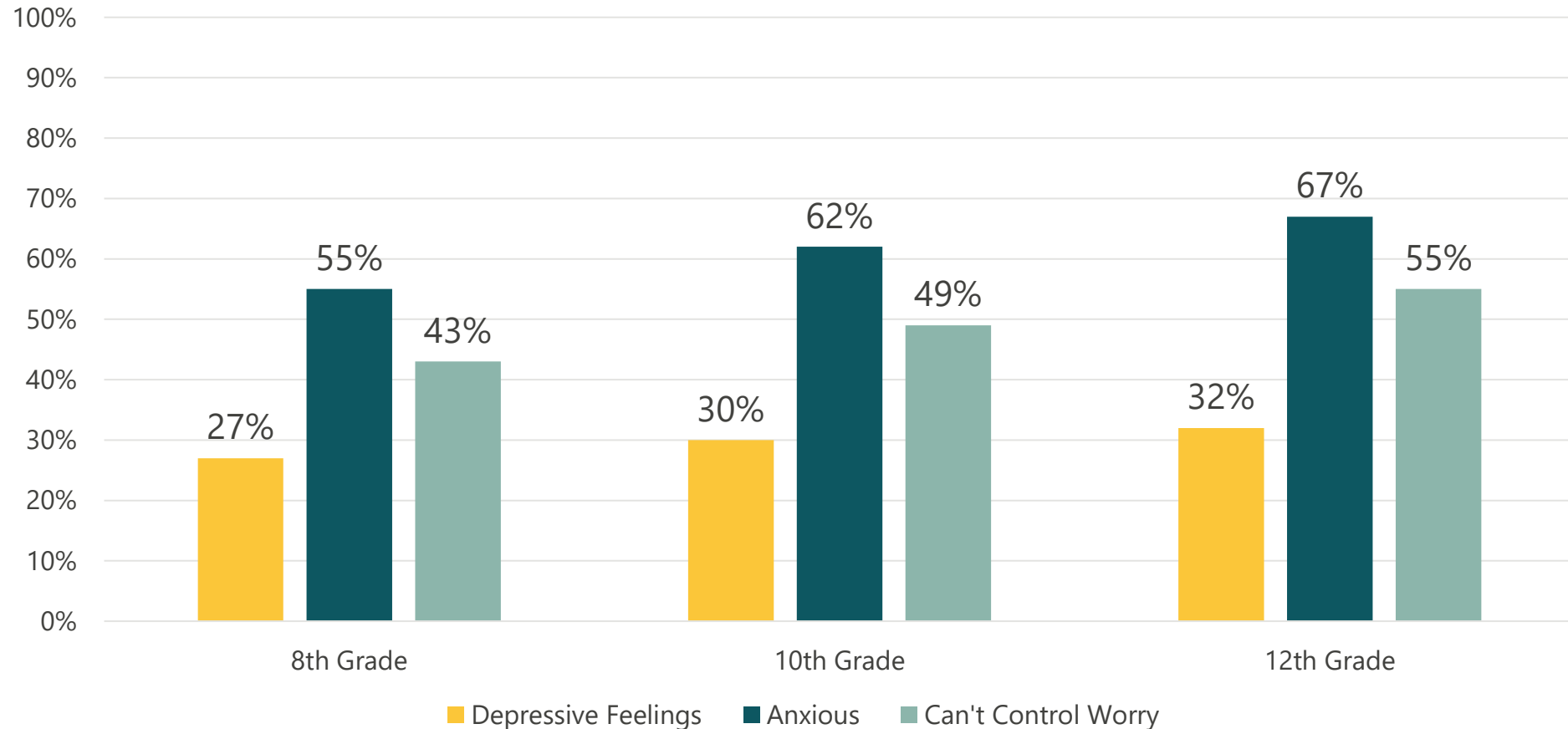
Mental Health Literacy (MHL)

4 Components

- Understanding how to foster & maintain positive mental health
- Understanding common mental health disorders, signs & symptoms, and treatments
- Understanding how to seek help effectively
- Understanding stigma and strategies for stigma reduction

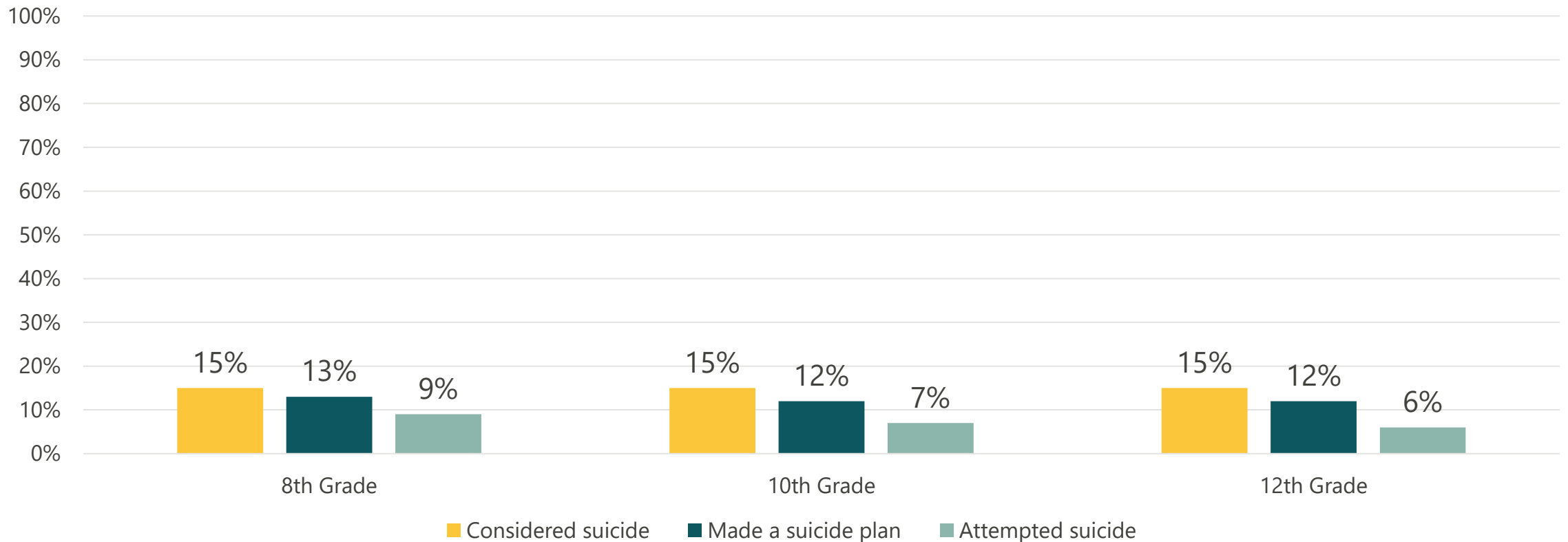


Why Mental Health Literacy in Schools? Depression & Anxiety



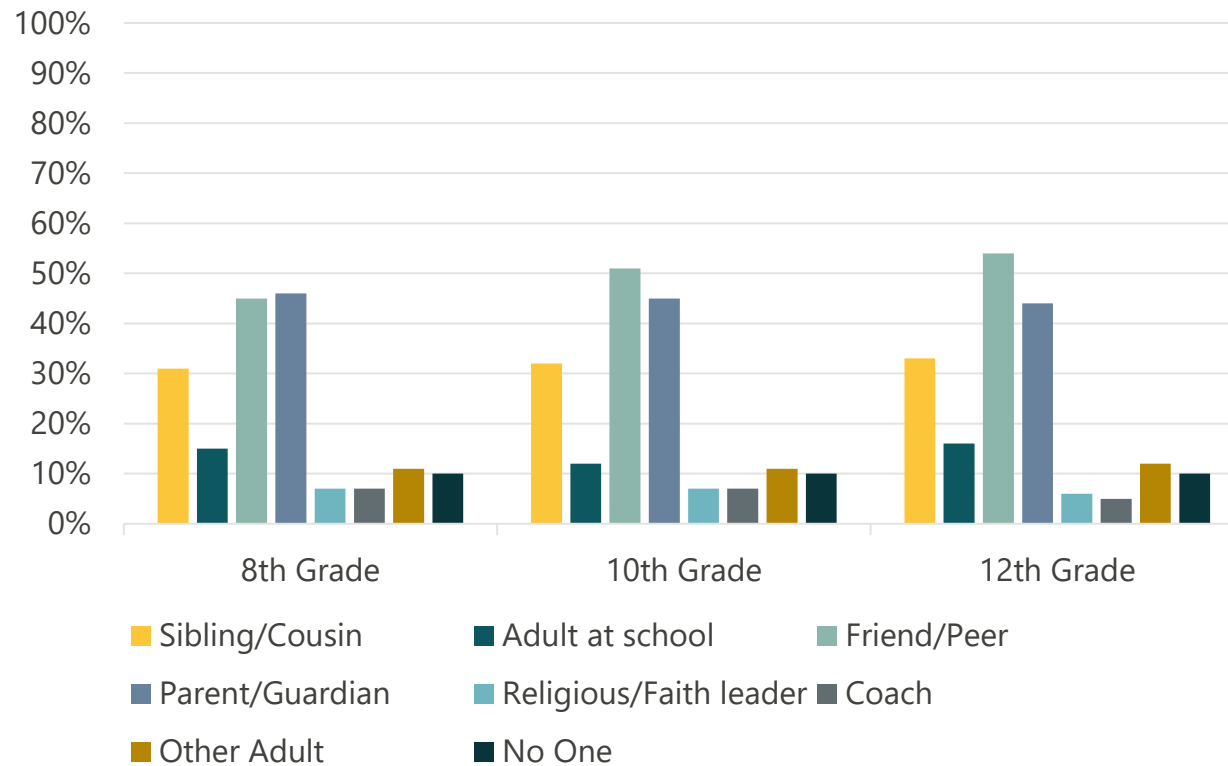
Why Mental Health Literacy in Schools? Suicide Implications

Past Year Suicidal Feelings & Actions

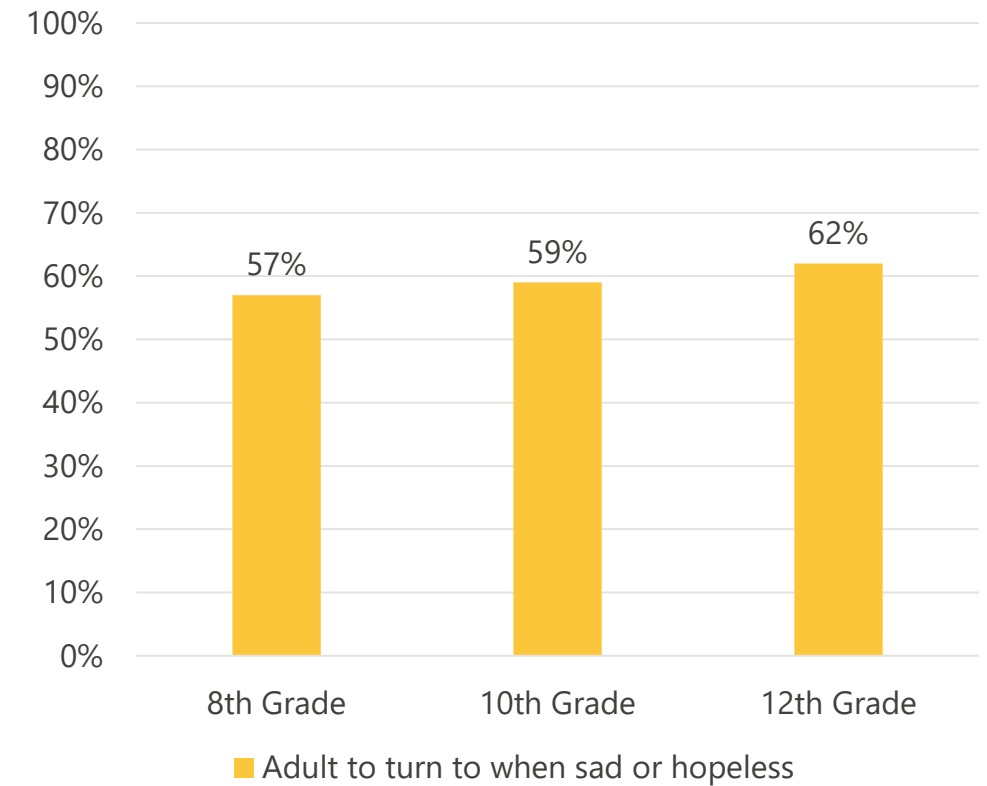


Why Mental Health Literacy in Schools? Support

Sources of Social Support



Support



Why Mental Health Literacy In Schools?

Students are in need

Mental health literacy can be taught

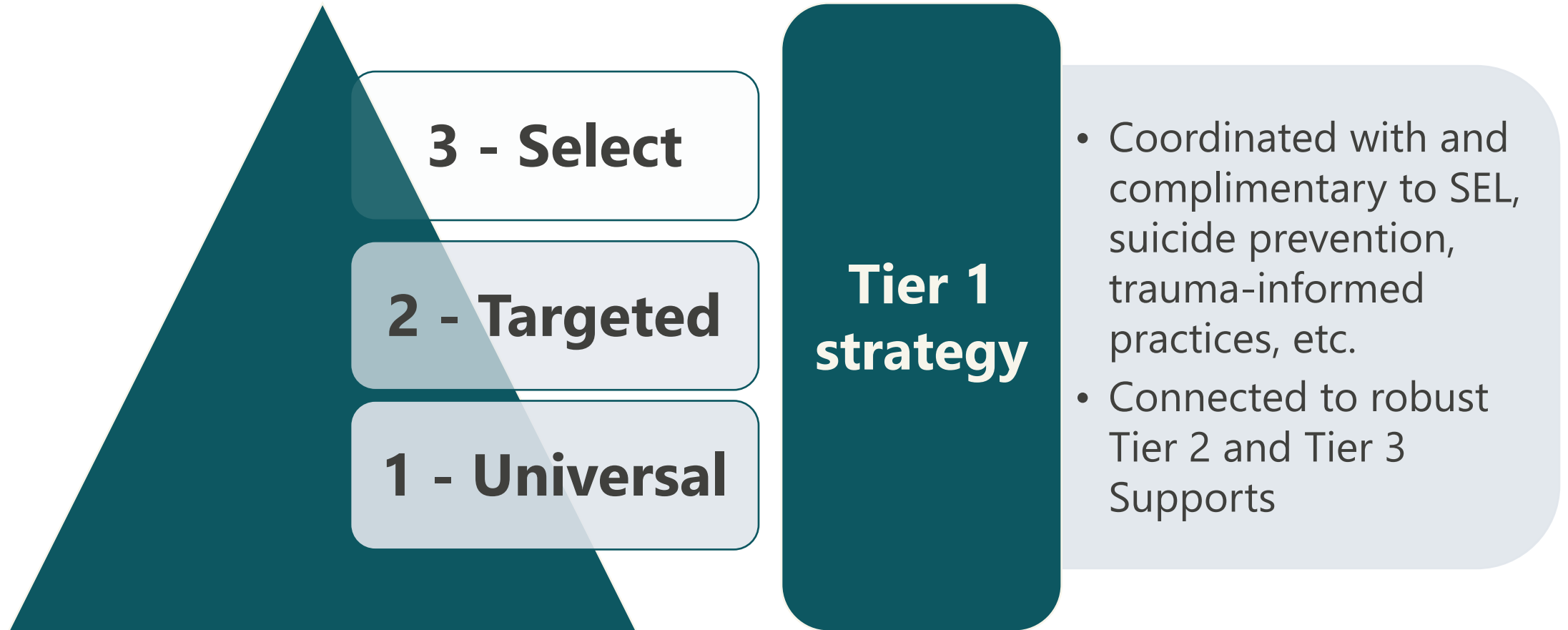
It's what schools do – literacy and skill building

Consistent reinforcement

Connection to supports



Delivering Mental Health Literacy as a Systems Approach – Multi-tiered System of Supports



Mental Health Literacy within a Student Assistance Framework – Educational Service District 113 Example

- **Comprehensive, school-based** framework
- Designed to provide a variety of services **for K-12 students** who **exhibit a range of risk factors** that interfere with their educational success
- Best suited for students who are experiencing issues with substance use or misuse and/or mental illness
- **Services are integrated and embedded into the school community**



What is a Student Assistance Program?

Services include:

- **Education**
- **Prevention**
- Early identification
- Evidence-based intervention
- Referral processes
- Guided support services



Who does a Student Assistance Program Serve?



ALL students benefit from a Student Assistance Program

Substance
use
prevention

Mental health
promotion

Classroom
presentations

Information
campaigns



Students experiencing substance use or misuse and/or mental health challenges are best suited to receive Student Assistance **interventions**



Student Assistance Professional: Enhancing Mental Health Literacy in the Classroom - Tier 1

Variety of classroom-based options delivered by the Student Assistance Professional to enhance and compliment mental health literacy curriculum

- TRAILS Social-Emotional Curriculum
- Stress, Anxiety, & Coping Skills
- Addiction & Vape Education



Enhancing Mental Health Literacy in School - Tier 1

Student-Led Behavioral Health Leadership Prevention Club (Universal)



Monthly Prevention Campaign Calendar

September

RUOK Day (Suicide Prevention)

October

Red Ribbon Week
(Substance Use Prevention)
& Unity Day
(Anti-Bullying)

November

Gratitude Month

January

Stress & Coping Skills

February

Random Acts of Kindness

March

Natural High
(Substance Use Prevention)

April

Self-Care

May

Mental Health Awareness Month

Student Assistance Professional: Enhancing Mental Health Literacy in the School Tiers 2-3

Screening – Tier 2

Intervention Services – Tier 2

Referral to school and community-based behavioral
health – Tier 3



Student Assistance Professional: Enhancing Mental Health Literacy in the Community

Student Assistance Professional provides information, education, and skill building to parents/guardians and other community stakeholders

- Parent Night Out
- Friends for Life
- Stress, Anxiety, and Coping Skills
- Question, Persuade, Refer (QPR)
- Youth Mental Health First Aid



Mental Health Literacy & the Student Assistance Professional: Individual Impact

Student Impact Statements

"I learned ways to cope with stress and anxiety"

"I like that I can relate to other people and that they understand my feelings"

"I have a safe place to be myself and hang out with friends"

"I learned that you aren't alone with your situation and there are people to talk to and learn from"

Dylan's Story

Emily's Story



Prevention Campaign Websites



September

- [R U OK? Day](#)



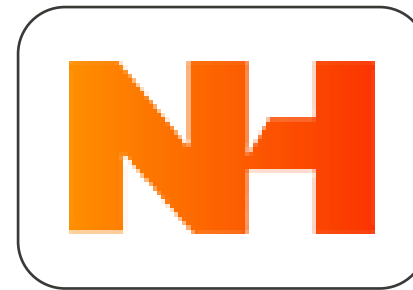
October

- [Red Ribbon Week](#)
- [Unity Day](#)



February

- [Random Acts of Kindness](#)



March

- [Natural High](#)



May

- [Mental Health Awareness Month](#)





Do you have any questions?

Add them to the **Q&A**
Upvote the questions you like



What Does it Look
Like to Do This Work?

Panelists

- Add your questions to the **Q & A**
- **Upvote** questions you want answered most



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Share What You Learned



- Discuss your ideas with leadership



- Share ideas with your Professional Learning Community



- Lead a discussion with students





Resources

Resources

Funding

- [Unlocking Federal & State Program Funds to Support Student Success](#)

Tools & Videos

- [Read](#) & [Subscribe](#) to the Engage Newsletter

People

- [Connect with OSPI staff](#)

Websites

- [OSPI Mental Health Literacy page](#)
- [Mental Health Literacy](#)
- [CASEL Framework](#)
- [NAMI](#)
- [OSPI SEL page](#)

Awareness Calendar Links

- [September RUOK Day](#)
- [October Red Ribbon Week](#)
- [October Unity Day](#)
- [February Random Acts of Kindness](#)
- [March Natural High](#)
- [May Mental Health Awareness Month](#)



Next Webinar

August 13

10:00 a.m. – 11:30 a.m.

Back to School Toolkit



Evaluation

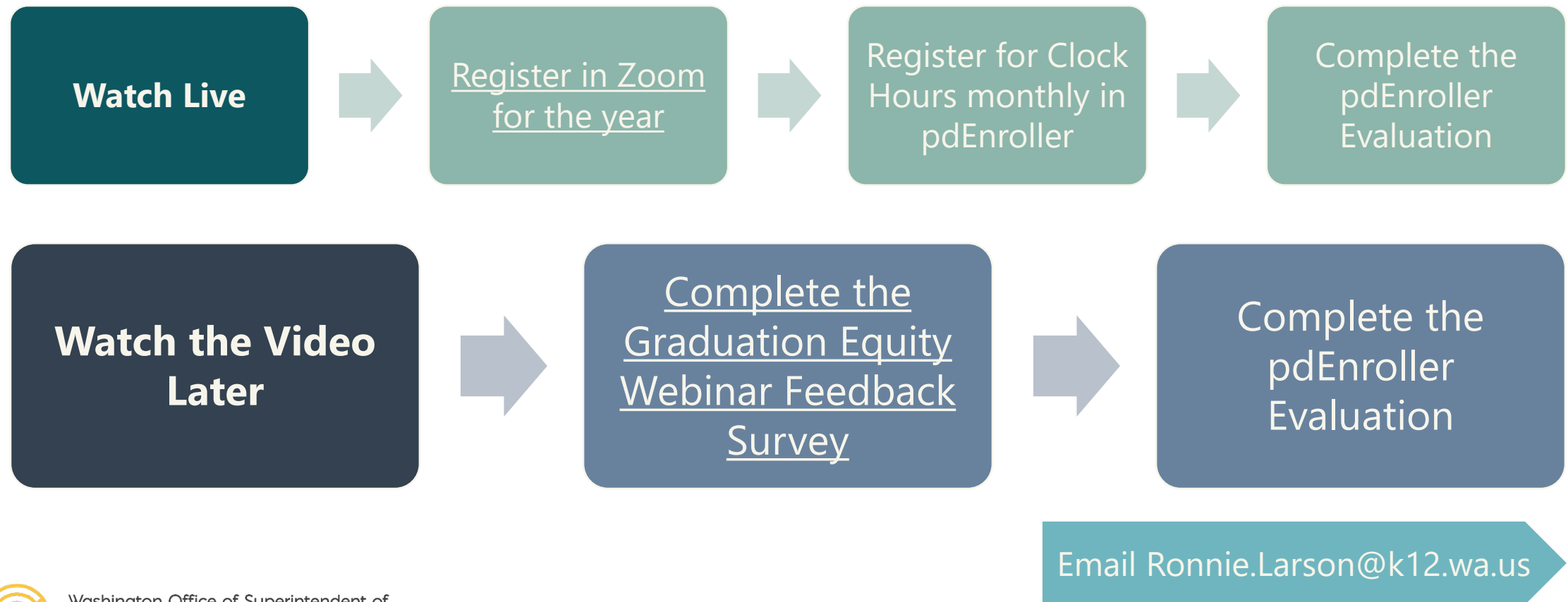


What
worked?

What could
we adjust?



Do You Need Free Equity Clock Hours?





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