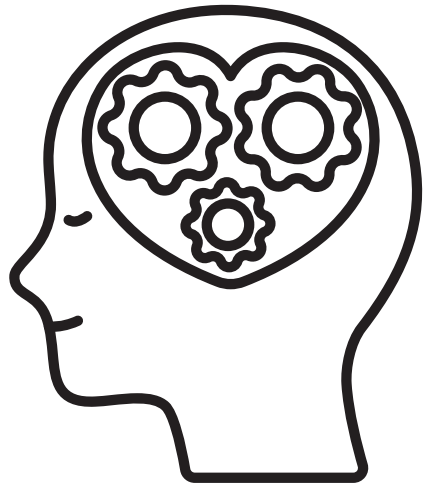


MENTAL HEALTH TOOLKIT FOR TEACHERS

Beyond The Curriculum: Learn how YOU can have a Positive Impact on Student Mental Health

Welcome Secondary Educators! This mental health toolkit contains a series of slide presentations packed with information and resources regarding mental health in schools. Download and present the slide presentations to inform fellow educators at school sites, school districts, or professional developments about mental health and the MTSS framework. Access the slide presentations by clicking on each image in the detailed sections below that match the topics you are interested in presenting. Slide presentations are ready to be downloaded and presented as is, or can be copied and edited to fit your style!

WHAT IS MENTAL HEALTH?



If I don't know what it is, how can I help?

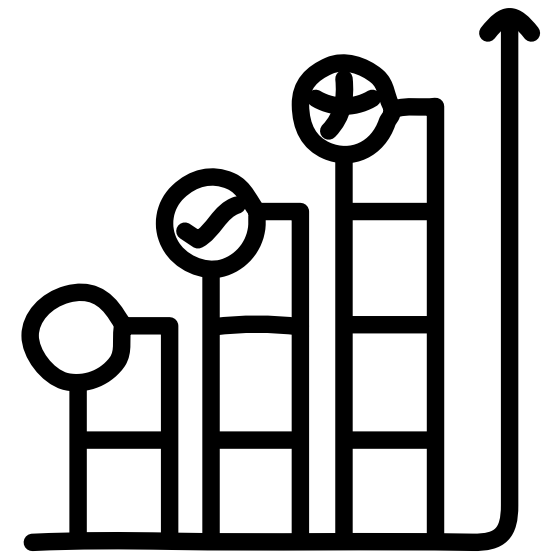
This is an overview of the significance of mental health, including risks, red flags, and protective factors.

CLICK IMAGE FOR SLIDES

WHY HIGH QUALITY MENTAL HEALTH SUPPORTS ARE IMPORTANT

How can I better convince my colleagues to support my mental health program?

This is an overview of the impact that mental health supports have on the school.



CLICK IMAGE FOR SLIDES

WHAT IS POSITIVE PSYCHOLOGY AND WELLNESS?

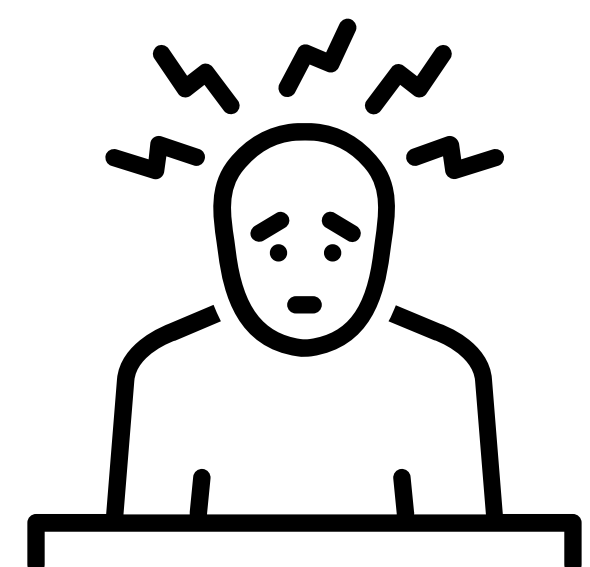


How can I implement positive psychology and wellness into my school community? This is an overview of the facts, benefits, and specific ways we can employ positive psychology.

CLICK IMAGE FOR SLIDES

WHAT ARE COMMON DIAGNOSES AND MENTAL HEALTH CONCERNS IN SCHOOLS?

How do I know what the most common mental health disorders look like for students? This is an overview of symptoms and behaviors associated with the diagnoses of Anxiety, Depression, ADHD, ASD, PTSD, eating disorders and substance abuse.



CLICK IMAGE FOR SLIDES

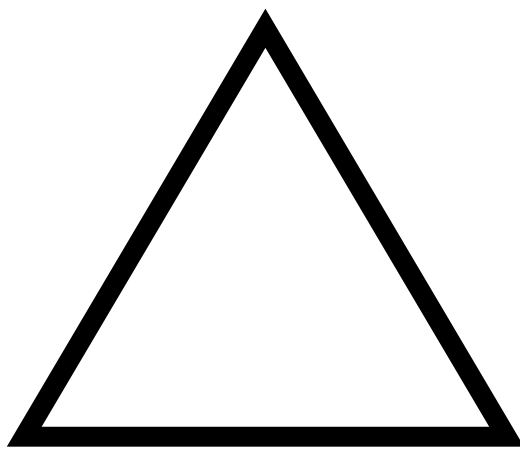
HOW DOES CULTURAL DIVERSITY PLAY A ROLE IN MENTAL HEALTH IN SCHOOLS?

How can educators become more culturally competent and support the mental health of their diverse students? This is an overview of cultural factors and implications on mental health.



CLICK IMAGE FOR SLIDES

THE WHY AND HOW OF A SYSTEMS APPROACH TO MENTAL HEALTH



How do we meet all of the different needs of students? This is an overview of a systems approach to mental health to meet each student's individual needs.

CLICK IMAGE FOR SLIDES

WHAT ARE THE LEGAL AND ETHICAL ISSUES?

What are some of the most common legal and ethical issues? This is an overview of rights and responsibilities, confidentiality, and laws regarding school policy.



CLICK IMAGE FOR SLIDES

HOW DO WE SCREEN FOR AND MONITOR STUDENT PROGRESS?



How are universal screening and progress monitoring utilized in schools? This is an overview of the data-driven approach and the teacher's role.

CLICK IMAGE FOR SLIDES

WHAT IS THE ROLE OF SCHOOLS IN STUDENT MENTAL HEALTH?

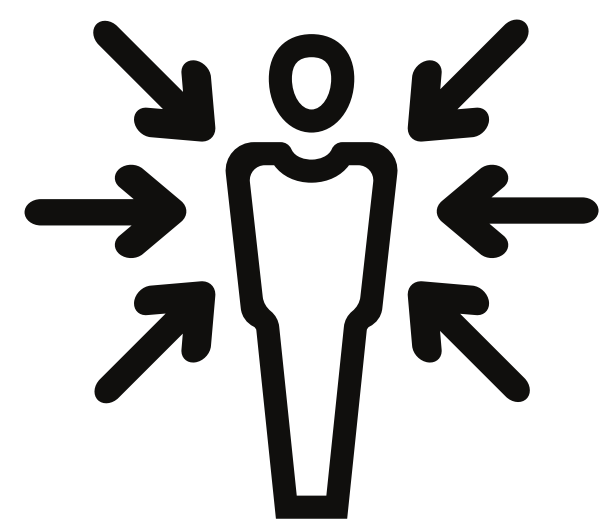
What can schools do to support student mental health? This is an overview of tools schools can use to implement comprehensive school mental health systems.



CLICK IMAGE FOR SLIDES

WHO IS RESPONSIBLE FOR STUDENT MENTAL HEALTH?

Whose job is it to do what on the mental health team? This slide presentation helps delegate the responsibility that individuals have in supporting our students and the great work that people are already doing.



CLICK IMAGE FOR SLIDES

Click the image to access all of these slide presentations in one place.



FAQ

Q: How can I make this content more interactive?

A: We love borrowing our material and adding your personality to it! Feel free to create Kahoots, Jamboards, or any other material you could imagine!

Q: What grade levels does your material cover?

A: Our materials are geared towards grades 6-12! However, each school and grade level has their own unique needs. We encourage you to use our materials as a starting point and add any information specific to your site's needs. School staff running the training are encouraged to take this template and add in pictures of the person filling that role at their specific school to add more personalization.

1

Introduction

- What is Mental Health?
- Why High Quality Mental Health Supports are Important.
- What is Positive Psychology and Wellness?
- What are Common Diagnoses and Concerns in Schools?

2

- How does Cultural Diversity Play a Role in Mental Health in Schools?
- The Why and How of a Systems Approach to Mental Health
- What are the Legal and Ethical Issues of Mental Health in Schools?
- How do we Screen for and Monitor Student Progress?

3

- What is the Role of Schools in Student Mental Health?
- What is the Role of Individual Faculty in Student Mental Health?
- Access all of the Slide Presentations Together

4

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FAQ

MENTAL HEALTH TOOLKIT FOR TEACHERS

**We hope you're ready to go beyond the
curriculum!**

We built this toolkit with educators in mind. We understand that you're busy and that ready-made yet customizable resources are invaluable. We all have the capacity to become even more effective change agents. In a post-COVID-19 world students require more from us. We hope these resources will be able to prepare you, your colleagues, and overall school community to confidently support the mental health needs of your students. Thanks for stopping by!

Sincerely,

**Chance Campbell, Sydney Ferreira, Julyssa Juarez,
Jaime Kirchner, Paige Reinstein, Donald Sherwood,**

Kanani Sole, Valerie Villasenor

Chapman University, 2021

This Mental Health in Schools Toolkit was produced by Chapman University M.A. in School Counseling and Ed.S. in School Psychology graduate students for use in schools and by the community. It is not for commercial sale, in part or in whole.

For more information about Chapman University's M.A. in School Counseling and Ed.S. in School Psychology programs, visit Chapman.edu/education.