


Enhancing School Mental Health through Culturally Responsive, Anti-Racist, and Equitable (CARE) Practices: Resources and Strategies from NCSMH


Jerica Knox, PhD & Sam Reaves, PhD
Assistant Professors, University of Maryland School of Medicine
Core Faculty, National Center for School Mental Health

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CME and CE Information

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National Center for School Mental Health

MISSION:
Strengthen policies and programs in school mental health to improve learning and promote success for America's youth

Funded in part by the Health Resources and Services Administration

www.schoolmentalhealth.org www.theshapesystem.com

 [Facebook.com/CentersforSchoolMentalHealth](https://www.facebook.com/CentersforSchoolMentalHealth)  @NCSMHtweets

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What You Can Expect:

- To learn about the National Center for School Mental Health (NCSMH) and the National Center for Safe Supportive Schools (NCS3)
- To learn about at least two resources or strategies that you can use to enhance CARE in your school or school district

What We Can Expect:

- A curiosity or appreciation for CARE and how to integrate them into schools to enhance school mental health
- Participation! We have some activities ☺

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Connector

Share a
positive school
experience



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Comprehensive School Mental Health Systems

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Comprehensive School Mental Health Systems


- Provide a **full array of supports and services** that promote positive school climate, social emotional learning, mental health and well-being, while reducing the prevalence and severity of mental illness
- **Built on a strong foundation of district and school professionals**, including administrators and educators, specialized instructional support personnel (e.g., school psychologists, school social workers, school counselors, school nurses, other school health professionals) in **strategic partnership** with **students, families and community health and mental health partners**
- Assess and address the **social and environmental factors** that impact health and mental health

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The SHAPE System

thehapingsystem.com

SHOPE School Health Assessment and Performance Evaluation System

Home About Us Sign up Log in

What is SHAPE?

A free, interactive tool designed to improve accountability, excellence, and sustainability in school mental health in schools, districts, and states.

Learn More



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Overview Page

JEFFERSON UNITED

My Star Score: ★

Introduction to SHAPE: 1 domain of the SHAPE tool is able to support your district's school mental health work.

- School Mental Health Profile**
 - Use the SHAPE tool to assess your school's mental health profile. This tool will provide you with a comprehensive overview of your school's mental health. The SHAPE tool also includes data on school mental health outcomes.
- Quality Assessment**
 - Use the SHAPE tool to assess your school's mental health quality. This tool will provide you with a comprehensive overview of your school's mental health quality.
- Resource Center**
 - Access a variety of resources, including research, best practices, and toolkits, to support your school's mental health work.
- Training and Assessment Library**
 - Access a variety of training and assessment tools to support your school's mental health work.
- System Implementation**
 - Access a variety of resources, including research, best practices, and toolkits, to support your school's mental health work.
- Key Schools**
 - Access a variety of resources, including research, best practices, and toolkits, to support your school's mental health work.

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School Mental Health National Quality Assessment Overview of Domains and Indicators

SHOPE

Training <ul style="list-style-type: none"> Develop a training plan for school mental health staff. Use the SHAPE tool to assess your school's training needs. Provide ongoing training and professional development for school mental health staff. Ensure that all school mental health staff are trained and certified. 	Needs Assessment/Resource Mapping <ul style="list-style-type: none"> Conduct a needs assessment to identify school mental health needs. Map resources to address school mental health needs. Develop a plan to address school mental health needs. Ensure that resources are effectively used to address school mental health needs.
Mental Health Promotion Services & Supports <ul style="list-style-type: none"> Develop a plan to promote mental health in schools. Provide mental health promotion services and supports to students, staff, and families. Ensure that mental health promotion services and supports are evidence-based and culturally responsive. Monitor and evaluate the effectiveness of mental health promotion services and supports. 	Early Intervention and Treatment Services & Supports <ul style="list-style-type: none"> Develop a plan to provide early intervention and treatment services and supports to students, staff, and families. Provide early intervention and treatment services and supports to students, staff, and families. Ensure that early intervention and treatment services and supports are evidence-based and culturally responsive. Monitor and evaluate the effectiveness of early intervention and treatment services and supports.
Screening <ul style="list-style-type: none"> Develop a plan to implement a school mental health screening program. Implement a school mental health screening program. Ensure that the screening program is evidence-based and culturally responsive. Monitor and evaluate the effectiveness of the screening program. 	Impact <ul style="list-style-type: none"> Develop a plan to measure the impact of school mental health services and supports. Measure the impact of school mental health services and supports on students, staff, and families. Ensure that the impact of school mental health services and supports is evidence-based and culturally responsive. Monitor and evaluate the effectiveness of the impact measurement plan.
Funding and Sustainability <ul style="list-style-type: none"> Develop a plan to secure funding for school mental health services and supports. Secure funding for school mental health services and supports. Ensure that funding for school mental health services and supports is evidence-based and culturally responsive. Monitor and evaluate the effectiveness of the funding plan. 	

For a full copy of the School Mental Health National Quality Assessment, visit www.thehapingsystem.com

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Safe Supportive Schools are:

Tier 3
Tier 2
Tier 1

Comprehensive School Mental Health Systems (CSMHS)

Culturally Responsive, Anti-Racist and Equitable (CARE)

Trauma-Informed/Healing-Centered

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What do these words mean to you?

Culturally Responsive

Anti-Racist

Equitable

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What do these words mean to you?

Students see themselves

We oppose racism and oppression

All students have what they need to be successful

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CARE Overview: Measuring School-Level Practices

- Development
 - Reviewed state education website
 - Conducted qualitative data analysis
 - Surveyed experts
- Domains
 - Teaming and Collaboration
 - School Climate
 - School Discipline
 - Curricula and Teaching Practices
 - Professional Development

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Teaming and Collaboration



- Implements and assesses CARE policies and practices
- Collects information from various people
- Reviews data
- Shares decision making
- Monitors recruitment
- Provides space for engagement
- Uses funds equitably
- Partners with community

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School Climate



- Fosters environment that feels physically and emotionally safe
- Provides additional supports
- Provides equitable and barrier-free access
- Teaches about positive self-identity
- Adjust communication for understanding
- Creates and maintains a connection with the community

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School Discipline




- Collaborates with students and community
- Promotes social and emotional learning
- Uses trauma-informed practices
- Eliminate the use of ineffective and harmful discipline practices
- Identify alternative strategies
- Monitors discipline data
- Monitor special education data
- Provide training
- Build classroom management skills

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Curricula and Clinician Practices



- Asks students and community for input
- Use content and measures that relates to students' everyday lives
- Understands and includes local culture in school mental health practice
- Ensures representation in content and materials
- Acknowledge and addresses the impact of racism and oppression



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Professional Development

- Provides opportunity for staff to engage in individual development
- Provides professional development in CARE practices
- Provides professional development in partnering with the community
- Evaluates professional development in effectiveness of promoting equity



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Averaging Scores for Your Domain Get your data!

- How do these scores apply to you and your school/district within your group
- Share out - collect all of the domain scores

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How to?

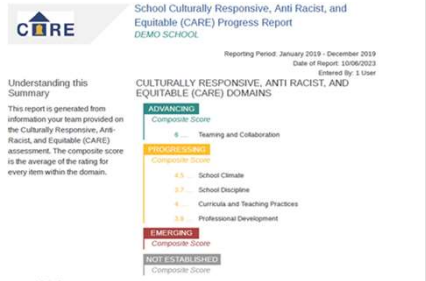
- Visit theSHAPsystem.com
 - Printables available
- Invite team to participate
 - Diverse perspectives
 - Diverse roles
- Use resources to develop action plan
- Reassess



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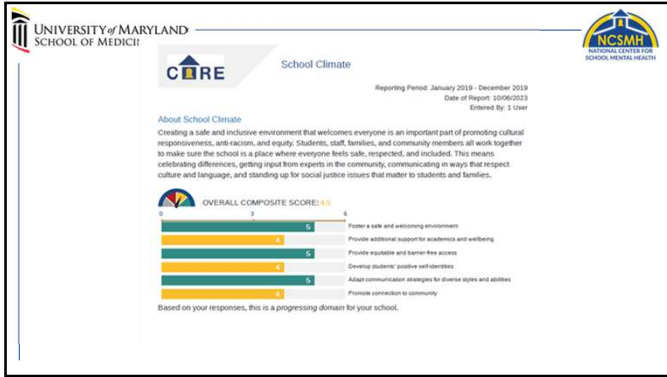



Reports

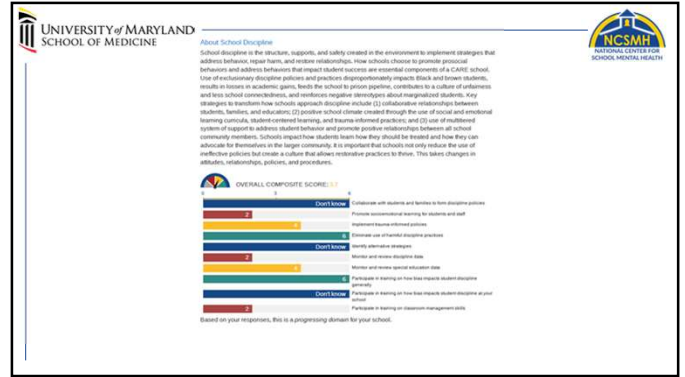


- Summary Scores
- Individual Domain Scores
- Principal Report
- Strategic Planning

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Brainwriting Activity

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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

Classroom WISE
Well-being Information and Strategies for Educators

Online Course Video Library + Resource Collection Website


Available at www.classroomwise.org

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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 15sec



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

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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 Emotional Skills



Module 3: Building Social Emotional Competencies and Resilience



Module 4: Understanding and Supporting Student Experiences, Behaviors, and Needs



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



Module 6: Classroom Strategies to Support Student Learning Experiences

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Cultural Inclusiveness and Equity (CIE)

WISE


Well-Being Information and Strategies for Educators

- Module 1**
Understanding How Social Injustices Impact Student Mental Health
- Module 2**
Understanding How Educator Bias Impacts Student Mental Health
- Module 3**
Engaging in Culturally Inclusive Action to Promote Student Mental Health
- Module 4**
Applying a cultural inclusiveness and equity lens to support students in distress

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Overall Course Goal/Learning Outcome
Upon completion of this course, the educator will engage in learning and reflection to promote their cultural self-awareness and their understanding of the impacts of social injustices on students. Educators will also be equipped with culturally inclusive and equitable strategies to promote student well-being and support student experiencing adversity, distress, and mental health conditions.

Intentional Values

- Welcome and what to expect
- How to navigate the course modules
- Module updates
- Assessing resources




CULTURAL INCLUSIVENESS AND EQUITY-WISE COMPANION COURSE

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NCTSN The National Child Traumatic Stress Network

National Center for Safe Supportive Schools (S3) Learning Collaborative



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NCS3 Learning Community – Cohorts 1 and 2!

- Albany County School District #1 (WV)
- Baltimore County Public Schools (MD)
- Bloomfield Municipal Schools (NM)
- Boston Public Schools (MA)
- Canyons School District (UT)
- Delaware County Intermediate Unit (PA)
- Fort Mill School District (SC)
- Longport Unified School District (CA)
- Mason City Community Schools (IA)
- Monroe County Community School Corporation (IN)
- New London Public Schools (CT)
- Oregon Charter Academy/Salem-Langton School District (OR)
- Racine Unified School District (WI)
- Santa Monica-Malibu Unified School District (CA)
- South Portland School Department (ME)
- Stafford County Public Schools (VA)



- Bloom Township District 206 (IL)
- Casa Grande Elementary School District (AZ)
- City Schools of Decatur (CA)
- Easton Area School District (PA)
- Grand Forks Public Schools (ND)
- Granville County Public Schools (NC)
- Lanesborough Central School District (NY)
- Manchester School District (NH)
- Marlford Public Schools (MA)
- Minneapolis Public Schools (MN)
- Norwalk-LaMirada Unified School District (CA)
- Queen Anne's County Public Schools (MD)
- Rancocas Valley Regional High School District (NJ)
- Red Clay Consolidated School District (DE)
- Robbinsdale Area Schools (MN)




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School Staff Professional Development Content
Asynchronous Learning and Facilitated Discussion Sessions/Year (6 hours total per year)

- ✓ Promoting mental health and well-being of all students
- ✓ Identifying, understanding and supporting students experiencing distress, adversity, and trauma
- ✓ Defining cultural responsiveness, equity, anti-racism, and bias
- ✓ Implicit bias and impact on perceptions of students and response to mental health needs
- ✓ Promotion and implementation of policies, structures, and strategies that foster safe supportive schools




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NCS3 School Training

Professional Development Modules
PD Module #1: Foundations of Comprehensive School Mental Health
PD Module #2: Understanding Trauma and Adversity
PD Module #3: Defining CARE and Understanding & Addressing Inequities in Schools
PD Module #4: Cultural Humility and Awareness
PD Module #5: Engaging Students, Families, and Communities as Partners
PD Module #7: Promoting the Well-Being of All Students
PD Module #8: Trauma-Informed, Healing Centered Schools: Building the Foundation
PD Module #9: Recognizing and Referring Students Experiencing Adversity and Distress
PD Module #10: Classroom Strategies to Support Students Experiencing Mental Health Concerns, Distress, Trauma, & Adversity
PD Module #11: Best Practices for Tier 2&3 Mental Health and Trauma Intervention in Schools
PD Module #12: Supporting BIPOC, Newcomer and LGBTQ+ Youth at Tiers 2&3



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Stay in Touch!

Email ncsmh@som.umaryland.edu
Website schoolmentalhealth.org
Listserv bit.ly/NCSMH_listserv

Social Media

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