

Appendix K - NY School Mental Health Resource Center Proposal

School Mental Health Education Resource and Training Center

- consultation with individual school districts over a three-year period;
- three regional summits per year;
- four webinars per year hosted live, archived, and available through the Resource Center webpage;
- in-person professional development (through MHA local affiliates), and;
- select trainings, webinars, and summit workshops will be eligible for CTLE credits.

The Resource Center would make available the following training, technical assistance, resource development and process evaluation services and supports:

- Teachers and school staff mental health training, to include an understanding of:
 - mental health as an integral part of overall health,
 - typical adolescent development as it relates to possible signs and symptoms of an emerging mental health problem,
 - risk and protective factors,
 - strategies for supporting student stress management skills,
 - school-wide resources for supporting student mental health and wellness, and
 - how to recognize the signs of crisis, emotional trauma, and other related mental health issues.
- Assistance with implementation of Chapter 390 of the Laws 2016:
 - ongoing maintenance of resources for mental health education curriculum development that are evidence-based and consistent with current mental health literacy knowledge, understanding, and best practices,
 - sample mental health lesson plans for K-12 health education,
 - process evaluation of the Resource Center through annual school surveys to determine:
 - how well the Resource Center is supporting mental health and wellness in schools
 - what can the Resource Center do to support the implementation of Chapter 390 of the Laws 2016
 - other school mental health implementation considerations, e.g., resources to assist school districts and schools in the development of a school culture and climate of mental health and wellness; parental communication and notification; responding to mental health crisis, etc.
- Facilitating collaboration between schools and community partners (e.g., community-based mental health providers, county governments, prevention education providers, hospitals, rehabilitation, etc.) for the purpose of creating linkages between students and their families, and mental health-related services.

HEALTHY MINDS FOR A HEALTHY NEW YORK

194 Washington Avenue, Suite 415 • Albany, New York 12210-2314
Phone: 518-434-0439 • Fax: 518-427-8676 • MHANYS.org