



Mental Health Association in New York State, Inc.

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School Mental Health Resource and Training Center

The passage of Chapter 390 of the Laws of 2016, effective July 1, 2018, will require all New York State schools to include mental health instruction as part of the K-12 health curricula. Schools in the state have varying levels of expertise, if any, on how and what to teach students about mental health. Also, the 2016-17 enacted State budget amended Education Law section 2801-a including a requirement that staff annually receive training in the school emergency response plan, and specifically requires training in mental health. Educators and other school personnel need quality, evidence-based mental health training that is freely and conveniently accessible. Finally, schools need assistance identifying local mental health services for students in need.

A *School Mental Health Resource and Training Center* shall be established and available to all New York State public and private schools at no cost for a period of three years. The Resource Center shall help schools identify evidence-based resources to develop mental health curricula, provide resources and guidance to support schools' ability to comply with the required mental health education of students, make available and accessible mental health training for staff, and provide schools with assistance identifying local mental health services for students in need. This proposal seeks \$1 million in funding for each year that the Resource Center is in operation. It is recommended that the Resource Center operate for a minimum of three years at which point authorization for funding to continue operation would be accessed based on school need.

The Resource Center will be established and maintained by the Mental Health Association in New York State, Inc. (MHANYS), a statewide entity with: 1) competency and experience providing mental health and wellness training to the general public as well as professionals, including teachers; 2) familiarity with the provisions and legislative intent of chapter 390 of the Laws of 2016 and corresponding regulations and guidelines; 3) an understanding of the assistance that schools will need to comply with these provisions; 4) established relationships with education stakeholders in New York and; 5) have the ability to foster local partnerships with community-based mental health providers, which includes a network of 26 affiliates.

The Resource Center would include the following program features and methods of service and support delivery of:

- Project Manager and trainers as needed;
- phone and web-based information and referral services;
- web-based training, additional resources and information available and regularly updated on the Resource Center webpage;

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- 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.