



New England (HHS Region 1)

**MHTTC**

Mental Health Technology Transfer Center Network

Funded by Substance Abuse and Mental Health Services Administration

# New England Mental Health Technology Transfer Center (New England MHTTC)

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Yale Program for Recovery and Community Health  
in partnership with  
C4 Innovations,  
Harvard University Department of Psychiatry, and the  
Center for Educational Improvement

# Classroom WISE Information Session

September 16, 2021, 10:00 a.m.

**Martha Staeheli, PhD**  
Director, School Mental Health Initiative  
New England MHTTC



New England (HHS Region 1)

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Funded by Substance Abuse and Mental Health Services Administration

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This work is supported by grant [#1H79SM081775](#) from the DHHS, SAMHSA.

The MHTTC Network uses affirming, respectful and recovery-oriented language in all activities. That language is:

STRENGTHS-BASED  
AND HOPEFUL

INCLUSIVE AND  
ACCEPTING OF  
DIVERSE CULTURES,  
GENDERS,  
PERSPECTIVES,  
AND EXPERIENCES

HEALING-CENTERED AND  
TRAUMA-RESPONSIVE

INVITING TO INDIVIDUALS  
PARTICIPATING IN THEIR  
OWN JOURNEYS

PERSON-FIRST AND  
FREE OF LABELS

NON-JUDGMENTAL AND  
AVOIDING ASSUMPTIONS

RESPECTFUL, CLEAR  
AND UNDERSTANDABLE

CONSISTENT WITH  
OUR ACTIONS,  
POLICIES, AND PRODUCTS



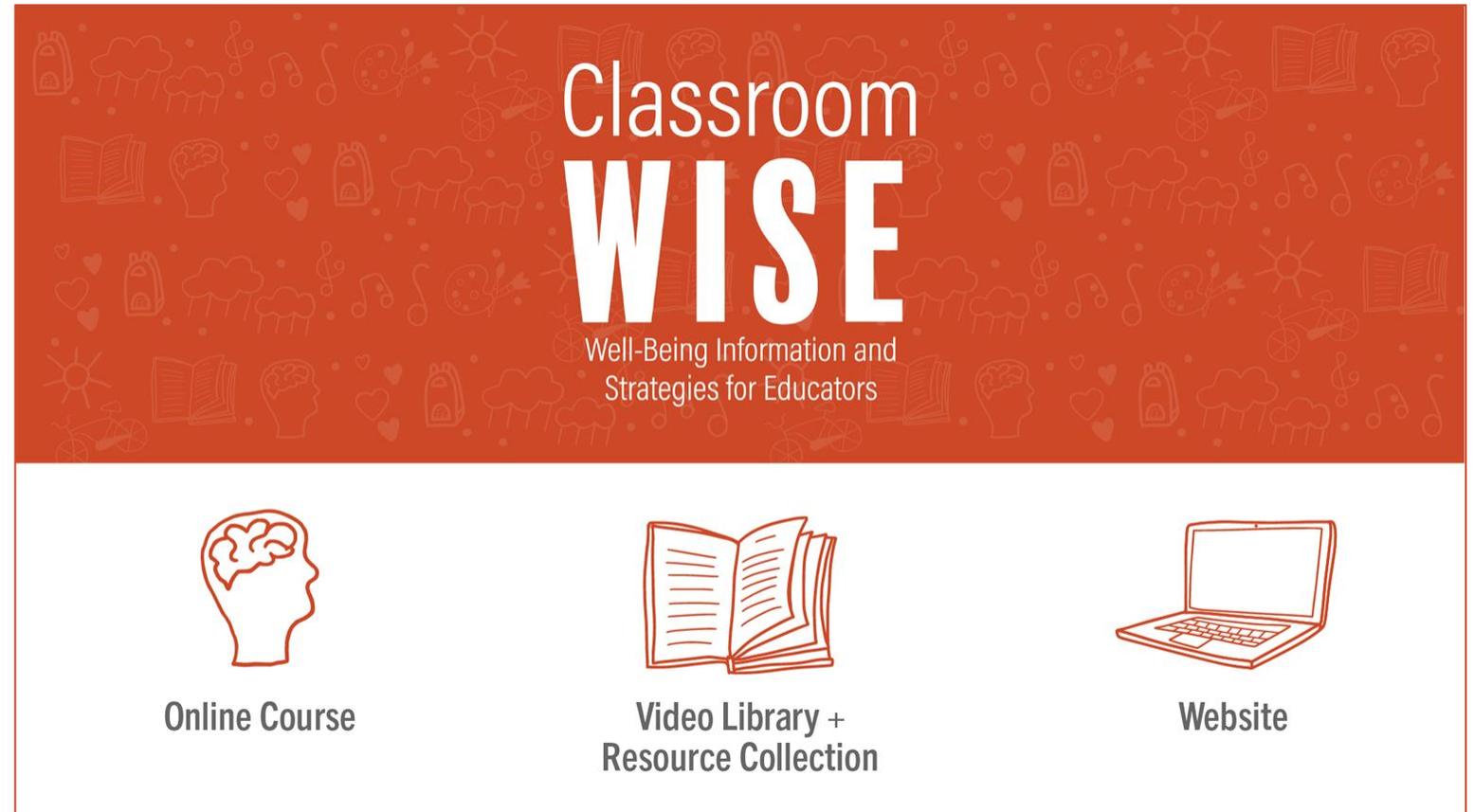
**Classroom WISE Information Session**  
September 16, 10:00 a.m.

- Overview of Classroom WISE
- Gaining Mental Health Literacy Skills Through Classroom WISE
- Using Classroom WISE with Your School or District
- How to Enroll in Classroom WISE

# Overview of Classroom WISE

# Classroom WISE: Well-Being Information and Strategies for Educators

- FREE 3-part national 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



The image shows a promotional graphic for Classroom WISE. The top half has a red background with the text "Classroom WISE" in white, with "WISE" in a larger font. Below it, in smaller white text, is "Well-Being Information and Strategies for Educators". The background is filled with faint white icons of books, hearts, and people. The bottom half has a white background with three red line-art icons: a head with a brain, an open book, and a laptop. Below each icon is its corresponding label: "Online Course", "Video Library + Resource Collection", and "Website".

Classroom  
**WISE**  
Well-Being Information and  
Strategies for Educators

Online Course

Video Library +  
Resource Collection

Website

Available at [www.classroomwise.org](http://www.classroomwise.org)

# Classroom WISE Website



[About Classroom WISE](#) [About the Developers](#) [Video Library](#) [Resource Collection](#) [Contact Us](#)



[Launch Course](#)



## Introducing Classroom WISE

### Well-Being Information and Strategies for Educators

Classroom WISE is a FREE 3-part training package that assists K-12 educators in supporting the mental health of students in the classroom. Developed by the Mental Health Technology Transfer Center (MHTTC) Network in partnership with the National Center for School Mental Health, this package offers evidence-based strategies and skills to engage and support students with mental health concerns in the classroom.

In addition to a free online course on mental health literacy for educators and school personnel, a video library and resource collection are also available!

[Learn more](#)

Catch a sneak peek of Classroom WISE by clicking on the video above!

[www.classroomwise.org](http://www.classroomwise.org)

# 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 10sec*



## 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*

# 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 Reducing Stigma



Module 3: Fostering Social Emotional Competencies and Well-Being



Module 4: Understanding and Supporting Students Experiencing Adversity and Distress



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



Module 6: Classroom Strategies to Support Students Experiencing Distress

# Feedback from Educators and School Personnel

“

The topics covered in this training, including positive relationships, cultural awareness, incorporating student interests and using inclusive language, were addressed in a straight-forward, concise manner and content was easy to digest.

— Stacy Champey, Multi-Tiered System of Support District Coach

I am thrilled with this training! It empowers teachers to incorporate mental health and social-emotional learning in the classroom. I always say my main goal is to have everyone so well trained in supporting student mental health that my role becomes obsolete. This may just do it!

— Nancy Johnson, School Counselor

”

# Gaining Mental Health Literacy Skills Through Classroom WISE

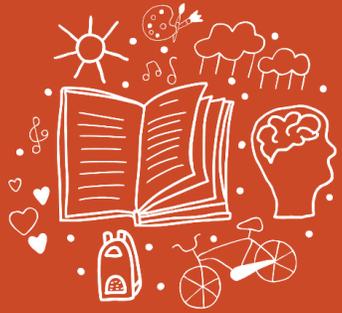


# Classroom **WISE**

Well-Being Information and  
Strategies for Educators

## Evidence-Based Content

- Classroom WISE offers evidence-based strategies to promote student mental health and support students with mental health challenges.
- Skills are based on the scientific literature on school climate, mental health literacy, social emotional learning, and school-based interventions for mental health problems.



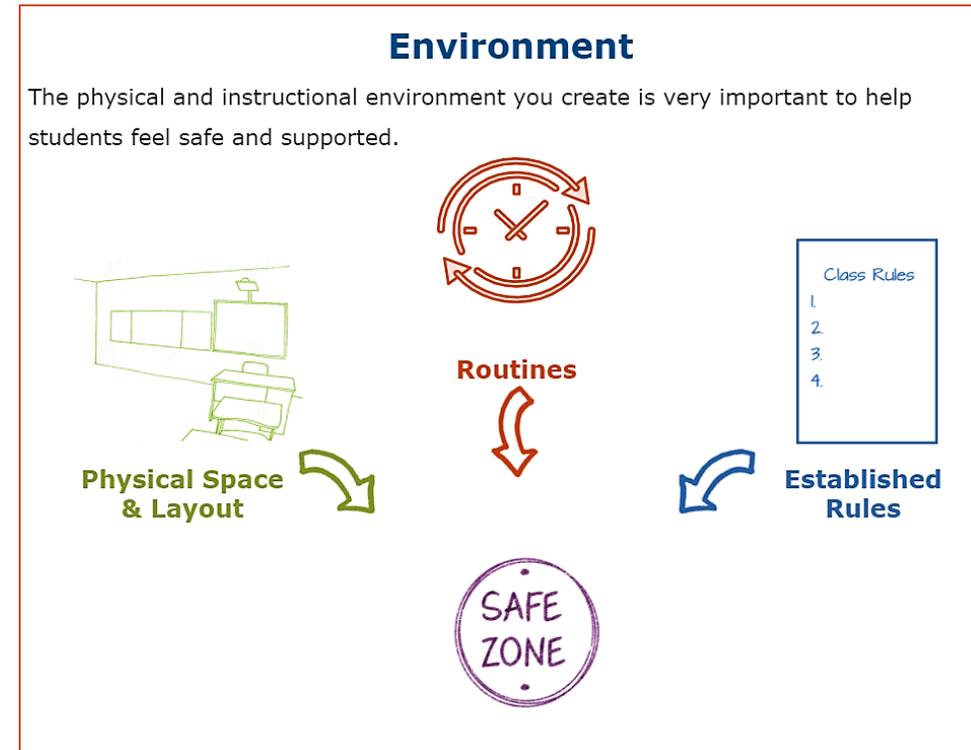
# Classroom **WISE**

Well-Being Information and  
Strategies for Educators

## Modules 1-3:

# Promoting Mental Health and Well-being of Students

- Creating safe and supportive classrooms
- Bringing mental health into the classroom and addressing stigma
- Fostering social emotional competencies





Classroom  
**WISE**  
Well-Being Information and  
Strategies for Educators

## Modules 3-6: Understanding and Supporting Students Experiencing Adversity and Distress

- Impact of trauma/adversity on learning and behavior
- Understanding and identifying student distress and linking students to support
- Classroom strategies to support students with mental health concerns

### Stress & Trauma

#### 8. Be aware of stress or trauma reminders

It's hard for a student to feel safe when regularly reminded of past events or traumas.

Being center of attention

Sudden or loud noises

Fighting or yelling

Confinement

Physical touch

Unexpected changes



# Classroom WISE Module Topics

## Module 1:

Creating Safe and Supportive Classrooms

## Module 2:

Teaching Mental Health Literacy and Reducing Stigma

## Module 3:

Fostering Social Emotional Competencies and Well-Being

## Module 4:

Understanding and Supporting Students Experiencing Adversity and Distress

## Module 5:

Impact of Trauma and Adversity on Learning and Behavior

## Module 6:

Classroom Strategies to Support Students Experiencing Distress

# Cultural Inclusiveness and Equity WISE



- A companion course to Classroom WISE, Cultural Inclusiveness and Equity WISE (Well-Being Information and Strategies for Educators), is coming soon!
- Educators will learn how inequities in education impact student mental health and how implicit bias influences our perceptions and responses. Building on this foundation, educators will learn culturally inclusive classroom strategies to support student mental health.
- Visit [www.classroomwise.org/companion-course](http://www.classroomwise.org/companion-course) to learn more.

# Using Classroom WISE with Your School or District

# Considerations for Implementation: Roles and Responsibilities



- **District and school administrators** – communicate about alignment with strategic priorities and student needs, explain purpose and how it will be supported, identify and problem solve implementation barriers (e.g., time)
- **School mental health professionals** – support teacher implementation, provide input on personalizing and individualizing strategies to teacher style and student strengths/needs/culture/language/grade level
- **Educators** – provide feedback to school mental health professionals and administrators about application with students, experiences implementing, and needed adjustments

# Considerations for Implementation: Completing Modules

- Schedule:
  - Module 1 Completion Date: \_\_\_\_\_
  - Module 2 Completion Date: \_\_\_\_\_
  - Module 3 Completion Date: \_\_\_\_\_
  - Module 4 Completion Date: \_\_\_\_\_
  - Module 5 Completion Date: \_\_\_\_\_
  - Module 6 Completion Date: \_\_\_\_\_
- Collect Certificates of Completion: YES / NO
  - If Yes, School or District Point Person:  
\_\_\_\_\_

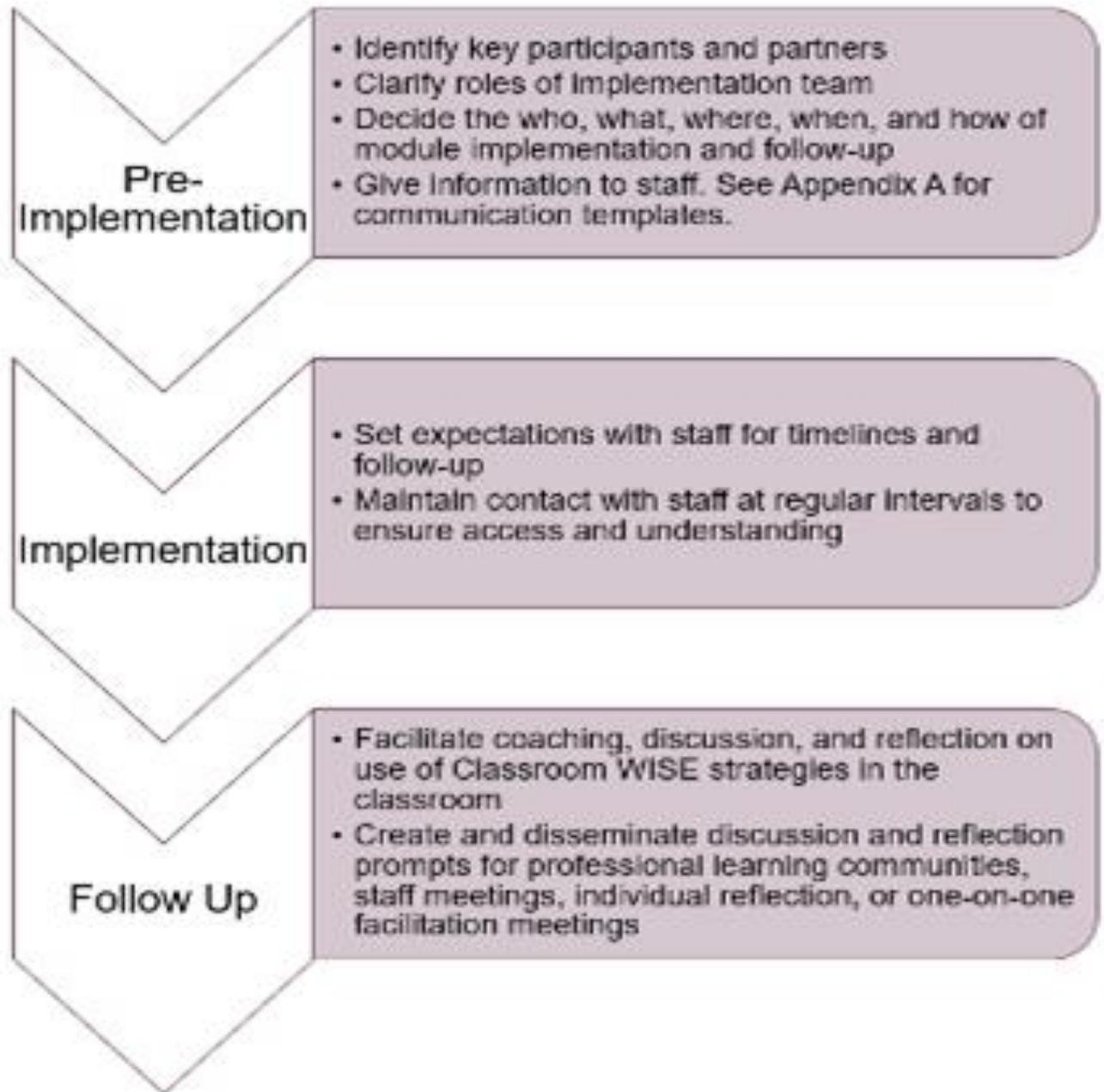


# Considerations for Implementation: Ongoing Support

- Team-based opportunities to discuss modules after viewing: \_\_\_\_\_
- Consultation or coaching supports offered by the school mental health team
  - Who will offer the consultation/coaching: \_\_\_\_\_
  - Frequency of consultation/coaching: \_\_\_\_\_
  - Who will receive the consultation/coaching: \_\_\_\_\_
  - How will consultation/coaching be delivered: \_\_\_\_\_
- Natural mechanisms for peer support/shared learning among teachers
  - Grade Level Meetings
  - Professional Learning Communities
  - Staff Meetings
  - Other: \_\_\_\_\_



# School Implementation Flowchart



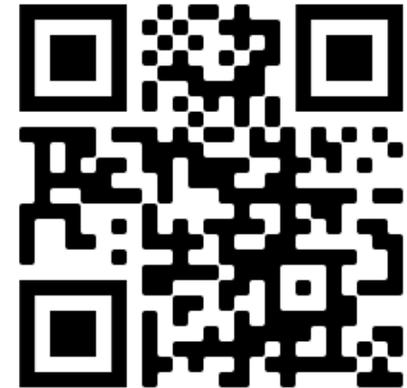
# How to Enroll in Classroom WISE

Access the **FREE** 3-part training package now!



# Classroom **WISE**

Well-Being Information and  
Strategies for Educators



MHTTC

Visit [www.classroomwise.org](http://www.classroomwise.org) to learn more!



Online Learning & Continuing Education for Health and Behavioral Health Professionals

Username

Password

Log in

[Forgotten your username or password?](#)

## Step 2

# Register for a HealthKnowledge Account



Our Courses

Search available courses

More



How to Use

Using HealthKnowledge

More



Need Help

Click below for support

More



New User

Create an account

More

## Step 1

Go to [healthknowledge.org](https://healthknowledge.org) and click "More" under "New User."

HealthKnowledge [Log in](#)

### Register for an Account

There is no cost for your HealthKnowledge membership. Once you register for an account on HealthKnowledge.org, you can enroll free of charge in any of our top-notch courses for a Certificate of Completion. Most courses also offer Continuing Education credits at no cost or up to only \$5 per credit hour.

Use the secure form below to register for a free account. If you see an error message saying that you may already have an account, please contact the [24/7 Help Desk](#) for assistance.

[Already have an account? Login](#)

**Note:** Your email address will be your login name after your account is created. Please make sure that your email address is correct.

First Name:

Last Name:

Organization:

Address 1:

Address 2:

City:

Country:

The screenshot shows the HealthKnowledge website's registration page. At the top left is the HealthKnowledge logo with a lightbulb icon. Below it is a navigation menu with 'Home', 'Site pages', and 'Register for an Account'. The main heading is 'Register for an Account'. The text explains that there is no cost for membership and provides instructions on how to register. A button labeled 'Already have an account? Login' is highlighted with an orange arrow. Below the button, a note states that the email address will be the login name. At the bottom, it says 'Thank you for registering. You may now proceed to the Healthknowledge login page to login and register for courses.'

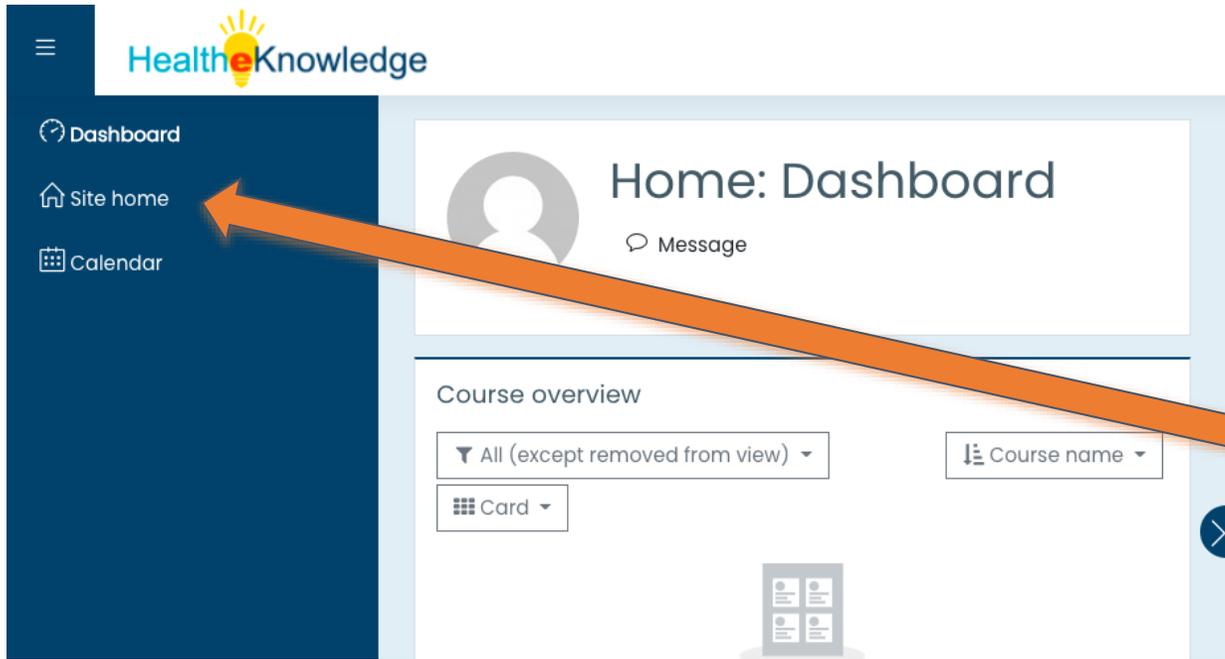
**Step 3**

**Click  
“Healthknowledge  
login page.”**

The screenshot shows the HealthKnowledge website's login page. At the top is the HealthKnowledge logo with a lightbulb icon. Below it is a dark blue banner with the text 'Welcome to HealthKnowledge' and 'If you are new to HealthKnowledge, please create an account. If you are already a member, please log in.' The main heading is 'Log in'. Below it is a form with two input fields: 'Username / email' and 'Password'. There is a checkbox for 'Remember username' and a 'Log in' button. Below the button is a link for 'Forgotten your username or password?'. An orange arrow points to the 'Log in' button.

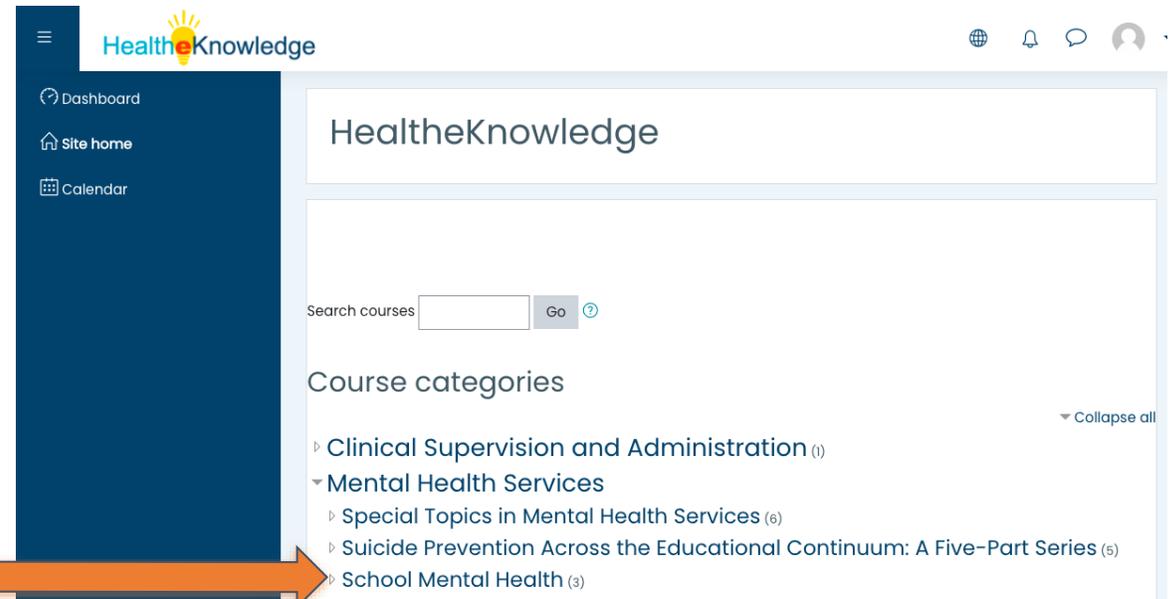
**Step 4**

**Enter your username and password and log in.**



**Step 5**

**Click “Site home.”**



**Step 6**

**Click “School Mental Health.”**

# School Mental Health

Home Courses Mental Health Services School Mental Health

Course categories: Mental Health Services / School Mental Health

Search courses  Go ?



School Mental Health  
Cultivating  
Compassionate  
School Communities  
that Respond to  
Trauma Effectively

[View Description and Enroll](#)



School Mental Health  
Classroom WISE:  
Well-Being  
Information and  
Strategies for  
Educators

[View Description and Enroll](#)



School Mental Health  
Building Capacity of  
School Personnel to  
Promote Positive  
Mental Health in  
Children and Youth  
(Self-Paced)

[View Description and Enroll](#)

**Step 7**  
**Click here!**



School Mental Health  
Cultivating  
Compassionate Sch  
Communities that  
Respond to Trauma  
Effectively

[View Description and Enroll](#)

## Classroom WISE: Well-Being Information and Strategies for Educators

Educators and school personnel play a vital role in promoting mental health and well-being and identifying and responding to emerging mental illness in children and adolescents. Classroom WISE (Well-Being Information and Strategies for Educators) is a 5-hour, self-paced, educator mental health literacy course, developed by the MHTTC Network, in partnership with the National Center for School Mental Health. It presents concrete, universal approaches to promoting student mental health and creating safe and supportive classroom environments, describes student behaviors that may indicate a mental health concern, and provides specific skills and strategies to engage and support students with mental health concerns. Modules average about 50 minutes each (50x6= 300 min= 5 hours). This course includes a high-impact video series and resource collection also available on our website, [www.classroomwise.org](http://www.classroomwise.org).

\*Note: If you are participating in the School Technical Assistance Opportunity (August 2021-March 2022), please register for the private "Classroom WISE for School TA Opportunity" course, which you will find under the Private Courses category on HealthKnowledge's main page.

Certificate of Completion Available

[REGISTER NOW AND BEGIN COURSE](#)



**Step 8**  
**Click here!**

Close

The screenshot shows the Health Knowledge website interface. At the top left is the Health Knowledge logo. A dark blue sidebar on the left contains navigation options: Grades, Dashboard, Site home, Calendar, Course sections, and My courses. The main content area displays the course title 'Classroom WISE: Well-Being Information and Strategies for Educators'. Below the title are breadcrumb links for 'Dashboard' and 'My courses', and a specific course link. A progress indicator shows 'Your progress?'. The main content area features a large illustration with a sun, clouds, musical notes, an open book, and a brain, with the text 'Classroom WISE' in large letters.

**Step 9**

**Click  
“Introduction”  
to get started  
with the  
course!**



**Introduction (Required)**

Your progress?



**Classroom  
WISE**

Mental Health Technology Transfer  
Center School Mental Health  
Resources

# C-TLC & MHTTC Resources



**Compassion Action**

*News & Updates from the Childhood-Trauma Learning Collaborative (C-TLC)*

August 12, 2021 | Volume 2, Number 4

**Back to School with Compassion: Welcoming Staff, Students, and Families**

**Featured Article**  
Back to School After COVID-19  
Part IV: Building a Resilient, Trauma-Skilled Community

**Editor's Corner**

Martha Staehel, PhD  
C-TLC Director

Once again, we are preparing to return to school with an uncertain school year ahead. Last year, we had no idea what school would look like, how the COVID-19 pandemic would affect our students, or how we would manage the persistent and urgent demands on us as educators, mental health providers, parents, or community members. This year, some of the

**National School Mental Health Best Practices: Implementation Guidance Modules for States, Districts, and Schools**

Trainer Manual



## Schools this Year: Supporting Student and Staff Mental Health

Whether you are returning to school in-person, virtually, or in a hybrid format, apply a trauma-informed, equitable, and compassionate lens to providing mental health supports to every member of the school community. Because we will all return to school as different people than when we left, our suite of resources is designed to help school staff understand the need for and nature of becoming more trauma-sensitive and considerations for working with trauma-impacted communities.

ACCESS FREE TRAINING RESOURCES

## Supporting Student and Staff Mental Health and Well-Being Training Library

**Childhood-Trauma Learning Collaborative (C-TLC) Topical Resource Directory**

August 2021

**Seminal Resources**  
A Compassionate School Response to Mental Illness Guide

Back to School After COVID-19: Supporting Student and Staff Mental Health Toolkit | Webinar | Interactive Slideshow

Neurobiology and Executive Functioning Webinar

**Additional Resources (topical listings are presented in alpha order)**

<p><b>Building Confidence and Positivity</b></p> <p><b>Blogs</b> Life is Good Playmakers: Spreading Optimism, Joy, and Hope Through Compassionate Connection</p> <p>Back to School After COVID-19 Part III: Open up with Optimism and Connection</p> <p>Well-being, Future Orientation, Risk, and Self-</p>	<p><b>Bullying Prevention</b></p> <p><b>Blogs</b> Cyberbullying in the Information Age</p> <p>Learning from Tragedy: How A Bullying-Related Teen Suicide Led to SEL Reform in Massachusetts</p> <p>Part I: Understanding the Trauma of the School Shootings Epidemic—Why?</p>
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**Cultivating Compassionate School Communities that Respond to Trauma Effectively**

**Classroom WISE**  
Well-Being Information and Strategies for Educators

# Upcoming Events



## **Compassionate Leadership**

**Wednesday, October 6,  
2021 @ 3:00 p.m. EDT**

Compassionate Leadership:  
Preventing and Addressing  
Compassion Fatigue and  
Burnout



## **Cultivating Compassionate School Communities**

**Thursday, October 14, 2021  
@ 10:00 a.m. EDT**

Cultivating Compassionate School  
Communities that Respond to  
Trauma Effectively Online Course  
Information Session



Complete Our Evaluation  
Scan the QR Code or follow  
the link below:

<https://ttc-gpra.org/P?s=884653>

**Sign up for our newsletter!**

[shorturl.at/iFLN3](https://shorturl.at/iFLN3)

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# Contact Us

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