

Wisconsin's School Mental Health Framework

Presentation Resources

Mental Health Promotion

[Mental Health Literacy Units of instruction](#)

These skills-based units of instruction include lessons for elementary, middle and high school students. The lessons focus on developing the skills that students need to maintain mental health and wellbeing and recognize and support others who may be struggling.

[Stigma Reduction Toolkit](#)

The Stigma Reduction Toolkit includes lessons that can be used with secondary students in a variety of settings, caregiver engagement materials, and a discussion guide for educators to examine their own stigmatizing beliefs and behaviors. Together, these toolkit materials can promote a resilient, hopeful, and inclusive school-community for all affected by mental health challenges.

[Youth Mental Health First Aid Training](#)

This training includes information on mental health literacy, adolescent development, anti-stigma messaging and a 5 step process to support youth with a mental health crisis and suicidality. Participants will learn the signs of a mental health crisis and have the information to refer to outside resources. This workshop is ideal for those having contact with youth aged 12-25.

[Social and Emotional Learning Competencies](#)

The competencies guide is designed to provide educators and out-of-school-time professionals with the essentials for implementing a comprehensive approach to SEL. The competencies support the belief that SEL skills are best learned when all adults are teaching, providing opportunities to practice, learning and modeling, and reinforcing these skills throughout the day.

[Compassion Resilience Toolkit](#)

This toolkit offers information, activities, and resources for school leadership and staff to understand, recognize, and minimize the experience of compassion fatigue and to increase compassion resilience. The toolkit is designed for flexible implementation by facilitators within their school, including small group circle conversations, large group presentations with application discussions, individual activities/reflection.

School Mental Health in Wisconsin

[The Voices of Wisconsin Students](#)

The project gathers feedback from Wisconsin youth in grades 6-12 on: (1) the nature and intensity of challenges and concerns they are experiencing during the pandemic; (2) how they are coping; and (3) how they may be strengthening their resilience.

[Wisconsin School Mental Health Framework](#)

The framework creates a common vision and language for developing and sustaining school mental health systems in Wisconsin. It includes six components of a CSMHS that are integrated into existing academic and behavior support systems and provides guidance on implementing them from a trauma sensitive lens.

[Trauma Sensitive Schools \(TSS\) Online Professional Development System](#)

This free, online, on-demand system helps learners understand the prevalence and impact of toxic stress on youth and caregivers and how to infuse the guiding principles of TSS their existing equitable multi-level system of support.

System Tools

[Culturally Responsive Problem-Solving Guide](#)

The guide outlines strategies that problem-solving teams can use to ensure a strengths-based approach to accurately identifying a problem and effective solutions.

[SHAPE-School Mental Health Quality Assessment \(SMH-QA\)](#)

The SHAPE system offers an online assessment and performance evaluation system to increase the quality and sustainability of a comprehensive school mental health system.

[Mental Health Referral Pathways Module Series](#)

The modules include information, tools, and local examples for establishing the formalized processes and procedures needed to identify student need and connect students with resources.

[Understanding the Differences: \(SEL\) and \(SEB\) Screening and Assessment](#)

This document is intended to assist school professionals in differentiating between Social and Emotional Learning (SEL) Competency Assessment, Universal Social, Emotional, and Behavioral (SEB) screening, and more targeted SEB assessment.