DPI Mental Health Literacy Module Implementation Tools

Section 1: Introduction to Mental Health Literacy

Module 1.1: What Is Mental Health Literacy?

- Mental Health Literacy Key Points
- Creating a Mental Health Literacy Elevator Pitch Tool

Module 1.2: Mental Health Literacy in Schools:

- Mental Health Literacy Talking Points for School Leaders
- Wisconsin Mental Health Literacy Survey for Educators
- Organizational Mental Health Literacy Reflection

Section 2: Mental Health Knowledge

Module 2.1: What Is Mental Health?

- Under the Microscope: Beliefs about Children's Mental Health
- Building a Level Foundation for Children's Mental Health Video and Reflection Guide

Module 2.2: What Impacts Mental Health? Early Childhood Experiences

- DPI's Trauma Sensitive Schools Online Learning Modules, Universal Level, *Getting Started*, *Prevalence and Impact of Trauma*, and *Neuroscience* modules.
- Building Healthy Brains Video and Reflection Guide
- What are Positive childhood Experiences Infographic

Module 2.3: What Impacts Mental Health? Social Determinants of Health

- Social Determinants of Health and Schools Infographic
- Social Determinants of Health Exploration Guide

Module 2.4: What Impacts Mental Health? Individual Factors

- What Impacts Mental Health Infographic
- Building Resilience in the Classroom Quick Guide

Module 2.5: Mental Health Challenges, Resilience, and Recovery

- Mental Health Challenges: Understanding the Signs and Symptoms
- Youth Risk Behaviors Survey Data

- Types of Mental Health Challenges: Building Understanding and Support Infographic

Section 3: Build and Maintain Positive Mental Health

Module 3.1: Promoting Your Own Well-being

- Educator Emotion Regulation Plan
- Wellness Compass Assessment from the Compassion Resilience Toolkit
- Individual Asset Mapping Tool

Module 3.2: Promoting Well-Being in the Classroom

- DPI's Trauma Sensitive Schools Online Learning Modules, all the modules in the Universal Level: Strategies and Practices section
- Mental Health Promotion: Simple Classroom Strategies

Section 4: Seeking Help and Providing Support

Module 4.1: Help Seeking

- Help-Seeking Reflection Tool
- Mental Health Supports: Understanding What Can Help Infographic

Module 4.2: Supporting Colleagues, Friends, and Other Adults Experiencing a Mental Health Challenge

- Compassionate Action Steps Visual, Scenarios for Discussion, and Tips for Moving from Empathy to Engaging the Person in Discerning Best Action from the Compassion Resilience Toolkit
- Tips for Compassionate Boundary Setting, and Compassionate Boundaries Reflection from the Compassion Resilience Toolkit
- Safe Person 7 Promises
- Quick Guide: Supporting Colleagues and Students with Mental Health Challenges

Module 4.3: Supporting Students Experiencing a Mental Health Challenge

- Responding to Student Disclosure of Emotional Pain, Trauma, or Mental Illness
- Safe Person 7 Promises
- DPI's Trauma Sensitive Schools Online Learning Modules, Universal Level: Systems and Policy Approaches and Considerations, Disclosures and Confidentiality Module
- Compassionate Boundary Setting to Build Compassion Resilience from the Compassion Resilience Toolkit

Section 5: Reducing Stigma

Module 5.1: What Is Mental Health Stigma?

- WISE Stigma 101 Presentation

Module 5.1: How to Reduce Mental Health Stigma in Schools

- Up to Me Program from WISE
- DPI's Stigma Reduction Toolkit
- Empowering Students to Reduce Mental Health Stigma in Schools
- Say it Better: Changing the Conversation About Mental Health-Classroom Activity
- Shifting the Conversation: Reflection Tool for Educators on Mental Health Language