

# What Has Changed?

## The New Wisconsin School Mental Health Framework



### Promoting Wellbeing

Often thought of as the opposite of illness, mental health also includes wellbeing. School mental health efforts do not solely focus on treating illness, but proactively promote student and staff mental health with attention to the social influencers of health and efforts to eliminate systemic barriers to wellbeing.

### A Comprehensive Approach

Comprehensive School Mental Health systems (CSMHS) include six components. These components form a proactive system that promotes educational and health equity.



### Trauma Sensitive Schools (TSS) as a Lens

The TSS guiding principles, including cultural responsiveness, provide a lens through which all aspects of the school are developed, implemented, and continuously improved. TSS is not a specific support or intervention.

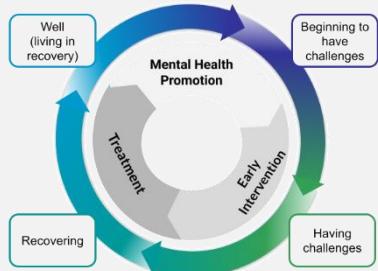
### Integration

Rather than creating a separate system of mental health supports, schools leverage all aspects of existing equitable Multilevel Systems of Support as they relate to behavior and academics to create an integrated system.



# What Stayed the Same?

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### The Continuum Supports

A full continuum of supports, including mental health promotion, early intervention, and treatment services, promotes student and staff wellbeing with a strong focus on universal mental health promotion activities and attention to historically underserved groups.

### Student and Family Voice

Student and family voice plays a central role in planning and implementing both broader school mental health efforts and individual student planning, with the goal of engaging voices with lived experience to create a system that serves all students and families.



### A Focus on School Climate

Schools foster positive classroom and school environments through social and emotional skill building, clear and consistent expectations, mental health literacy and stigma education, and the use of trauma sensitive policies and practices.

### Collaboration with the Community

Comprehensive school mental health systems rely on collaboration and teaming across diverse school and community stakeholders with a shared commitment to promote wellbeing in their specific roles.

