

Wisconsin's Comprehensive School Mental Health Framework Presentation Resources

Mental Health Literacy

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.

[Link](#)

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.

[Link](#)

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, including teachers, paraprofessionals, bus drivers, school support staff, coaches, juvenile justice workers, employers of youth, faith-based communities and youth organizations.

[Link](#)

Snapshot of Wisconsin Students Mental Health

The Voices of Wisconsin Students Project: Learning, Coping, and Building Resilience During COVID-19

The project gathers insight, information, and feedback directly from Wisconsin youth in grades 6 through 12 with a focus on: (1) the nature and intensity of challenges and concerns they are experiencing in the environment of the COVID-19 pandemic; (2) how they are coping; and (3) feedback on how they may be strengthening their resilience during what is, for many, a period of heightened stress, anxiety, and isolation.

[Link](#)

Trauma Sensitive Schools

Online Professional Development System

This is a free, online, on-demand system consisting of three primary components. Through this system, learners will understand the prevalence and impact of toxic stress on youth and those who care for them. Additionally, participants will understand how to infuse the values of safety, trustworthiness, choice, collaboration, and empowerment into various aspects of their existing equitable multi-level system of support.

[Link](#)

Staff Wellness

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.

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