

WELL-BEING



Mental health is a critical part of overall health and *well-being* and is important throughout the life cycle; affecting thinking and learning, feelings and actions, influencing healthy decision making.

" In childhood and throughout adolescence, mental health means attaining developmental and emotional milestones, learning healthy social skills and coping with challenging situations. Mentally healthy children/youth have a positive quality of life and function well at home, in school, and in their communities"

According to the Centers for Disease Control and Prevention (CDC), " focusing on establishing healthy behaviors during childhood is more effective than trying to change unhealthy behaviors during adulthood. "

to

As outlined in the January 2018 NYSED's Board of Regents Memo; Education Law §804 was amended by Chapter 390 (Laws 2016) and Chapter 1 (Laws 2017) clarifying that a satisfactory program in health education in accordance with the needs of pupils in all grades that includes the several dimensions of health, is now required to:

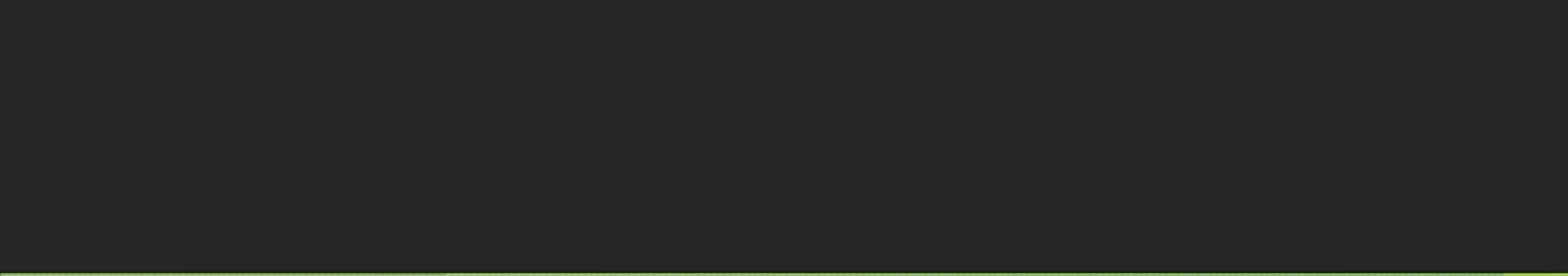
- include mental health and the relation of physical and mental health; and
- designed to enhance student understanding, attitudes and behaviors that promote health, well-being and human dignity.

(Amendments approved at the May 2018 NYSED Board of Regents Meeting for a July 2018 implementation date in schools; [NYSED Board of Regents](#)).

to

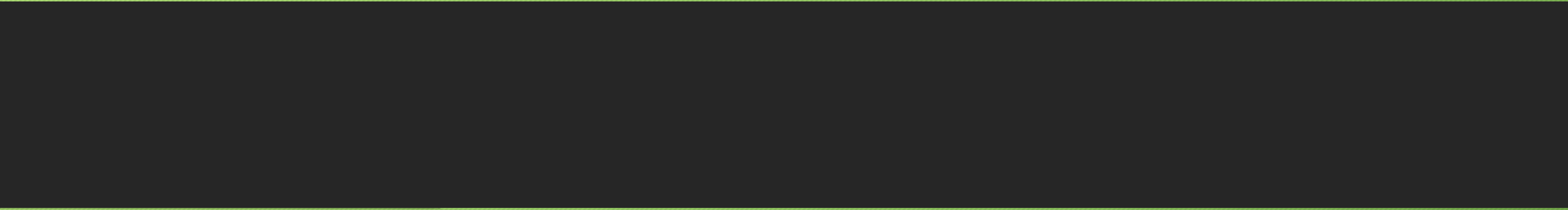
Schools may already be providing “mental health” education as previously stated in CR’s Part 135, however this new legislation formalizes in law the new requirements noted in *italics*.

With elementary and secondary level health education in schools being required to instruct on mental health; staff, students, families and communities will be more openly discussing both mental health well-being and mental health challenges, and able to address awareness, prevention and treatment.



Mental Health Classroom Resources - identifying skills and functional knowledge students should acquire, and tools to address stigma and promote best educational practices.

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Therefore, the Advisory Council is recommending schools understand and expand obligations to support elementary and secondary level teachers instructing on mental health education, by including a comprehensive approach supporting various components for enhancing mental health well-being for schools, students, families and communities. Resources are inclusive, as schools can, and should go beyond providing only classroom instruction on mental health and focus efforts on developing a positive school climate and culture.

Resources developed:

Multiple Dimensions of Mental Health - concept of mental health as something more than an illness, on a continuum of well-being, and an integral part of overall health. Resources: Evidence-based resources and best-practice curricula examples regarding the connection between mental health, social emotional learning, well-being, health education, nutrition, physical education and physical activity; mental health defined.

Mental Health Resources for Schools, Students, Families - facilitating relationships between schools and communities within school-based structures, county resources, staff and parent education; and topics to discuss when collaborating with community agencies. Resources: Guidance for fostering school and community collaborations; "Resource Toolkit" for cultivating partnerships.

Resources

Supporting a Positive School Climate and Culture - describing how a school " Culture of Care" can decrease stigma and increase mental health awareness, knowledge and understanding.

Developed:

Resources: Needs Assessment Checklist and evidenced based frameworks for promoting positive school climate and culture.

Implementation - leverage school, community and family partnerships to build upon existing policies, structures and resources to increase capacity and develop a sustainable structure. Resources: Sample mental health and well-being school policy; links to prevention and care tools.

NOTE:



NYSED's