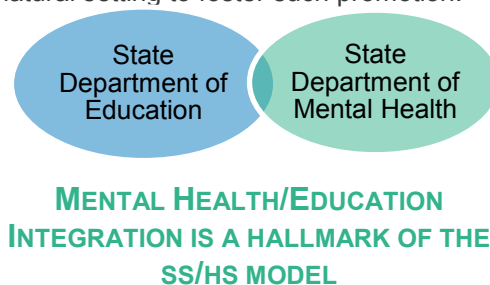




## Element 2: Promoting Mental, Emotional, and Behavioral Health

### BACKGROUND

Promoting mental, emotional, and behavioral health involves the implementation of strategies to enhance the well-being of youth by promoting prosocial behavior, teaching coping skills, and developing students' skills at decision making, self-awareness, and conducting relationships. The potential benefits of promoting mental, emotional, and behavioral health are greatest when efforts are focused on young people and schools offer a natural setting to foster such promotion. Safe Schools/Healthy Students (SS/HS) encourages the use of empirically supported strategies to promote mental health and well-being and to enhance students' social and emotional competence.



### GRANTEE HIGHLIGHTS



**New Hampshire Student Wellness Mobile App:** This app provides a centralized hub of information and training for New Hampshire school personnel, emergency first responders, and other adults who interact with school-aged youth. The app resources and events are intended to support the whole child development, including mental and behavioral health, resilience, and cultural identity. <http://www.nhstudentwellness.org/>

**Pennsylvania Mental Health Campaign:** York County SS/HS partners with Communities That Care, their Systems of Care initiative, and Drug Free PA to sponsor annual contests through which local students have created public service announcements to reduce stigma about mental health and substance use. Students initiated expansion of PSA activities to all 16 school districts in York County and added community events and leadership forums.

**Supporting Lesbian Gay Bisexual Transgender & Questioning (LGBTQ) Students in Connecticut:** To better understand and support the mental health of LGBTQ students in Bridgeport, SS/HS evaluators conducted focus groups and examined surveys on the health risks for these students. School and community leaders shared findings with stakeholders and conducted two regional conferences. Collecting and sharing data resulted in increased efforts to support LGBTQ students in Bridgeport schools.

### EXAMPLES OF EVIDENCE-BASED PRACTICES AND PROGRAMS

SS/HS grantees currently implement the following practices and programs as part of Element 2:

- ✓ Aggression Replacement Training
- ✓ Botvin LifeSkills
- ✓ Boys Town Educational Model
- ✓ CHAMPS - Classwide Positive Behavior Support (PBS; Randy Sprick)
- ✓ Check in Check out
- ✓ Club Ophelia (Relational Aggression)
- ✓ Cognitive Behavioral Intervention for Trauma in Schools (CBITS)
- ✓ Coping and Support Training (CAST)
- ✓ Coping Cat
- ✓ Kognito At-Risk for Educators Training
- ✓ Motivational Interviewing
- ✓ OLWEUS Bully Prevention
- ✓ Parenting Wisely
- ✓ PAX Good Behavior Game
- ✓ Peer-to-Peer Mediation
- ✓ PBIS
- ✓ Prevention Plus Wellness Sport
- ✓ Project SUCCESS
- ✓ Project Toward No Drug Abuse
- ✓ Raising a Thinking Child
- ✓ Reconnecting Youth
- ✓ Responsive Classrooms
- ✓ RULER (Yale Center for Intelligence)
- ✓ Second Step Elementary Program
- ✓ Seeking Safety
- ✓ Signs of Suicide Screening
- ✓ Strengthening Families Program
- ✓ Student Assistance Program Model
- ✓ Too Good for Drugs
- ✓ Trauma-Focused Cognitive Behavioral Therapy (TF-CBT)
- ✓ Well-Managed Schools Model
- ✓ Youth Mental Health First Aid

SS/HS grantees provided school-based mental health services to over 34,000 students in 2016–2017.

Contact our SS/HS Grantees to learn what they are working on now:

### [CT Department of Mental Health and Addiction Services](#)

Bridgeport Public Schools, Middletown Public Schools, and Consolidated School District of New Britain  
[Connecticut Grantee Profile](#)

### [MI Departments of Education and Health and Human Services](#)

Education Achievement Authority—Detroit, Houghton Lake Community Schools, and Saginaw Public School District  
[Michigan Grantee Profile](#)

*“Schools cannot do it alone! It does take a village and can start with one person at a time.”*

—Michele Halligan-Foley, SS/HS Rochester Program Director

### [NH Departments of Education and Health and Human Services](#)

Concord Public Schools, Laconia Public Schools, and Rochester Public Schools  
[New Hampshire Grantee Profile](#)

### [NV Departments of Education and Public and Behavioral Health](#)

Lyon County School District, Nye County School District, and Washoe County School District  
[Nevada Grantee Profile](#)

### [OH Departments of Mental Health and Addiction Services and Education](#)

Greene County Educational Service Center, Harrison Hills City School and Ohio Educational Service Center  
[Ohio Grantee Profile](#)

### [PA Department of Education, Systems of Care, and PBIS](#)

Intermediate Unit 21 (Lehigh Learning and Achievement School)/Lehigh County, Northeastern York School District/York County, and Penncrest School District/Crawford County  
[Pennsylvania Grantee Profile](#)

### [WI Departments of Public Instruction and Health Services](#)

School District of Beloit, Menominee Indian School District, and Racine Unified School District  
[Wisconsin Grantee Profile](#)

Since the start of the SS/HS grant, almost 60,000 school-based staff have participated in training and professional development to support student mental health.

## Resources to Promote Mental, Emotional, and Behavioral Health

- [Community Conversations About Mental Health: Discussion Guide](#): This manual guides facilitators and participants through organizing community discussions about mental health that promote recovery and healthy communities. It provides discussion questions, facilitator tips, and next steps following a conversation.
- [Helping Children and Youth Who Have Experienced Traumatic Events](#): This report provides information on how systems of care and trauma-informed services can improve the lives of youth who experienced traumatic events. It includes findings from a national evaluation of these programs and describes common treatment approaches.
- [Promoting Recovery and Independence for Older Adolescents and Young Adults Who Experience Serious Mental Health Challenges](#): This report highlights programs that promote recovery and build resilience among older adolescents and young adults living with serious mental illness. It describes initiatives that address employment, housing, education, social connectedness, and emotional well-being.