



**MHTTC**

Mental Health Technology Transfer Center Network  
Funded by Substance Abuse and Mental Health Services Administration



## **Classroom WISE: Well-Being Information and Strategies for Educators** ***A 3-part training package on mental health literacy for teachers and school personnel***



Educators and school personnel play a vital role in promoting mental health and well-being and identifying and responding to emerging mental illness in children and adolescents. However, they often have not received the education, training, and/or ongoing support needed to respond in the classroom.

To address this need, the MHTTC Network, in partnership with the **National Center for School Mental Health** at the University of Maryland School of Medicine, developed a **FREE** self-guided online course, video library, resource collection, and a website focused on educator mental health literacy. The 3-part training package, *Classroom WISE (Well-Being Information and Strategies for Educators)*, launched in June 2021 and was informed by and co-developed with educators from across the nation.

These resources present concrete, universal approaches to promoting student mental health and creating safe and supportive classroom environments, describe student behaviors that may indicate a mental health concern, and provide specific skills and strategies to engage and support students with mental health concerns. Catch a sneak peek [here!](#)

### **Intended Audience:**

- K-12 teachers
- School personnel

### **Classroom WISE Online Course**

Classroom WISE offers evidence-based strategies to promote student mental health and support students with mental health challenges. Skills are based on the scientific literature on school climate, mental health literacy, social emotional learning, and school-based interventions for mental health problems. View course objectives [here](#).

The Classroom WISE online course includes six modules covering the following:

#### ***Promoting the Mental Health and Well-Being of Students***

- Creating safe and supportive classrooms
- Teaching mental health literacy and reducing stigma
- Fostering social emotional competencies and well-being



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### ***Understanding and Supporting Students Experiencing Adversity and Distress***

- Understanding and supporting students experiencing adversity
- The impact of trauma and adversity on learning behavior
- Classroom strategies to support students

### **Classroom WISE Video Library**

Access over 50 brief, high-impact and engaging videos of students and educators giving examples to help all students feel welcome in the classroom. The videos are embedded in the Classroom WISE online course and also available as stand-alone resources for educators and school personnel on the Classroom WISE website [here](#).

### **Classroom WISE Resource Collection**

*Identifying Student Distress, Tips for Starting Mental Health Conversations, Creating Mental Health Bulletin Boards* are just some of the Classroom WISE resources available. This ever-evolving collection includes resources created to supplement the Classroom WISE online course, as well as resources from other mental health and school organizations. Access this resource collection on the Classroom WISE website [here](#).

### **Coming soon! A Companion Course to Classroom WISE**

A new companion course to Classroom WISE, the Cultural Inclusiveness and Equity WISE (Well-Being Information and Strategies for Educators), is coming soon. Educators will learn how inequities in education impact student mental health and how implicit bias influences our perceptions and responses. Building on this foundation, educators will learn culturally inclusive classroom strategies to support student mental health. Learn more [here](#).

### **Access the Classroom WISE Website**

You can access the Classroom WISE course, video library, and resource collection by visiting [www.classroomwise.org](http://www.classroomwise.org).

For information about local, state, and regional school mental health training and technical assistance activities, including those related to Classroom WISE, access the MHTTC in your region [here](#).

Questions about the MHTTC Network?

Contact the MHTTC Network Coordinating Office

Email: [networkoffice@mhttcnetwork.org](mailto:networkoffice@mhttcnetwork.org)

Phone: (650) 721-8692

<https://mhttcnetwork.org/>

Each module in the Classroom WISE course is engaging, authentic and full of practical strategies and resources. I am so excited for educators to experience the training and witness their students thrive!

— Jennifer Pollock, Educator

I am thrilled with this training! It empowers teachers to incorporate mental health and social-emotional learning in the classroom. I always say my main goal is to have everyone so well trained in supporting student mental health that my role becomes obsolete.

This may just do it!

— Nancy Johnson, School Counselor