



School Mental Health Resource and Training Center FAQs

The Mental Health Association in New York State, Inc. (MHANYS) created the *School Mental Health Resource and Training Center* in July 2018 to support all NYS public and private schools on the implementation of the law that requires mental health instruction as part of the K-12 health curricula. The Resource Center staff and project partners are committed to helping schools:

- comply with the required mental health education of students.
- identify resources and develop mental health lesson plans/curriculum.
- develop and implement a plan for professional development.
- establish community partnerships to support mental health education and services.
- engage and support families.

Q: How do I access the Resource Center?

A: The Resource Center can be accessed three ways:

- 1) Web - www.mentalhealthEDnys.org; includes on-line inquiry form and resources for Education Professionals, Students, Parents and Caregivers, and Community Partners.
- 2) Phone - Monday through Friday from 8 am to 5 pm at 518.434.0439
- 3) Email - inquiries can be directed to schools@mhanys.org

Q: What type of resources and services are provided by the Resource Center?

A: The Resource Center will provide schools with:

- 1) resources compatible with the [NYS Framework for Mental Health Education Instruction](#) developed by the Mental Health Advisory Council, and nine core curriculum elements identified by the Resource Center as critical building blocks for mental health education.
- 2) several detailed lesson plans, including a series of vertically and horizontally aligned mental health plans for the K-12 classroom entitled *We All Have Mental Health*, plans designed for *World Mental Health Day* on October 10, two distinct *All Emotions Matter* lesson plans for elementary and secondary classrooms, and an extensive fiction and non-fiction book selection for all grade levels with accompanying resources for talking points on mental health themes.
- 3) guidance and technical assistance to support schools' ability to comply with the new law, including a [NYS Mental Health Education Readiness Guide](#).
- 4) an array professional development trainings (in-person and on-line), regional summits, and webinars.
- 5) guidance to schools in identifying and establishing community partnerships for the purpose of providing mental health instruction to students, training school staff, linking students and families to mental health services, and advocating for access to quality services and effective systems of care.

Q: Are there any fees for using the Resource Center?
A: No! It is free and available at no cost to all New York State public and private schools. There may be costs for additional trainings and presentations, offered by MHANYS and/or our member affiliates, beyond the scope of the Resource Center. Currently, the Resource Center is funded through the NYS Legislature and Executive. The hope and vision is that the Resource Center will continue to receive annual state funding in the future.
Q: Who is permitted to utilize the Resource Center?
A: All New York State school staff, including educators, student support services, administrators, and support staff. It is our belief that all members of the school community can benefit from professional development related to mental health and wellness. In addition, the Resource Center has information that is accessible to the general public, including community providers, caregivers and youth.
Q: Can you give us recommendations on curriculum development?
A: MHANYS will not recommend any particular curriculum, but rather will help schools assess existing mental health instructional practices and identify opportunities to enhance education for students, families and staff. The Resource Center recently developed the <i>NYS Mental Health Readiness Guide</i> for school districts to help identify what is currently being covered in the classroom and through school/district initiatives and where there may be gaps. The guide is available by visiting www.mentalhealthdnys.org/mh-education-readiness/
Q: Will any services be available at the local level?
A: Yes! Services at the local level will be provided through Regional Representatives and our affiliate network of Mental Health Associations.
Q: How can I learn more about available mental health trainings?
A: Information about current trainings are regularly up-dated at www.mentalhealthdnys.org/take-a-training/
Q: Can I use these trainings towards my CTLE requirements?
A: Yes! Select trainings, webinars and other events are eligible for CTLE hours.
Q: How will I know that the information provided to me is accurate?
A: The Resource Center employs experts in education and mental health to optimize your school's ability to successfully facilitate mental health instruction. In addition, MHANYS works with the NYSED, OMH and the Mental Health Advisory Council, so schools can be confident information provided by the Resource Center aligns with SED regulations and recommendations.
Q: I appreciate that this resource is available to schools. How can I get involved in advocating for sustainability of the project?
A: Thank you for your offer to help! First, use the Resource Center and tell your colleagues about it; we collect data on utilization rates to support sustainability. Also, consider joining at the MHANYS' Mental Health Matters Legislative Day on the second Wednesday in March when we visit with our legislative members and advocate for additional funding to sustain the project.