

New Yorkers Advancing Suicide Prevention in Healthcare, Schools and Communities

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Learning Objectives

- ▶ Describe how the Mental Health Education Law is being rolled out
- ▶ Describe how Social Emotional Learning Standards and School Counseling plans are influencing the prevention landscape in NY schools and how to access resources.

Mental Health Education

2017-18 Enacted Budget: Mental Health Education Legislation

- Education Law Article 17 Section §804 was amended for schools to ensure their health education programs include mental health, along with alcohol, drugs and tobacco abuse.
- July 1, 2018 effective date



Mental Health Education Advisory Council

- ▶ **September 2017: Established the Mental Health Education Advisory Council**
- ▶ **September 2017 – April 2018: Work of the Advisory Council through 5 Workgroups:**
 - ▶ Mental Health Instruction/Resources for the Classroom (PreK – 12th grade)
 - ▶ Multiple Dimensions of Mental Health
 - ▶ Mental Health Resources for Schools, Students and Families
 - ▶ Supporting a Positive School Climate and Culture
 - ▶ Implementation
- ▶ **June 2018: Guidance Released to the Field**
 - ▶ Visit: <http://www.nysed.gov/curriculum-instruction/mental-health>

Mental Health Education

As part of overall health and wellness, mental health includes:

- ▶ A sense of self-esteem and self-confidence;
- ▶ The ability to identify, express and regulate emotions;
- ▶ The ability to set and achieve goals;
- ▶ Recognition of one's creative skills;
- ▶ The ability to expand knowledge and skills;
- ▶ The ability to feel and show empathy for others; and
- ▶ The ability to create and maintain satisfying relationships.

Mental Health Education

The following recommendations promote mental health in the educational setting:

- ▶ Support children and youth in the development of:
 - ▶ Positive routines and practices; Physical activity, exercise and play; Good nutrition; Regular sleep habits; Stress management skills; and Caring relationships.
- ▶ Institute efforts to reduce stigma around mental health.
- ▶ Foster warm and caring relationships.
- ▶ Promote positive school climate and culture.
- ▶ Support development of social-emotional skills and help-seeking behaviors.
- ▶ Provide support to students with concerns about the mental health of self, friends and family.
- ▶ Provide resources on suicide prevention and warning signs of depression
- ▶ Develop support for school staff for their own mental health and wellness.

New York State Framework for Mental Health Education Instruction

1. Self-Management: Develop self-awareness and self-management skills essential for mental health.

Outline	Early Elementary (EE) (K-2)	Late Elementary (LE) (3-5)	Intermediate (I) (6-8)	Commencement (C) (9-12)
1B. Resiliency	<p>1B. EEa. Individuals identify their own positive physical, social, and mental characteristics and those of others.</p> <p>1B. EEb. Individuals set reasonable goals and develop strategies to work toward them and assess the outcomes of experiences to build resiliency.</p> <p>...</p>	<p>1B. LEa. Self-esteem is the opinion a person has of him/herself and can change over time.</p> <p>1B. LEb. Individuals' self-esteem can be influenced by many internal and external factors.</p> <p>...</p>	<p>1B. Ia. Individuals' self-esteem is developed over time and can be influenced by many internal and external factors.</p> <p>1B. Ib. Individuals can enhance their self-esteem by participating in activities that make them feel good about themselves or increase their confidence.</p> <p>...</p>	<p>1B. Ca. Individuals' self-esteem is developed over time and can be influenced by many internal and external factors.</p> <p>1B. Cb. Individuals can enhance their self-esteem by participating in activities that make them feel good about themselves or increase their confidence.</p> <p>...</p>

What is a Community School?

A community school is both **a place** and **a set of partnerships** between the school and other community resources. Its integrated focus on academics, services, supports and opportunities leads to **improved student learning, stronger families** and **healthier communities**.



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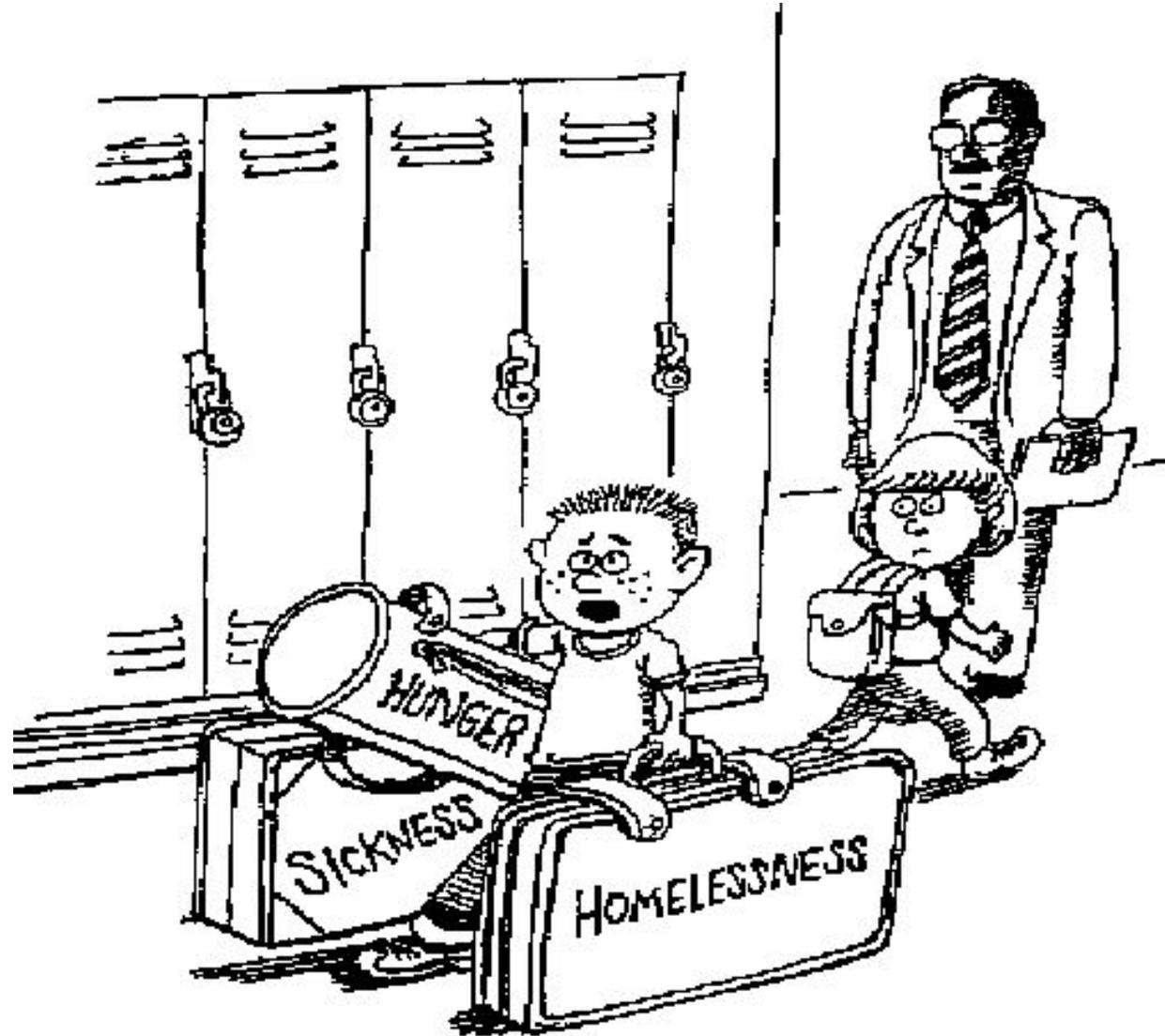
Knowledge > Skill > Opportunity

Community Schools In New York

- ▶ The 2018-19 enacted budget committed \$200 million this year for our 233 highest need school districts to encourage them to transform their school sites into community hubs.
- ▶ Another \$75 million was made available to schools identified as "struggling" or "persistently struggling" that have identified community schools as one of several strategies they will implement in their efforts to improve outcomes for their students.
- ▶ Three new regional Community Schools Technical Assistance Centers are slated to begin work on July 1, 2018.



Community Schools



“Could someone help me with these? I’m late for math class.”

Community Schools:

- ▶ Are public schools that emphasize family engagement, strong community partnerships and additional supports for students and families.
- ▶ Are designed to counter environmental factors that impede student achievement.
- ▶ Coordinate and maximize public, non-profit and private resources to deliver critical services to students and their families, thereby increasing student achievement and generating other positive outcomes.



“If a child doesn’t know how to read, *we teach.*
If a child doesn’t know how to swim, *we teach.*
If a child doesn’t know how to multiply, *we teach.*
If a child doesn’t know how to drive, *we teach.*
If a child doesn’t know how to behave, we
.....*teach?**punish?*”

Why can’t we finish the last sentence as automatically as
we do the others?”

Social Emotional Learning

▶ Five Core Competencies

- ▶ Self-Awareness
- ▶ Self-Management
- ▶ Social Awareness
- ▶ Relationship Skills
- ▶ Responsible Decision-Making

▶ Released New Guidance in August 2018:

<http://www.p12.nysed.gov/sss/sel.html>



Goals to Guide Social Emotional Learning Benchmarks

- ▶ Develop self-awareness and self-management skills essential to success in school and in life.
- ▶ Use social awareness and interpersonal skills to establish and maintain positive relationships.
- ▶ Demonstrate ethical decision-making skills and responsible behaviors in personal, school, and community contexts.

Social Emotional Learning Benchmarks



- ▶ **Goal 2: Use social awareness and interpersonal skills to establish and maintain positive relationships.**

Grade Level	Early Elementary (K-3)	Late Elementary (4-5)	Middle School (6-8)	Early HS (9-10)	Late HS (11-12)
A. Recognize the feelings and perspectives of others.	<p>2A.1a. Recognize that others may experience situations differently from oneself.</p> <p>2A.1b. Use listening skills to identify the feelings and perspectives of others.</p>	<p>2A.2a. Identify verbal, physical, and situational cues that indicate how others may feel.</p> <p>2A.2b. Describe the expressed feelings and perspectives of others.</p>	<p>2A.3a. Hypothesize others' feelings and perspectives in a variety of situations and explain the reasons for one's conjecture.</p> <p>2A.3b. Analyze how one's behavior may affect others.</p>	<p>2A.4a. Analyze similarities and differences between one's own and others' perspectives.</p> <p>2A.4b. Use communication skills to gain understanding of others' feelings and perspectives.</p>	<p>2A.5a. Demonstrate how to express understanding of those who hold different opinions.</p> <p>2A.5b. Demonstrate ways to express empathy for others.</p>

Comprehensive School Counseling Updated

- ▶ Amendments to subdivision (j) of section 100.2 of the Regulations of the Commissioner of Education were adopted by the Board of Regents effective July 1, 2017.
- ▶ The amended regulations govern comprehensive developmental school counseling programs beginning with the 2019-2020 school year
- ▶ In an effort to help increase opportunities for all students to be successful
- ▶ Adoption of a “Whole School, Whole Community, Whole Child” multi-tiered model to promote positive school climates that, in turn, improve student outcomes.

Comprehensive School Counseling Expanded and Defined

- ▶ Each school district shall ensure that all students in grades kindergarten through twelve have access to a certified school counselor(s).
- ▶ The comprehensive school counseling/ guidance program includes both broad and targeted services for students.
- ▶ The program shall also where appropriate make a referral to a properly licensed professional and/or certified pupil personnel service provider, as appropriate, for more targeted supports.

Comprehensive School Counseling Expanded and Defined

- ▶ Each Plan shall establish an Advisory Council
- ▶ Each plan shall also include the preparation of a program outcomes report that shall be annually presented to the board of education.

