



Where Children Come First

**New York State
Education Department
Mental Health
and
Guidance Update**

**December 18, 2018
Board of Education Meeting**

ESSA - Multi-Tiered Approach:

Whole School, Whole Community, Whole Child

Whole Child Team Collaboration: social workers, psychologists, counselors, nurses, health educators, teachers, and parents.

Multiple Dimensions of Mental Health Well-Being

- Social Emotional Learning
- Health Education
- Physical Education
- Nutrition

According to the World Health Organization “there is no health without mental health” with health being a state of complete physical, mental and social *well-being*.

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

GUIDANCE

July 2017: Guidance Programs Commissioner's Regulations amendments were adopted " to increase opportunities for all students to be successful."

What's new:

Students have access to a certified or licensed school counselor in the early years to provide core curriculum instruction and inspire them to strive for success and consider college and career opportunities.

New Guidance Program requirements are effective for schools as of July 1, 2019.

NYS MENTAL HEALTH LITERACY EDUCATION

May 2018: NYS Education Law was amended to include as part of health education:

- 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.

The state recognizes that schools may already be providing “mental health” education, however the statutory provisions formalize the new requirements.

New Mental Health Literacy Education requirements are effective for schools as of July 1, 2018.

VALLEY STREAM #13

Well-being Curriculum and Instruction

- RULER Social Emotional Learning
- Culturally responsive educational practices
- Responsive classroom/Restorative practices
- Professional learning opportunities for faculty and staff
- Mental Health Literacy Comprehensive Guide (NYSED) with local curriculum resources

Human Resources

- Psychologist/Social Worker in each school
- Revised Guidance Program District Plan for 2019-2020

Community Engagement

- District-wide Wellness Fair

ADDITIONAL INFORMATION

NYSED's Office of Curriculum and Instruction:

<http://www.p12.nysed.gov/ciai/health/>

NYS Center for School Health:

<http://www.schoolhealthny.com>

NYSED's Office of Student Support Services Social Emotional Learning: <http://www.p12.nysed.gov/sss/sel>

Mental Health Association in NYS, Inc.:

<https://mhanys.org/>

NYS Office of Mental Health:

<https://www.omh.ny.gov/omhweb/about/>

NYS Office of Alcoholism and Substance Abuse Services:

<https://www.oasas.ny.gov/>

NS Department of Health Prevention Agenda:

https://www.health.ny.gov/prevention/prevention_agenda/2013-2017/





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