



**School Mental Health
Resource  Training Center**

Meet Your School Mental Health Resource & Training Center

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MHANYS
Mental Health Association
in New York State



MHANYS

Mental Health Association in New York State

Mission Statement

Mental Health Association in New York State, Inc. (MHANYS) improves the lives of individuals, families, and communities by raising mental health awareness, ending stigma and discrimination, and promoting wellness and recovery.

Mental Health Instruction in Schools



New York State Education Law

Chapter 390 of the Laws of 2016

Article 17 - (801 - 816) Instruction in Certain Subjects

Section 804 subdivisions (1) and (6)(c)



The State of New York received National Attention for being the first in the nation to require schools to include Mental Health in their Health Curricula!

Excerpt From NYS Education Law

§ 804. Health education regarding **mental health**, alcohol, drugs, tobacco abuse and the prevention and detection of certain cancers.

1. **All schools shall ensure that their health education programs recognize the multiple dimensions of health by including mental health and the relation of physical and mental health so as to enhance student understanding, attitudes and behaviors that promote health, well-being and human dignity.**

Resource Center is committed to helping schools...

- Comply with the required mental health education of students
- Identify resources & develop mental health plans / curriculum
- Develop and implement a plan for professional development
- Establish community partnerships to support mental health education and services
- Engage and support families



School Instruction

Implementation

Comprehensive background information and resources to assist schools in compliance with the Mental Health Education Law developed in partnership with NYSED and OMH.

Lesson Plans & Curriculum Development Resources

Resources for the review and selection of programs that meet individual school needs. Included are sample lesson plans, book selections, and links to a variety of mental health education curricula.

Climate and Culture

Various school and district -wide resources including bullying prevention, suicide safety, trauma -informed resources, and the 2022 Wellness Spaces Report.



Training

MHANYs School Mental Health Resource and Training Center can help educate teachers, staff and all school professionals about mental health challenges, suicide prevention, trauma and a myriad of other topics to help schools better understand the mental health needs of their communities.

- **Professional Development for School Staff**
- **MH Education for Family & Community**
- **Presentations at Conferences & School, District, or Community Events**



Family & Community

Events and Presentations

Monthly educational webinars for families and caregivers. Join us live to ask questions or watch from our complete list of recorded webinars.

Supporting Mental Health at Home

Developing healthy coping strategies is not an innate ability and as children continue to grow, there are some ways parents and caregivers can assist in helping them obtain good mental health habits.

Tools and Resources

For use in educational, community and home settings: downloadable, shareable and assessable for a variety of ages, mental health and wellness topics.



Monthly Office Hours

- Technical Assistance for MH Instruction
- Connecting to Community Resources & Programs
- Spotlight Sessions for MH Services & Programs
- Live (Zoom Meeting) Interaction with Resource Center Staff

UPCOMING
WEBINAR



Educators, Administrators
& Community Organizations
CTLE Credits Available



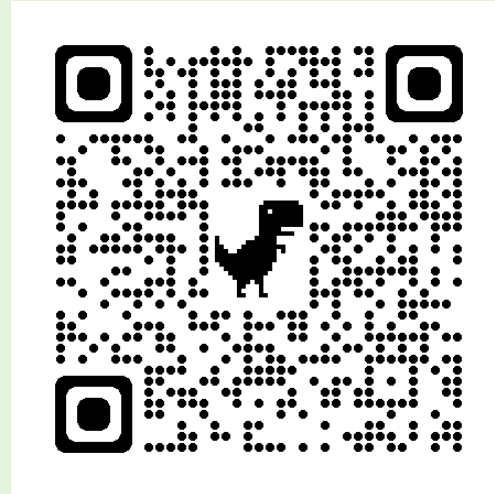
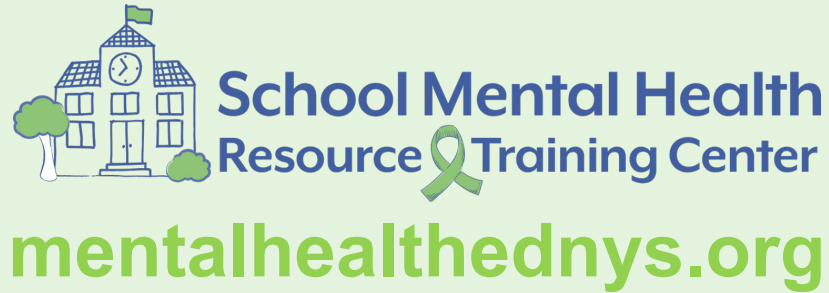
Educator Café

Championing a
Peer-to-Peer Support Model

5/22/2024, 3:30 pm - 4:15 pm



Questions?



Thank You!



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