

Mental and Emotional Health Education Implementation Plan



State Board of Education Rule:	6A-1.094121 Mental and Emotional Health Education
Name of the School District	Alachua
Superintendent of the School District	Mrs. Karen Clarke
Implementation Period: (MM/YY – MM/YY)	10/19 – 5/20
Submission Date to the Commissioner	On 11-25-19 sent to MentalHealthEducation@fldoe.org
Direct URL to the Implementation Plan as posted on the school district website	https://fl02219191.schoolwires.net/Page/24778
School District Contact(s) for this Plan <i>(name and email address)</i>	Jennifer Wise wisejl@gm.sbac.edu Jennifer Taylor taylorjp@gm.sbac.edu

Select the specific subject area(s) of the courses in which instruction will be delivered:			
<input checked="" type="checkbox"/> Art – Visual Arts	<input type="checkbox"/> Experimental Education	<input checked="" type="checkbox"/> Peer Counseling	<input checked="" type="checkbox"/> World Languages
<input checked="" type="checkbox"/> Computer Education	<input checked="" type="checkbox"/> Health Education	<input checked="" type="checkbox"/> Physical Education	<input checked="" type="checkbox"/> Other Scheduled credit earning course
<input type="checkbox"/> Dance	<input checked="" type="checkbox"/> Library Media	<input checked="" type="checkbox"/> Research/Critical Thinking	
<input checked="" type="checkbox"/> Drama – Theatre Arts	<input checked="" type="checkbox"/> Mathematics	<input checked="" type="checkbox"/> Science	
<input checked="" type="checkbox"/> English/Language Arts	<input checked="" type="checkbox"/> Music Education	<input checked="" type="checkbox"/> Social Studies	
Select the qualification(s) of the instructors for the above courses:			
<input checked="" type="checkbox"/> Florida Certified Teacher			
<input checked="" type="checkbox"/> Community-based Expert			
<input checked="" type="checkbox"/> School Nurse			
<input checked="" type="checkbox"/> School Counselor			
<input type="checkbox"/> School Psychologist			
<input checked="" type="checkbox"/> Other School Social Worker			
Please explain the rationale for delivering the instruction in the courses selected above for each grade level.			
<p>A District administrative team consisting of representatives from the following departments: Curriculum, School Counseling, Dual Enrollment and online learning, as well as school administrators met to develop this plan. This team reviewed evidence-based materials, online learning programs, and community resources in order to identify multiple options to fulfill the required five hours of instruction in the area of mental and emotional health. The team identified materials to align with the topics outlined in Rule 6A-1.094121. Further, the team developed options for implementation to meet the needs of both middle and high school students.</p> <p>The team discussed the rationale for delivering the instruction across the subject areas so that all teachers were exposed to the curriculum materials and were able to better support all students around mental and emotional health. Additionally, it was important to tie all lessons to a credit earning course to monitor implementation and ensure that all students received this instruction. The options and curriculum materials were shared with school administrators who in turn developed a timeline that fit their school schedule and allowed shared access to community speakers and resources.</p> <p>Dual enrollment and Alachua eSchool were included in this planning process and all materials were made available to work within their instructional platform.</p>			

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Please describe the methods for delivering the instruction for each grade level.

Grades 6-8

Through credit-earning courses, all students participate in six 50-minute lessons. The lessons identified to meet each standard were outlined for middle school as follows:

Prevention of Mental Health Disorders

Strategies to support a peer, friend or family member
o Start with Hello Presentations

Mental Health Awareness and Assistance

o Everfi – Mental Wellness Basics
o Nami – Ending the Silence (grade 8)

How to Reduce Stigma around Mental Health Disorders

o Everfi – Mental Wellness Basics

Prevention of the Abuse of and Addiction to Alcohol, Nicotine and Drugs

o BASE – Vaping and Juling or 60 Substance Abuse Courses
o <https://teens.drugabuse.gov/teachers/lessonplans>

Awareness of Resources, Including Local School/Community Resources

The Process for Accessing Treatment

Strategies to Support a Peer, Friend, or Family Member with a Mental Health Disorder

Prevention of Suicide

o Everfi – Mental Wellness Basics

Prevention of Mental Health Disorders

Strategies to Develop Healthy Coping Strategies

o Everfi – Mental Wellness Basics
o BASE – Self Esteem – (6) Vision of Self (7) Coping Strategies (8)

Grades 9-12

Through credit-earning courses, all students participate in six 50-minute lessons. The lessons identified to meet each standard were outlined for high school as follows:

Prevention of Mental Health Disorders

Strategies to support a peer, friend or family member
o Start with Hello Presentations

Mental Health Awareness and Assistance

o TeenMentalHealth.org - Modules 2-4
o Nami – Ending the Silence (grade 11)

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How to Reduce Stigma around Mental Health Disorders
o TeenMentalHealth.org - Module 1

Prevention of the Abuse of and Addiction to Alcohol, Nicotine and Drugs
o BASE – (Vaping and Juling or 60 Substance Abuse Courses)
o <https://teens.drugabuse.gov/teachers/lessonplans>
o Hanley Foundation – Alcohol Literacy Challenge – 9 th
o Hanley Foundation – Marijuana Prevention Plus Wellness – 12 th
o Everfi – Prescription Drug Safety

Awareness of Resources, Including Local School/Community Resources
The Process for Accessing Treatment
Strategies to Support a Peer, Friend, or Family Member with a Mental Health Disorder
Prevention of Suicide
o TeenMentalHealth.org - Module 5
o UFPALS – Not Alone Presentation (Grade - 10)

Prevention of Mental Health Disorders
Strategies to Develop Healthy Coping Strategies
o TeenMentalHealth.org - Module 6

Please describe the materials and resources that will be utilized to deliver the instruction for each grade level.

Grades 6-8

Middle School/e-School

Mental Health

Everfi – online mental wellness modules with wraparound teacher instruction.

Substance Abuse –

BASE Education Social Emotional Learning Software
<https://teens.drugabuse.gov/teachers/lessonplans>

Community Resources/Speakers

Start With Hello Presentations (All grades 6-12)
Nami - Ending the Silence (Grade 8) – ACPS Speakers Bureau- Counselor should be present

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Grades 9-12

High School/eSchool/Dual-enrollment

Mental Health

Teen Mental Health.Org – Introduction to the Modules

<http://teenmentalhealth.org/schoolmhl/school-mental-health-literacy/mental-health-high-school-curriculum-guide/modules/introduction-to-the-modules/>

Mental Health and High School Curriculum Guide

<http://teenmentalhealth.org/schoolmhl/wp-content/uploads/2019/01/final-washington-guide-full-online-version.pdf>

Teacher training/background provided to support teacher background knowledge

<https://teenmentalhealth.org/schoolmhl/wp-content/uploads/2017/07/apple-book-teacher-knowledge-update-2017.pdf>

Substance Use

BASE Education Social Emotional Learning Software

<https://teens.drugabuse.gov/teachers/lessonplans>

Community Resources/Speakers

Start With Hello Presentations (All grades 6-12)

Nami - Ending the Silence (Grade 11) – ACPS Speakers Bureau- Counselor should be present

Hanley Foundation – Alcohol Literacy Challenge (Grade 9)

Hanley Foundation – Marijuana Prevention Plus Wellness (Grade 12)

UF PALS – Not Alone – (Grade 10) – Counselor should be present