

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 | Hillsborough County Public Schools |
| Superintendent of the School District | Jeff Eakins |
| Implementation Period: (MM/YY – MM/YY) | 08/19 – 05/20 |
| 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://www.sdhc.k12.fl.us/doc/2435 |
| School District Contact(s) for this Plan <i>(name and email address)</i> | Janet Spence, Grades 6-8: Janet.Spence@sdhc.k12.fl.us Leslie Granich, Grades 9-12: Leslie.Granich@sdhc.k12.fl.us |

| | | | |
|---|--|--|---|
| Select the specific subject area(s) of the courses in which instruction will be delivered: | | | |
| <input type="checkbox"/> Art – Visual Arts | <input type="checkbox"/> Experimental Education | <input type="checkbox"/> Peer Counseling | <input type="checkbox"/> World Languages |
| <input type="checkbox"/> Computer Education | <input checked="" type="checkbox"/> Health Education | <input checked="" type="checkbox"/> Physical Education | <input checked="" type="checkbox"/> Other |
| <input type="checkbox"/> Dance | <input type="checkbox"/> Library Media | <input checked="" type="checkbox"/> Research/Critical Thinking | |
| <input type="checkbox"/> Drama – Theatre Arts | <input type="checkbox"/> Mathematics | <input type="checkbox"/> Science | |
| <input checked="" type="checkbox"/> English/Language Arts | <input 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 type="checkbox"/> Community-based Expert | | | |
| <input checked="" type="checkbox"/> School Nurse | | | |
| <input checked="" type="checkbox"/> School Counselor | | | |
| <input checked="" type="checkbox"/> School Psychologist | | | |
| <input type="checkbox"/> Other | | | |
| Please explain the rationale for delivering the instruction in the courses selected above for each grade level. | | | |
| <u>6 M/J Career Research and Decision Making</u> | | | |
| The tier one mental health instruction is aligned with the health education standards included in this course and is taught by a certified teacher who knows the students. | | | |
| <u>7 Physical Education & Language Arts</u> | | | |
| The tier one mental health instruction is aligned to health education standards included in the physical education course and is an extension of the health education standards included in the language arts course. The language arts classroom logistics provides an appropriate environment for the curriculum design. Both subject areas are taught by a certified teacher who knows the students. | | | |
| <u>8 Physical Education & Social Studies or Alternate Core Subject Area Designated by the School</u> | | | |
| The tier one mental health instruction is aligned to health education standards included in the physical education course and is an extension of the health education standards included in the social studies course. The social studies classroom logistics provides an appropriate environment for the curriculum design. Both subject areas are taught by a certified teacher who knows the students. | | | |
| <u>9 Health Opportunities Through Physical Education (HOPE)</u> | | | |
| The tier one mental health instruction is aligned with the health education standards included in this course and is taught by a certified teacher who knows the students. | | | |

Mental and Emotional Health Education Implementation Plan



9-12 English

The tier one mental health instruction is an extension of the health education standards included in the English course and is taught by a certified teacher who knows the students. Enrollment in this course sequence is more consistent by grade level than other high school course options.

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

6 M/J Career Research and Decision Making

The Botvin LifeSkills lessons are facilitated by a certified teacher with specific curriculum training. Lessons include direct instruction, class discussion, and student activities.

The ACT Now suicide prevention program is delivered through a multimedia presentation and is facilitated by the school student services team to include the school administration, counselors, social workers, and psychologists.

7-8 Physical Education

The Botvin LifeSkills lessons are facilitated by a certified teacher with specific curriculum training. Lessons include direct instruction, class discussion, and student activities.

7 Language Arts

The Everfi lessons are facilitated by a certified teacher with specific curriculum training. This curriculum includes online, adaptive instruction in addition to direct instruction, class discussion, and student activities.

The ACT Now suicide prevention program is delivered through a multimedia presentation and is facilitated by the school student services team to include the school administration, counselors, social workers, and psychologists.

8 Social Studies or Alternate Core Subject Area Designated by the School

The Mendez Too Good for Drugs lessons are facilitated by a trained instructor provided through the Mendez Foundation in collaboration with the classroom certified teacher. Lessons include direct instruction, class discussion, and student activities.

The ACT Now suicide prevention program is delivered through a multimedia presentation and is facilitated by the school student services team to include the school administration, counselors, social workers, and psychologists.

9 HOPE

The Human Kinetics and Teen Mental Health lessons are facilitated by a certified teacher with specific curriculum training. The curriculum includes online, adaptive instruction in addition to direct instruction, class discussion, and student activities.

9-12 English

The Everfi lessons are facilitated by a certified teacher with specific curriculum training. This curriculum includes online, adaptive instruction in addition to direct instruction, class discussion, and student activities.

Substance abuse instruction is extended through the Narcotics Overdose Prevention Education (NOPE) program in 12th grade. This program is delivered through a high impact, multimedia presentation and is

Mental and Emotional Health Education Implementation Plan



facilitated by community-based experts who present personal and real-life examples about the destructive effects and consequences of substance abuse.

The ACT Now suicide prevention program is delivered through a multimedia presentation and is facilitated by the school student services team to include the school administration, counselors, social workers, and psychologists.

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

6 M/J Career Research and Decision Making, Botvin LifeSkills Foundations, Level 1 and ACT Now

The Botvin LifeSkills Training Middle School curriculum is an evidence-based substance abuse and violence prevention program. LifeSkills Training is designed to promote mental health and positive youth development. In addition to helping kids resist drug, alcohol, and tobacco use, the LifeSkills Training Middle School program also promotes the reduction of violence and other high-risk behaviors. Program objectives include developing self-management skills, social skills and drug resistance skills. Lesson topics include: healthy decisions, coping with anxiety, coping with anger, communication skills, social skills, resolving conflicts, assertiveness, and resisting peer pressure.

The ACT Now! is suicide prevention instruction developed by the district and provided through the student services team. Students are introduced to the school team which includes the principal, assistant principals, school counselors, school psychologist, school social worker, school nurse, and resource deputy/officer. The presentation topics include: mental health wellness, prevention (protection factors, risk factors, and warning signs), intervention steps (**Acknowledge**, show you **Care**, and **Tell** someone immediately), after math, and self-care. Resource includes a PowerPoint template, video, student brochure, suicide hot line information, and student survey.

7-8 Physical Education Botvin LifeSkills Booster Level 2 and 3

The Botvin LifeSkills Training Middle School curriculum is an evidence-based substance abuse and violence prevention program. LifeSkills Training is designed to promote mental health and positive youth development. In addition to helping kids resist drug, alcohol, and tobacco use, the LifeSkills Training Middle School program also promotes the reduction of violence and other high-risk behaviors. Program objectives include developing self-management skills, social skills and drug resistance skills. Lesson topics include: healthy decisions, coping with anxiety, coping with anger, communication skills, social skills, resolving conflicts, assertiveness, and resisting peer pressure.

7 Language Arts Everfi Mental Health Basics and ACT Now

Everfi Mental Health Basics is a digital course with interactive scenarios and self-guided activities designed to help educators foster mental wellness in their classrooms and equip students with lifelong mental wellness skills. This resource provides digital lessons, lesson plans, and a parent tool kit. Example lesson topics include: the science behind mental health; overcoming the stigma of mental health disorders, establishing effective coping strategies, seeking help from others and supporting friends in need.

The ACT Now! is suicide prevention instruction developed by the district and provided through the student services team. Students are introduced to the school team which includes the principal, assistant principals, school counselors, school psychologist, school social worker, school nurse, and resource deputy/officer. The

Mental and Emotional Health Education Implementation Plan



presentation topics include: mental health wellness, prevention (protection factors, risk factors, and warning signs), intervention steps (**Acknowledge**, show you **Care**, and **Tell** someone immediately), after math, and self-care. Resource includes a PowerPoint template, video, student brochure, suicide hot line information, and student survey.

8 Social Studies, Mendez Too Good Program

The Mendez Too Good curriculum is an evidence-based drug prevention education program designed to introduce and develop social and emotional skills for making healthy choices, building positive friendships, developing self-efficacy, communicating effectively, and resisting peer pressure and influence. The curriculum informs students of the effects of alcohol, nicotine, marijuana, and prescription and over the counter drugs on the developing teenage body and brain. Lessons provide scenarios and interactive activities for students to apply social and emotional skills to make healthy choices.

The ACT Now! is suicide prevention instruction developed by the district and provided through the student services team. Students are introduced to the school team which includes the principal, assistant principals, school counselors, school psychologist, school social worker, school nurse, and resource deputy/officer. The presentation topics include: mental health wellness, prevention (protection factors, risk factors, and warning signs), intervention steps (**Acknowledge**, show you **Care**, and **Tell** someone immediately), after math, and self-care. Resource includes a PowerPoint template, video, student brochure, suicide hot line information, and student survey.

9 HOPE, Human Kinetics Health Opportunities Through Physical Education and Mental Health High School Curriculum Guide

The Human Kinetics Health Opportunities Through Physical Education text and resources are designed to support student development and enhancement of healthy behaviors and skills that influence their lifestyle choices, health, and fitness. The content ranges from the foundational skills of adopting a healthy lifestyle and self-management skills to the prevention strategies for avoiding destructive habits.

The Mental Health High School Curriculum Guide is provided through TeenMentalHealth.org as a supplemental instructional resource. The six modules topics include: The Stigma of Mental Health Illness, Understanding Mental Health and Mental Illness, Information on Specific Mental Illnesses, Experiences of Mental Illness, Seeking Help and Finding Support, and the Importance of Positive Mental Health. This supplemental resource includes: This resource includes printed materials, animated videos, PowerPoint presentations, interactive teaching tips, suggestions for guided discussion and web-downloadable materials.

The integration of the Human Kinetics Health Opportunities Through Physical Education text and the Mental Health High School Curriculum Guide will inform and equip students with skills that promote the recognition of signs and symptoms of mental health disorders, prevention of mental health disorders, mental health awareness and assistance, how to reduce the stigma around mental health disorder, awareness of resources in the community and in school, process for accessing treatment, strategies to develop health coping techniques, strategies to support a peer, friend, or family member with mental health disorder, prevention of suicide, prevention of abuse of and addiction to alcohol, nicotine, and drugs.

9-12 English, Everfi Mental Health Basics, ACT Now, NOPE

Everfi Mental Health Basics is a digital course with interactive scenarios and self-guided activities designed to help educators foster mental wellness in their classrooms and equip students with lifelong mental wellness skills. This resource provides digital lessons, lesson plans, and a parent tool kit. Example lesson topics include:

Mental and Emotional Health Education Implementation Plan



the science behind mental health; overcoming the stigma of mental health disorders, establishing effective coping strategies, seeking help from others and supporting friends in need.

Everfi AlcoholEdu® for High School and Prescription Drug Safety are digital courses with interactive scenarios and self-guided activities that focus on high school students, equipping them with the knowledge and tools to make healthy, informed decisions. The AlcoholEdu® for High School curriculum takes a public health approach to preventing alcohol abuse, incorporating evidence-based prevention methods to create a highly engaging user experience. The Prescription Drug Safety curriculum topics include the science of addiction, how to properly use and dispose of prescription drugs, and how to intervene when faced with a situation involving drug misuse.

The ACT Now! is suicide prevention instruction developed by the district and provided through the student services team. Students are introduced to the school team which includes the principal, assistant principals, school counselors, school psychologist, school social worker, school nurse, and resource deputy/officer. The presentation topics include: mental health wellness, prevention (protection factors, risk factors, and warning signs), intervention steps (**Acknowledge**, show you **Care**, and **Tell** someone immediately), after math, and self-care. Resource includes a PowerPoint template, video, student brochure, suicide hot line information, and student survey.

The Narcotics Overdose Prevention Education (NOPE) program is delivered through a research-based, high impact presentation and is based on personal and real-life examples about the destructive effects and consequences of substance abuse (12th grade).