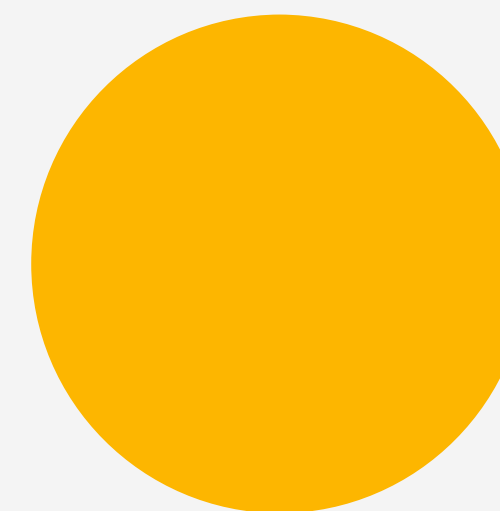
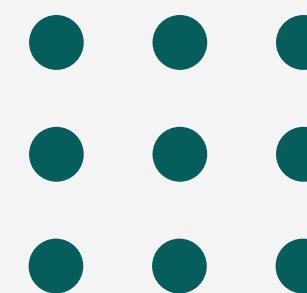
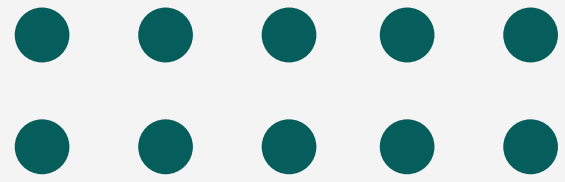


Mental Health Literacy Instructional Units

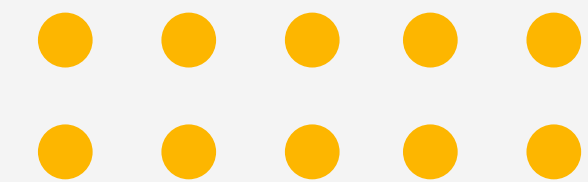


**DPI Statewide Webinar
Office of Children's Mental Health
September 2023**



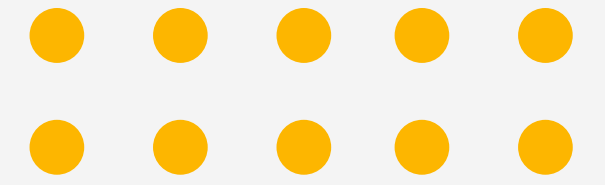


Presenters



Diana DiazGranados- Better Together of La Crosse County
Sarah Mosley- University of Wisconsin- La Crosse

Objectives

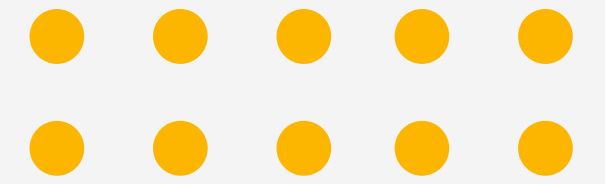


- **Explore the DPI
Mental Health
Literacy
Curriculum**

- **Sample
Activities and
Lessons in the
Curriculum**

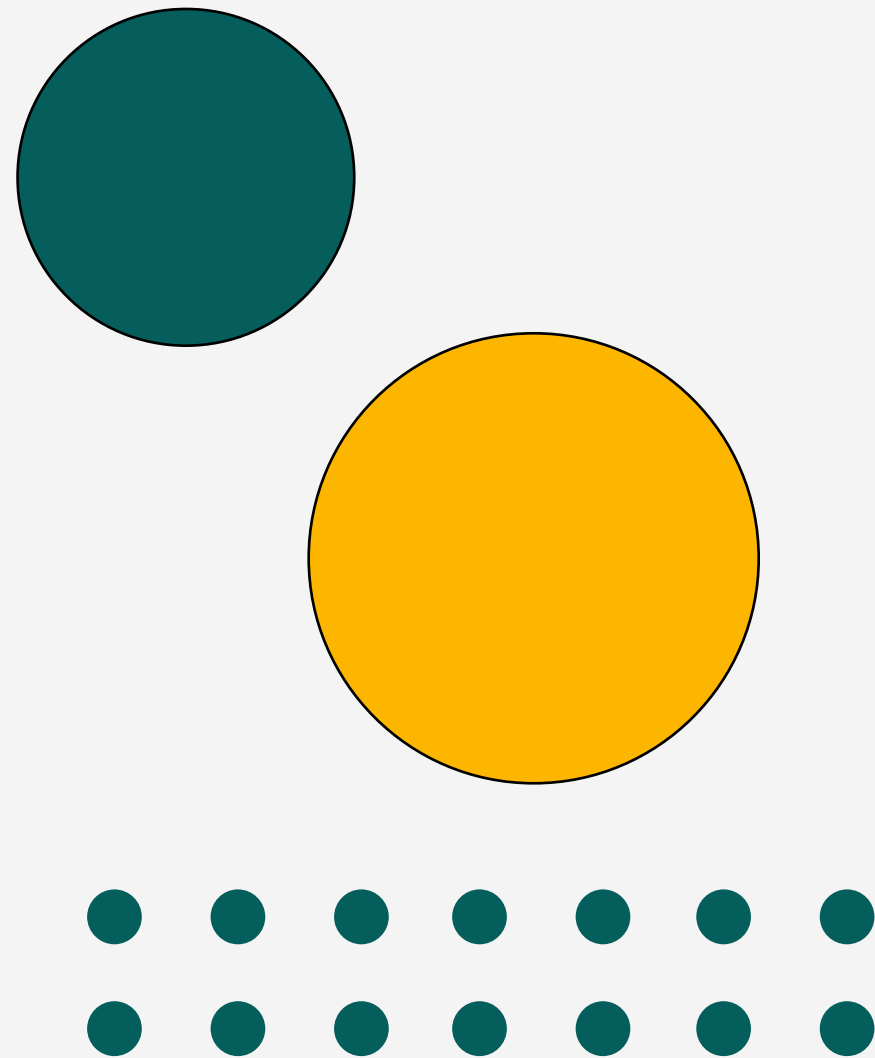
- **Share Mental
Health Literacy
Kits used in La
Crosse County
Schools**

What is Mental Health Literacy?



- Knowledge and beliefs about mental disorders which aid their recognition, management or prevention (Jorm, 2012)
 - Knowledge of effective self-help strategies
 - Recognition of mental illness when developing
 - Knowledge of how to promote well being
 - First Aid skills to help others

Mental Health Literacy is the Foundation



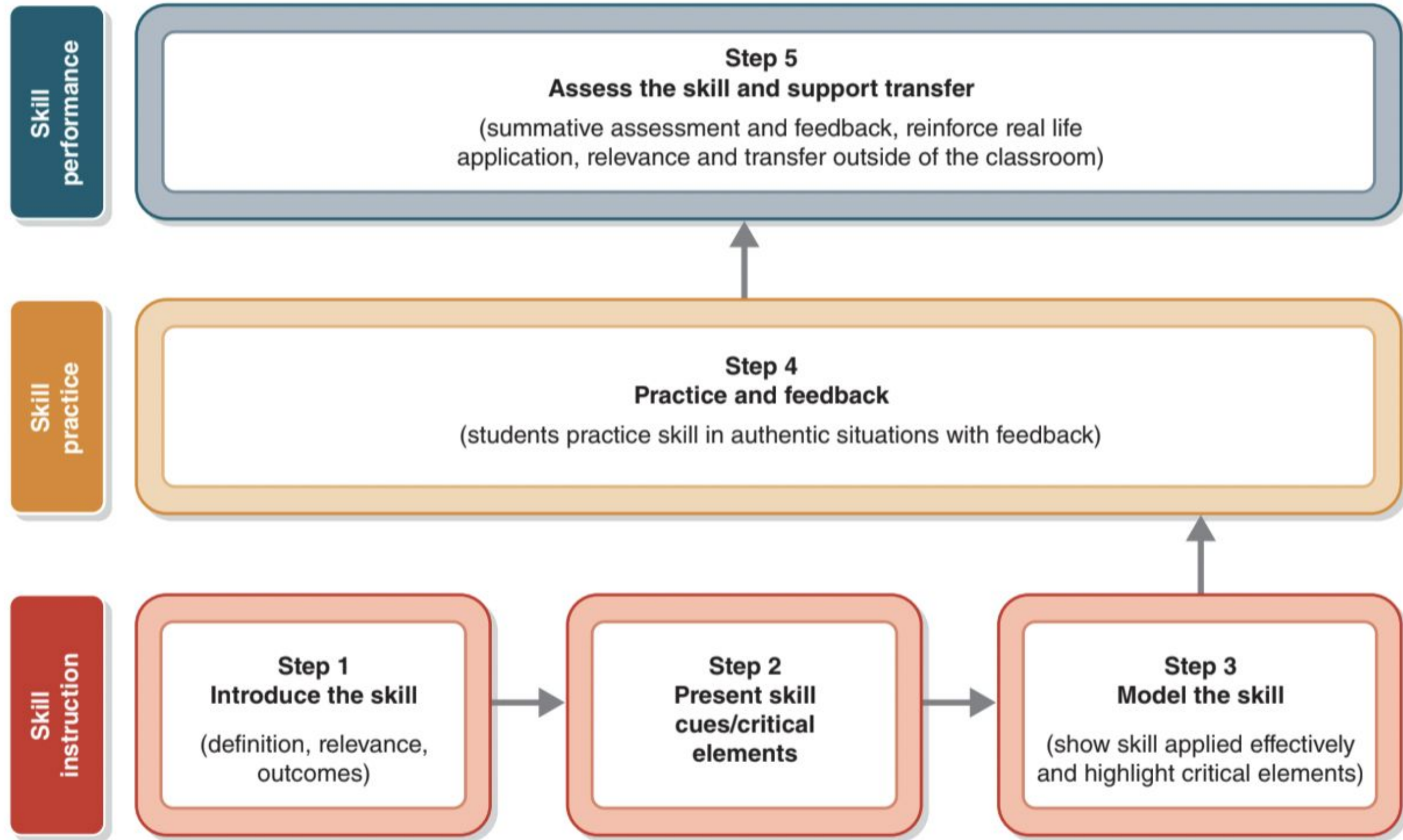
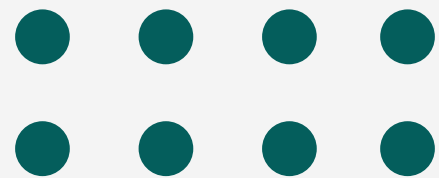
TREATMENTS & CARE

HEALTH PROMOTION

PREVENTION

MENTAL HEALTH LITERACY

Skills Based



Let's Explore the Units



3rd- 5th Grade



6th- 8th Grade



9th-12th Grade



Grades 3-5

Skill: Self Management



1



Feelings as Information

2



Various ways of expressing emotions and honoring, identifying, and acknowledging feelings

3



Physical experiences of feelings and emotions (mind/body connection)

Grades 6th-8th

Skill: Advocacy



Consider previous
experience with
advocacy



Signs & symptoms vs.
warning signs, and
mental health crisis



Available resources

Grades 9th-12th



Skill: Interpersonal Communication

1



Talking About Mental
Health

2



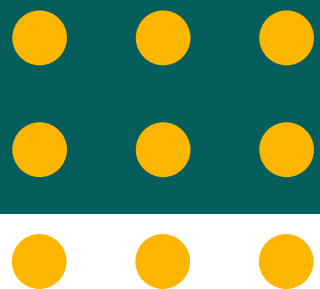
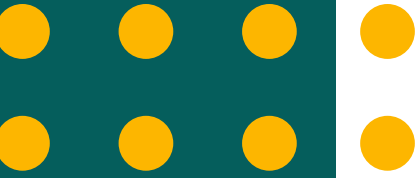
Identify Stressors and
recognize response to those
stressors

3



Recognizing when oneself or
others are in need of help for
mental health

Sample Activity from Grade 3-5

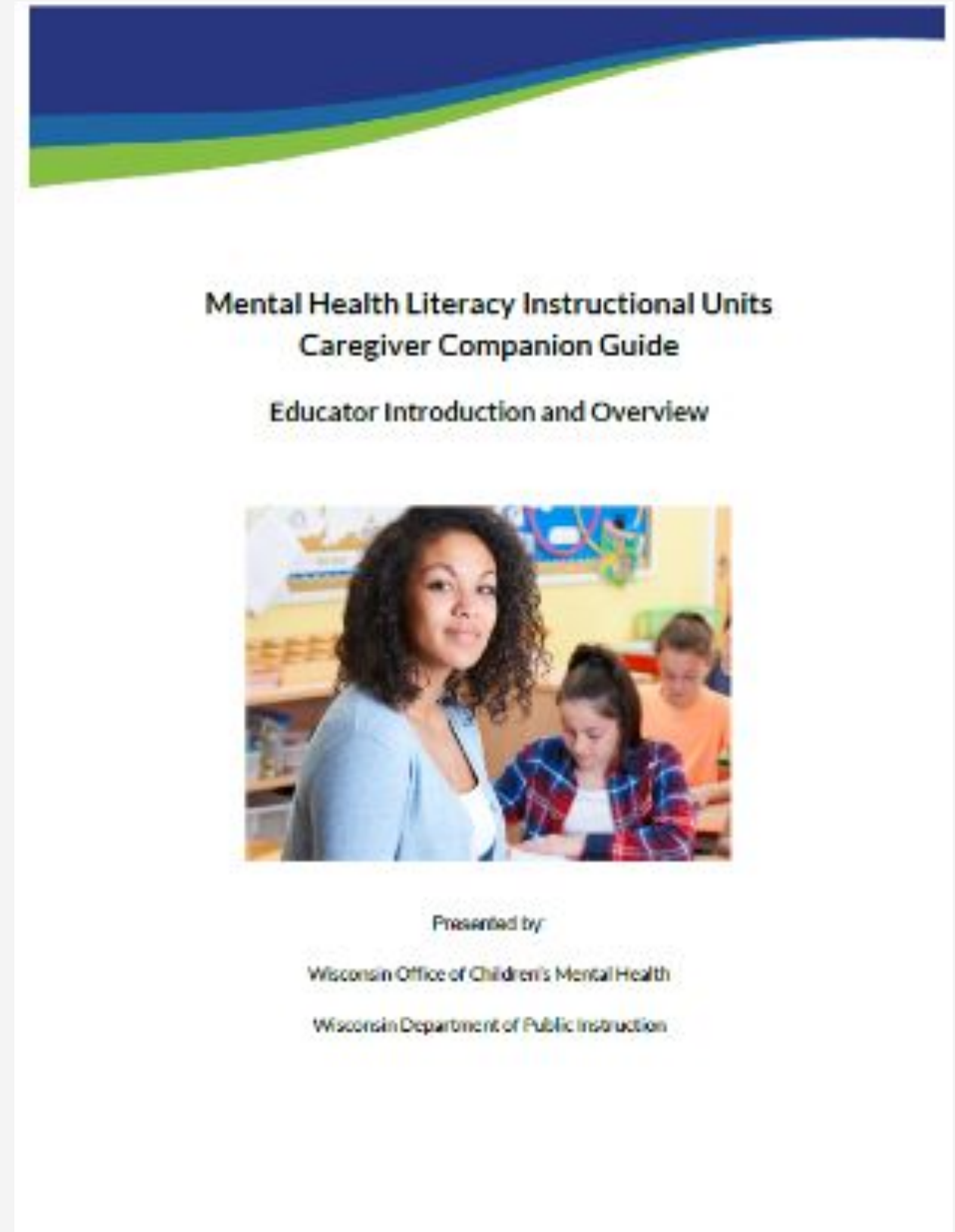
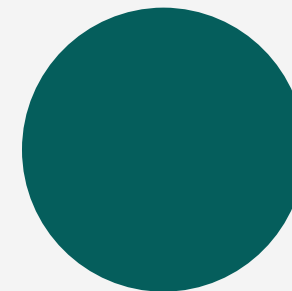


Alphabet of Emotions

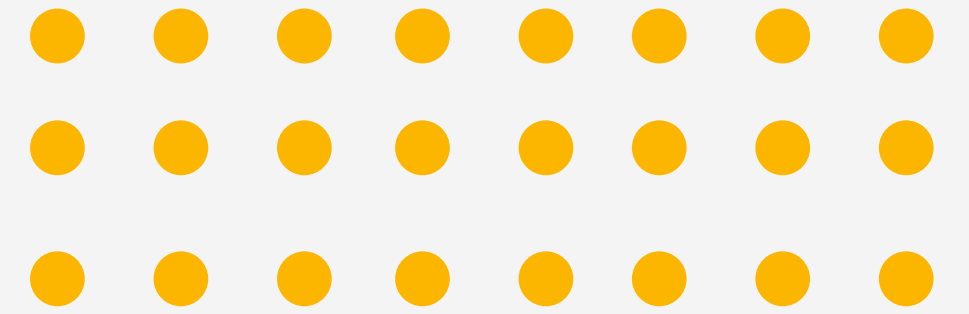
<u>A</u>	<u>B</u>	<u>C</u>	<u>D</u>
<u>E</u>	<u>F</u>	<u>G</u>	<u>H</u>
<u>I</u>	<u>J</u>	<u>K</u>	<u>L</u>
<u>M</u>	<u>N</u>	<u>O</u>	<u>P</u>
<u>Q</u>	<u>R</u>	<u>S</u>	<u>T</u>
<u>U</u>	<u>V</u>	<u>W</u>	<u>X</u>
<u>Y</u>	<u>Z</u>		

Caregiver Guide

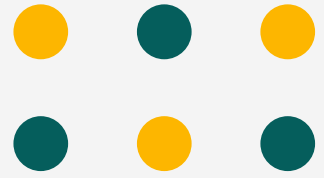
- Introduction "For Educators"
- Family and Caregiver Engagement
- Letters for Caregivers
- Resources to Support Implementation



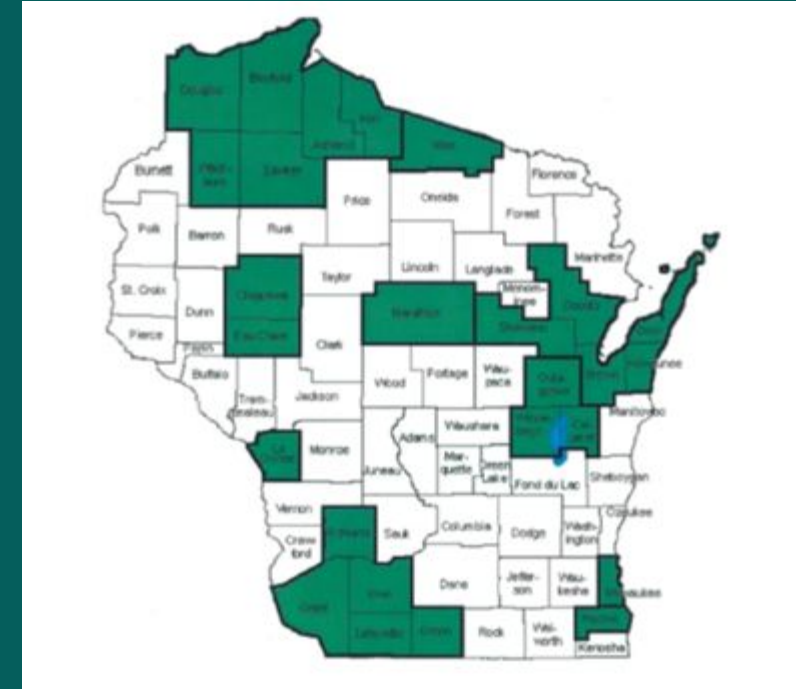
How Districts are Implementing



Guidance Department	Health Teachers	Classroom Teachers
SEL Coordinators	Mental Health Coordinators	Local Teacher Prep Programs (UW-La Crosse)



Better Together La Crosse County



**Advancing a Healthier Wisconsin Endowment
Medical College of Wisconsin**

Mental Health Literacy Kits

Why?

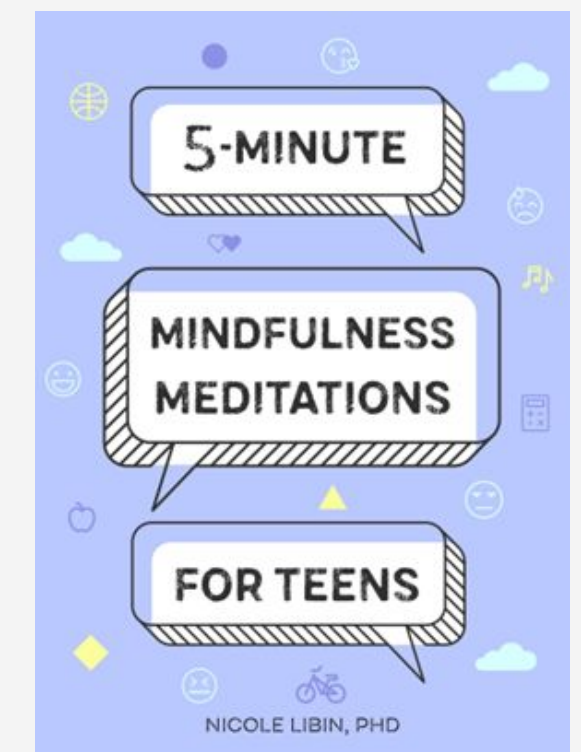
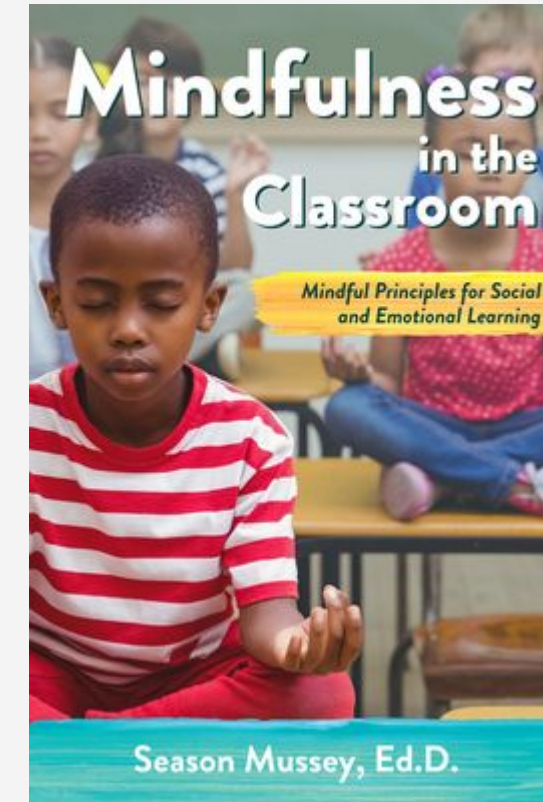
How?

Feedback

Outcomes

Contents

DPI Mental Health Literacy
Instructional Units
Book Series for Classroom use
Tools for educators
Flash drive with materials and
Power Points



Feedback

“Thank you for all the amazing resources for mental health I have finally been able to sit down and open it up and it is exactly what I was looking for”.

- MS Health Teacher

The emotion wheel materials have been a game changer. I have students engaging in new ways and it is helping them understand what they are feeling.

- HS Special Education Teacher

The Power Points and mental health materials have been a HUGE timesaver! Thank you for sharing!

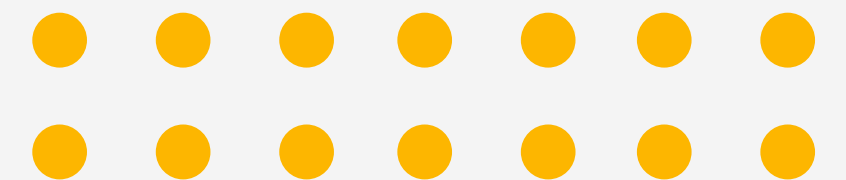
- HS Health Teacher

Everyone should be using these materials!

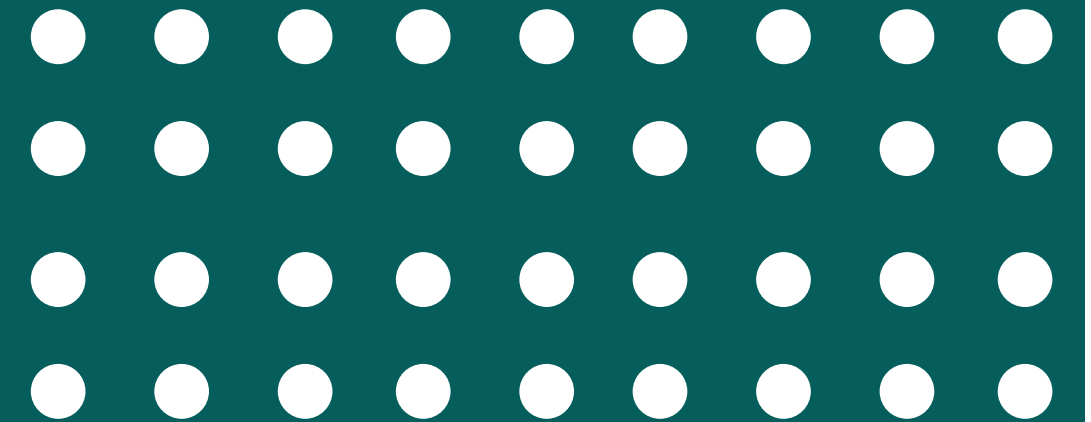
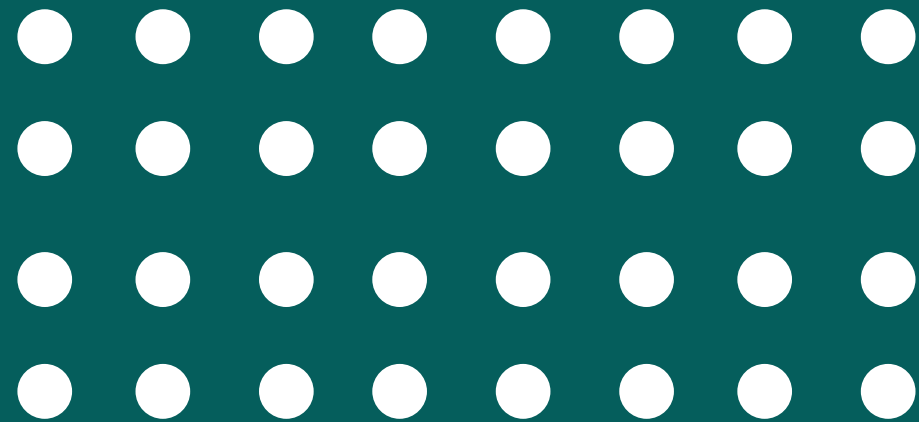
- School District Mental Health Coordinator



**Curriculum
Link-
You will
need to
download**

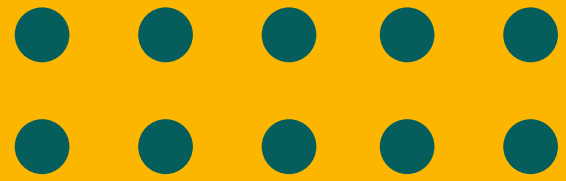


Digital Resources



Questions?





Thank you!



Contact us!

diana@bettertogetherlacrosse.org

smosley@uwlax.edu

