



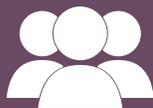
# Classroom WISE

Well-Being Information and Strategies for Educators

## CELEBRATING ONE YEAR OF CLASSROOM WISE 2021 - 2022



Educators and school personnel play a vital role in promoting well-being and identifying and responding to emerging mental illness in children and adolescents. However, they often have not received the training and ongoing support needed to respond in the classroom. To address this need, the Mental Health Technology Transfer Center (MHTTC) Network, in partnership with the National Center for School Mental Health (NCSMH) at the University of Maryland School of Medicine, developed a FREE 3-part training package focused on educator mental health literacy. Informed by and co-developed with K-12 educators, Classroom WISE (Well-Being Information and Strategies for Educators) launched in June 2021. This summary highlights its first year.



**Over 10,000 educators and school personnel have completed Classroom WISE!**

NOW AVAILABLE AT [WWW.CLASSROOMWISE.ORG](http://WWW.CLASSROOMWISE.ORG)



### ONLINE COURSE

The 5-hour Classroom WISE self-paced online course offers evidence-based strategies to promote student mental health and support students with mental health concerns. A certificate of completion is available.



### VIDEO LIBRARY AND RESOURCE COLLECTION

The Classroom WISE resource collection includes activities, handouts, tip sheets, and more! The video library includes over 50 short videos featuring students and educators demonstrating strategies to help all students feel supported in the classroom.



### WEBSITE

[www.classroomwise.org](http://www.classroomwise.org) provides easy access to the Classroom WISE online course, resource collection, video library, and more. Consider this your one-stop shop for all things related to Classroom WISE!

## PARTICIPANT FEEDBACK

97%

Of participants were satisfied or very satisfied with the Classroom WISE 3-part training package

97%

Of participants thought Classroom WISE would have at least a moderate impact on their work



Participants showed a significant increase in mental health knowledge and preparedness to use well-being strategies after completing the Classroom WISE online course

# HOW EDUCATORS PLAN TO USE CLASSROOM WISE

*"I plan to notice students' behavior more and if I see behavioral concerns, I need to identify, talk, and link. I will also provide the student with the help they need like talking to a guidance counselor. I will make sure my students are in a complete mental health state."*

*"I plan to address concerns in a more empathetic way and implement [Classroom WISE] strategies to help students self-regulate."*

*"I plan to use [Classroom WISE] strategies to help students with executive functioning skills, such as timer cues, movement breaks, and limit distractions. I also plan to teach my whole class self-calming skills."*

## DISSEMINATION AND IMPLEMENTATION

### CLASSROOM WISE TECHNICAL ASSISTANCE OPPORTUNITY



In addition to support provided by MHTTC Regional Centers, we partnered with the NCSMH to assist 13 schools across the country in adopting Classroom WISE during the 2021-22 school year. School teams received either an orientation session and written guide, or both plus virtual sharing sessions and an individual facilitation meeting with Classroom WISE developers. School teams that received all of the available technical assistance were more likely to adopt Classroom WISE.

### CLASSROOM WISE IMPLEMENTATION GUIDE



We developed a Classroom WISE Implementation Guide to help school teams create a plan for implementing Classroom WISE, outlining specific action steps and strategies for effective implementation. The stories of an elementary school and high school that adopted Classroom WISE through our technical assistance opportunity are also highlighted in the guide. The guide is available on the Classroom WISE website [here](#).



The MHTTC Network partnered with the Maryland Department of Education and the Oregon Department of Education to offer [state-specific versions of Classroom WISE](#) to be utilized for professional development. Other states have listed Classroom WISE as a recommended training.

### QUESTIONS ABOUT CLASSROOM WISE?

Contact your Regional Center or National Focus Area Center Visit [www.MHTTCnetwork.org](http://www.MHTTCnetwork.org) and click on 'Your MHTTC'

You may also contact the MHTTC Network Coordinating Office at [networkoffice@mhttcnetwork.org](mailto:networkoffice@mhttcnetwork.org)

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