

**Project title:**

Addressing Student Mental Health for Grades 6-12 Educators

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**Design problem:**

The Vanguard School District is seeing a rise in student mental health crises, ranging from anxiety attacks to self-harm, following the pandemic. The Vanguard School District school board wants to do a professional development to advise staff on what to do to address these rising student mental health problems. They want to address what to look for and what to do in an instance of a student being at-risk of mental health issues. The intent is for teachers and support staff to be a first line of contact to help identify these students and support them. This educational training should assist teachers in helping to reduce incidents of self-harm in the student population through education and empowerment.

The district is made up of 120 6-12 teachers and support staff with varying levels of education and backgrounds. The district consists mostly of lower-middle socioeconomic households. The district supports 800 students. Households have varying ethnic and religious backgrounds. The learners that are intended for this professional development are educators and support staff.

## Who are your learners?

New  
teachers

Experienced  
teachers

School  
administrators

High School  
admin: 3  
Teachers: 51  
Aides: 5  
Non-Instructional:  
32

Middle School  
admin: 3  
Teachers: 43  
Aides: 6  
Non-Instructional:  
16

What sort of time, social support, resources, and equipment will be available to them?

90  
minutes

Social support  
from peers,  
administration,  
and support  
staff

Links and  
bullet point  
handouts

Surveys  
through  
kahoot

Slideshow  
and  
requisite  
equipment

Who will make the decision about participating in the instruction?  
Is it voluntary or required?

Required

# Design solution

- The instructor- led training session will be in-person in the high school auditorium.
- The goal of the session is to give secondary educators the knowledge and tools to identify students- at- risk of harmful student health issues and how to properly address them.
- Learners will be able to identify at- risk students in scenarios. Additionally, they will be able to identify the correct course of action to escalate to the proper path, also providing resources to the family of at- risk individuals(s).

**NAVIGATING**  
— a mental health —  
**CRISIS**

**WARNING SIGNS of a Mental Health Crisis**

It's important to know that warning signs are not always present when a mental health crisis is developing. Common actions that may be a clue that a mental health crisis is developing:

- ✓ **Inability to perform daily tasks** like bathing, brushing teeth, brushing hair, changing clothes
- ✓ **Rapid mood swings**, increased energy level, inability to stay still, pacing; suddenly depressed, withdrawn; suddenly happy or calm after period of depression
- ✓ **Increased agitation** verbal threats, violent, out-of-control behavior, destroys property
- ✓ **Abusive behavior** to self and others, including substance use or self-harm (cutting)
- ✓ **Isolation** from school, work, family, friends
- ✓ **Loses touch with reality (psychosis)**, unable to recognize family or friends, confused, strange ideas, thinks they're someone they're not, doesn't understand what people are saying, hears voices, sees things that aren't there
- ✓ **Paranoia**, suspicion and mistrust of people or their actions without evidence or justification

**WARNING SIGNS of Suicide**

- **Giving away personal possessions**
- **Talking as if they're saying goodbye** or going away forever
- **Taking steps** to tie up loose ends, like organizing personal papers or paying off debts
- **Making or changing a will**
- **Stockpiling pills or obtaining a weapon**
- **Preoccupation with death**
- **Sudden cheerfulness or calm** after a period of despondency
- **Dramatic changes** in personality, mood and/or behavior
- **Increased drug or alcohol use**
- **Saying things** like "Nothing matters anymore," "You'll be better off without me," or "Life isn't worth living"
- **Withdrawal** from friends, family and normal activities
- **Failed romantic relationship**
- **Sense of utter hopelessness** and helplessness
- **History** of suicide attempts or other self-harming behaviors
- **History** of family/friend suicide or attempts

**NAMI**  
National Alliance on Mental Illness  
www.nami.org

facebook.com/NAMI | @NAMICommunicate | NAMICommunicate | notalone.nami.org | ok2talk.org  
NAMI HelpLine: 800-950-NAMI (6264) | Text "NAMI" to 747474 to reach the Crisis Text Line

# Learner Audience Overview

- This cohort of learners range from seasoned teachers with many years of experience dealing with mental health issues in students to new teachers little to no experience.
- Additionally, administrators who will be helping teachers as they deal with situations will be included in the session.
- The learners want to help students and parents deal with situations that arise by being able to identify warning signs and provide relevant resources to get help.
- Due to a lack of sufficient time during school hours, the learners will need to have quick access to these resources and have sufficient knowledge of the warning signs to provide assistance as quickly as possible.

Care about the kids that they teach

Often lack the time to fully develop meaningful solutions

Most learners will have a Bachelor's degree, a good number will have a Master's

They are interested in learning more about mental health

## Learner pre-requisite knowledge

Will need to be able to know how to access internet on a device they have, and ability to effectively perform basic tasks on a device

General sense of the practicality and necessity of the workshop

Basic knowledge of child/adolescent psychology

Organizational knowledge of their respective buildings

## Facilitator pre-requisite knowledge

Will need to know how to administer a Kahoot session

Will need adequate presentation / public speaking skills

Seminar leadership and "crowd" management

Knowledge on the topic of mental health in adolescents

## Outcome

After this PD session, teachers will be able to identify the signs of potential mental health issues in a student scenario to reduce incidents of self-harm

Secondary Education Teachers in the School District will identify students at risk of self-harm in 7 simulated scenarios with 80% accuracy

Next steps for escalation - learners will be able to select appropriate next steps to escalate preventive measures and provide student support

After this PD session, learners will be able to provide resources to at-risk students and parents based on warning signs presented

## Assessment

Groups will report out to the instructor and other learners for feedback on their outcome

Learners will interact in a live quiz via a Kahoot to see if they can identify students- at- risk with live results

Learners will select appropriate contact points from provided list

Learners will interact in a live quiz via a Kahoot to see if they can identify students at-risk with live results

# Seminar Storyboard

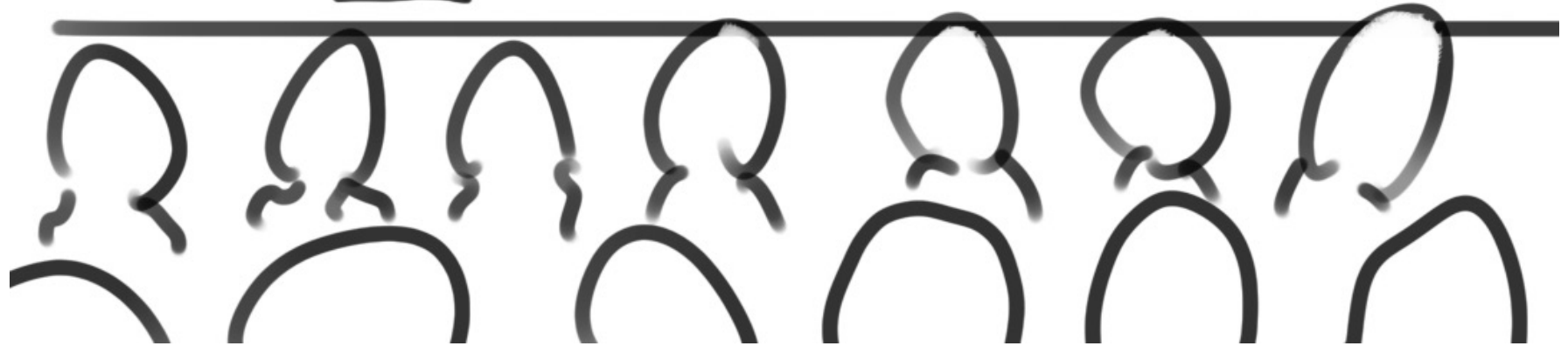
## Addressing Student Mental Health

Professional Development for Grades 6-12 Educators

WELCOME, EDUCATORS

ⓓ

Addressing Student Mental Health  
For Grades 6-12 Educators





WELCOME, EDUCATORS



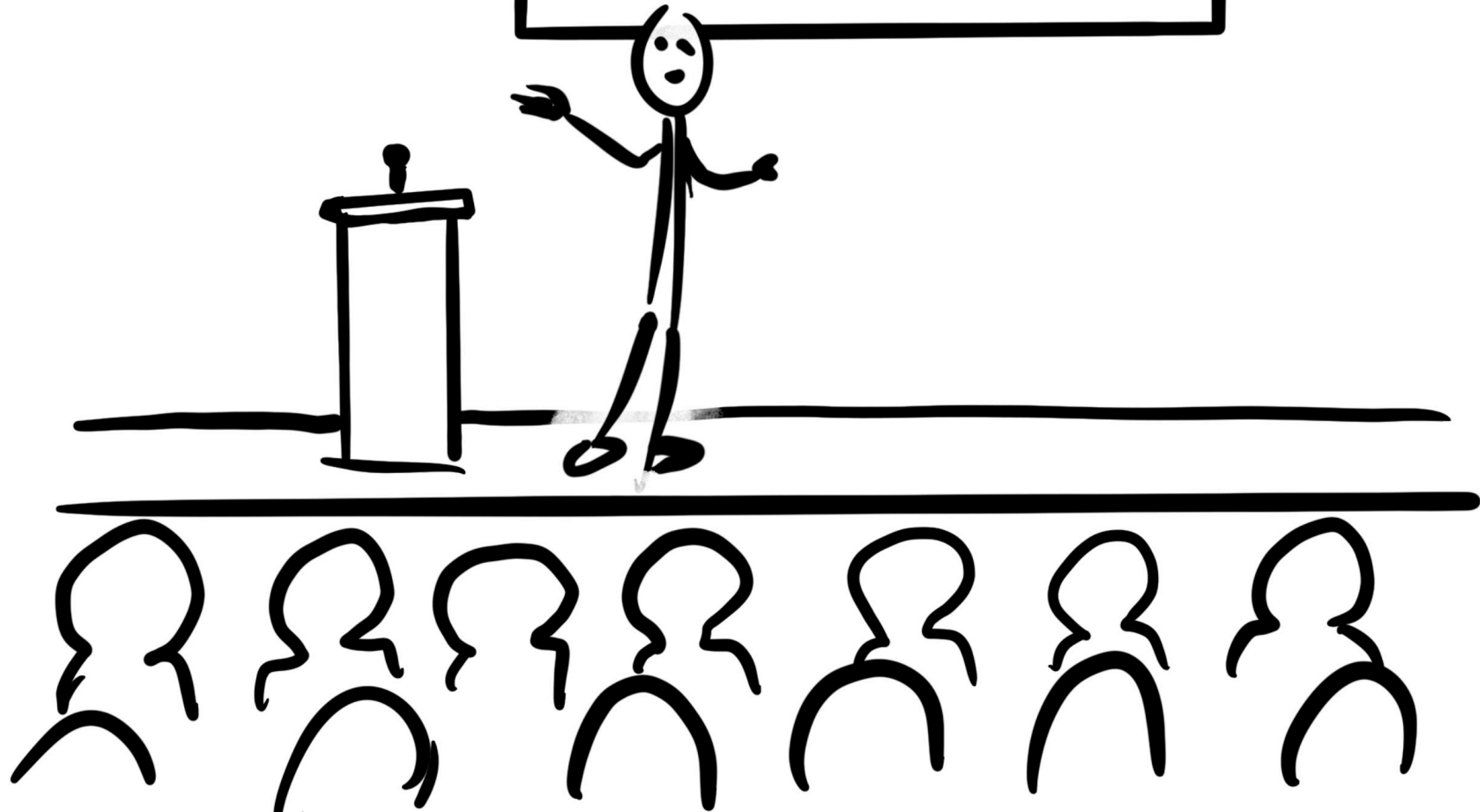
Addressing Student Mental Health  
for Grades 6-12 Educators




# Warning Signs

-statistics

-mindsets → take action

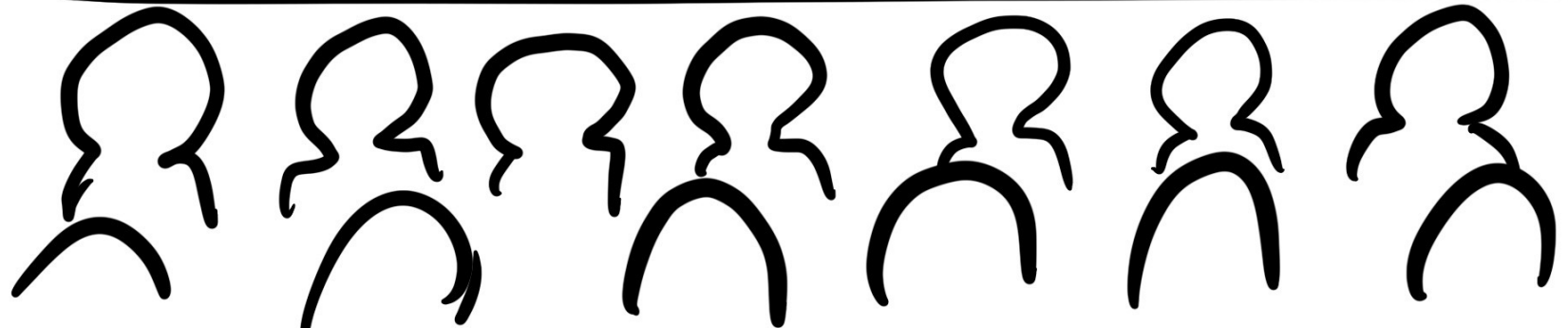
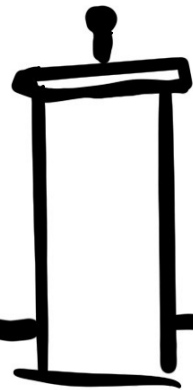
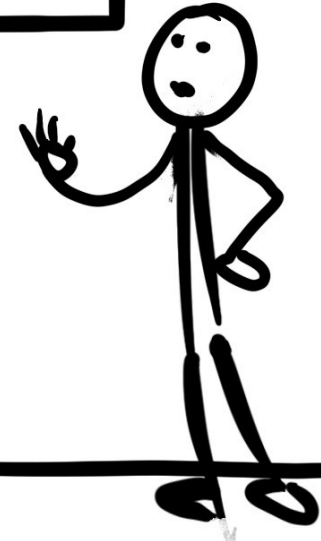


1 OF 5



Go to Kahoot  
enter code 123

- Ⓐ um
- Ⓑ um
- Ⓒ um
- Ⓓ um



# RE-CAPPING WARNING SIGNS

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1

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2

u - u u u

3

u u u u u

4

u a u u u u

5

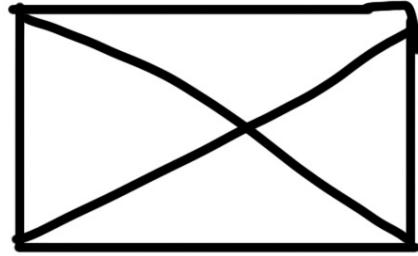
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# Red flag

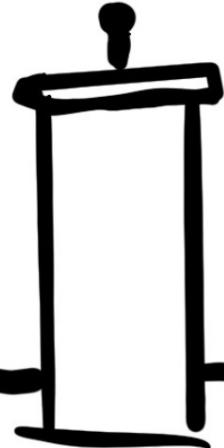
# Course of action

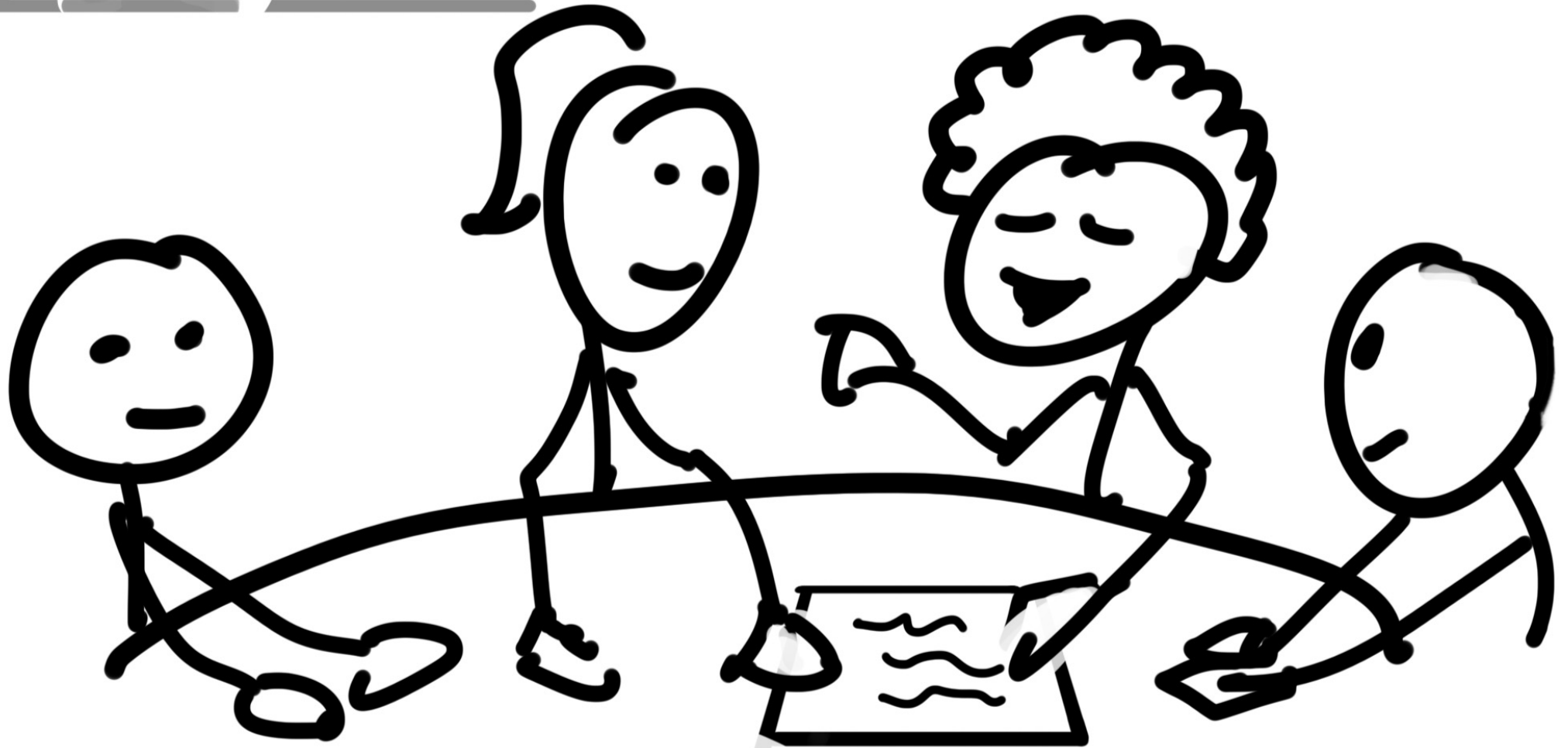
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|---------------------|---|-----------|
| • Learning<br>how a | → | • where   |
| • Dress<br>up       | → | • have an |
| • Cotton<br>up      | → | • answer  |
|                     | → | • answer  |
|                     | → | • answer  |

# THE SCENARIO



- wavy line
- wavy line
- ?
- wavy line



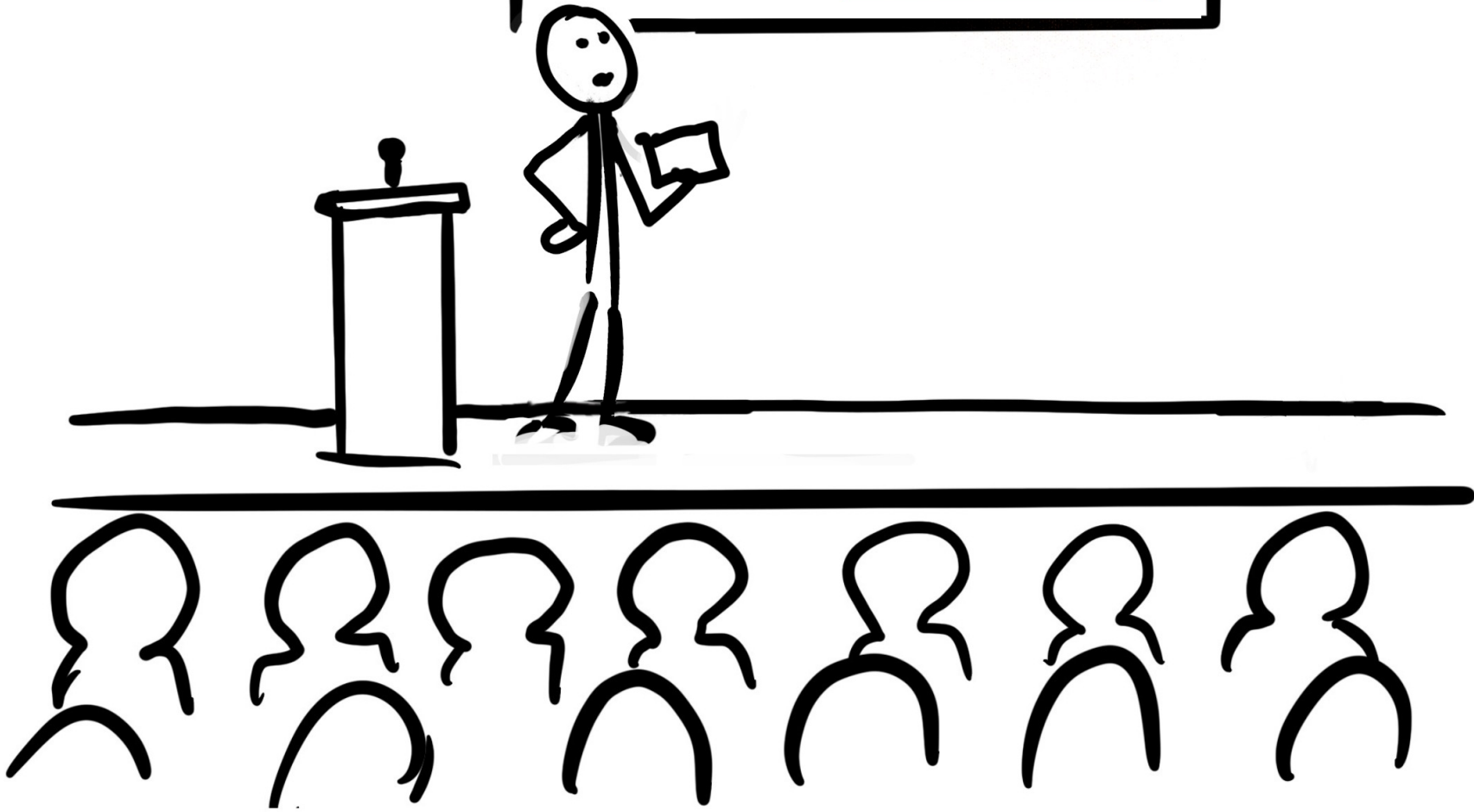


# WHAT YOU SAID

1 ~~~~~  
2 ~~~~~  
3 ~~~~~

DISCUSSION


ESCALATION





# SCENARIO 1

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① 

 W - W W ?

A



B



C



# SCENARIOS x RESOURCES

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FLAG

ESCALATION/RESOURCE

u u u

• u u u • u u u

u u u

• u u u u u u

u u u

• u u u • u u u • u u u

TOP WRAP-UP

WHY ?	LIST OF RESOURCES + LINKS
WHAT ?	
HOW ?	

THANKS!  
~

