

MENTAL HEALTH EDUCATION LITERACY IN SCHOOLS

LINKING TO A CONTINUUM OF WELL

satisfactory program in health education in accordance with the needs of pupils in all grades that includes the several dimensions of health, is now required to:

- x include mental health and the relation of physical and mental health; and
- x designed to enhance student understanding, attitudes and behaviors that promote health, well-being and human dignity.

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formalizes these new requirements in law.

To view the amendments, the NYS Mental Health Education Advisory
& RXQFLO ¶ V 3DQHO 3UHVHQWDLRQ WR WKH
Council Membership and the twenty-six recommendations please click
on the following [NYSED Board of Regents Mental Health Education May 2018](#)

Mental Health Facts

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Mental health is a critical part of overall health and well-being and is important throughout the life cycle; affecting thinking and learning, feelings and actions, influencing healthy decision making.¹

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According to the World Health Organization, mental health is being a state of complete physical, mental and social well-being; not only absence of disease.²

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Education on the importance of the mind-body connection,³ and the several dimensions of health including mental health and the relation of physical and mental health, will enhance student understanding, attitudes and behaviors that promote health, well-being and human dignity.

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adolescence, mental health means attaining developmental and emotional milestones, learning healthy social skills and coping with challenging situations. Mentally healthy children/youth have a positive quality of life and function well at home, in school, and in their communities.

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NEW YORK STATE MENTAL HEALTH EDUCATION ADVISORY COUNCIL (ADVISORY COUNCIL)

In August of 2017, NYSED, the New York State Office of Mental Health (OMH), and the Mental Health Association in New York State, Inc. (MHANYS), established the Advisory Council of over 75 expert cross-disciplinary and cross-sector partners, to develop resources, and recommendations supporting mental health education in schools.

Mental Health classroom resources developed by the Advisory Council identify skills and functional knowledge students should acquire, and tools to address stigma and promote best educational practices. These resources include an instructional guide, aligned with New York State (NYS) Learning Standards for health education in the classroom. The guide is reflective of skills and functional knowledge, scope and sequence for all levels (K-12) focused on health-related outcomes; and includes an instructional resource section.

WHAT SCHOOLS CAN DO

Review and assess current K-12 health education curricula for alignment to new mental health education requirements;

Build capacity and strengthen relationships between educators and pupil personnel services (school psychologist, social worker, counselor, nurse);

Develop school-community partnerships with mental health professionals and organizations;

Identify strategies to engage families