

# Training Tools to Support **BHERO** SCHOOLS

"The big takeaway from Classroom WISE for me was the importance of incorporating SEL into my instruction. I think that SEL is very important to bring into the classroom, to let students know it's okay to have all these emotions and feelings with everything going on in their lives. I think the most important SEL I can give my students is to let them take a minute away from academics and just be a kid by allowing them to greet each other during a morning meeting, and talk about themselves throughout the school day, ensuring that they feel a sense of belonging."

– Chelsi Norenberg, 1st grade teacher, Twining Elementary School,  
Grand Forks Public Schools

## PROGRAMMING OVERVIEW:

# CLASSROOM WISE

WELL-BEING INFORMATION AND STRATEGIES  
FOR EDUCATORS

**DEVELOPED BY:** The Mental Health Technology Transfer Center (MHTTC) Network in partnership with the National Center for School Mental Health.

**INCEPTION:** June 2021

**COST:** Access to the self-paced learning series, video library, and resource collection is FREE. All are open-source resources.

**BH PROFESSIONAL DEVELOPMENT TRAINING CATEGORIES:** Knowledge of behavioral health symptoms and risks; Trauma; Social and emotional learning, including resiliency; Other evidence-based strategies to reduce risk factors for students.

Find all Behavioral Health Professional Development Training Categories in North Dakota state law, NDCC 15.1-07-34.

## OUR MISSION

**B-HERO'S MISSION IS TO ENGAGE  
K-12 BEHAVIORAL HEALTH  
RESOURCE COORDINATORS  
IN TRAINING, TECHNICAL  
ASSISTANCE, AND OPPORTUNITIES  
TO FACILITATE CONNECTIONS.**

**DESCRIPTION OF SERVICE:** Educators and school personnel play a vital role in promoting mental health and well-being and identifying and responding to emerging mental illness in children and adolescents. However, they often have not received the education, training, and/or ongoing support needed to respond in the classroom. To address this need, the MHTTC Network, in partnership with the National Center for School Mental Health, developed a three-component, self-paced online training course entitled Classroom WISE (Well-Being Information and Strategies for Educators).

Focused on educator mental health literacy, and informed by and co-developed with educators from across the nation, each Classroom WISE module presents concrete, universal approaches for promoting student mental health and creating safe and supportive classroom environments. The learning series is organized into six 50-minute modules with corresponding learning objectives (listed on next page), and offers evidence-based strategies and skills to engage and support students with mental health concerns in the classroom (including best practices listed here).

## GET INVOLVED

To get started with Classroom WISE, visit [www.classroomwise.org](http://www.classroomwise.org)



**Classroom  
WISE**  
Well-Being Information and  
Strategies for Educators

**BHERO**  
TECHNICAL ASSISTANCE CENTER

## MORE ON CLASSROOM WISE VIDEO LIBRARY

Access over 50 brief, high-impact and engaging videos of students and educators giving examples to help all students feel welcome in the classroom. The videos are embedded in the Classroom WISE online course and also available as stand-alone resources for educators and school personnel.

## RESOURCE COLLECTION

Identifying Student Distress, Tips for Starting Mental Health Conversations, and Creating Mental Health Bulletin Boards are just some of the Classroom WISE resources available. This ever-evolving collection includes resources created to supplement the Classroom WISE online course, as well as resources from other mental health and school organizations.

# CLASSROOM WISE COURSE MODULES & CORRESPONDING LEARNING OBJECTIVES:

## MODULE 1 - CREATING SAFE AND SUPPORTIVE CLASSROOMS

*Upon completion of this module, educators will be able to:*

1. Describe the three components necessary for creating safe and supportive classrooms
2. Help students feel engaged in the classroom community
3. Help students feel both physically and emotionally safe in the classroom
4. Design a safe and supportive physical classroom environment

## MODULE 2 - TEACHING MENTAL HEALTH LITERACY AND REDUCING STIGMA

*Upon completion of this module, educators will be able to:*

1. Describe complete mental health
2. Integrate mental health literacy into instruction
3. Address mental health stigma in the classroom

## MODULE 3 - FOSTERING SOCIAL EMOTIONAL COMPETENCIES AND WELL-BEING

*Upon completion of this module, educators will be able to:*

1. Define social emotional learning (SEL)
2. Describe the five SEL competencies
3. Integrate SEL competencies into instruction

## MODULE 4 - UNDERSTANDING AND SUPPORTING STUDENTS EXPERIENCING ADVERSITY

*Upon completion of this module, educators will be able to:*

1. Understand and promote healthy child and adolescent development
2. Recognize signs of student distress and who may need additional mental health support
3. Link students with potential mental health concerns to support

## MODULE 5 - IMPACT OF TRAUMA AND ADVERSITY ON LEARNING AND BEHAVIOR

*Upon completion of this module, educators will be able to:*

1. Define childhood trauma and adverse childhood experiences (ACES)
2. Describe the impact of trauma and ACES on learning and overall functioning
3. Demonstrate trauma-sensitive teaching practices

## MODULE 6 - CLASSROOM STRATEGIES TO SUPPORT STUDENTS

*Upon completion of this module, educators will be able to:*

1. Understand factors that contribute to student behaviors
2. Practice co-regulation and self-regulation
3. Identify classroom strategies to support students experiencing distress