

Supporting Mental Health & Wellness in Schools



Mental Health Association in New York State, Inc. (MHANYS) works to end the stigma against mental illness and promote mental health wellness. MHANYS achieves this through training, education, advocacy and policy, community-based partnerships, and by connecting individuals and families to help.

In 2016, MHANYS successfully advocated for the passage of a law that requires schools to provide mental health education as part of the health curricula, and we are committed to supporting educators and schools through implementation. As students have a better understanding of their own mental health and that of their family and peers, MHANYS believes that it is imperative for educators to also have an understanding of mental health and wellness, for schools to be prepared to respond to the mental health needs of students, and for communities to work together to support access to mental health services and supports.

How can MHANYS support schools to meet the mental health needs of students?

- ⇒ **EDUCATE STUDENTS:** our *Mental Health and Wellness 101* for students combines lecture and experiential learning activities. Topics include understanding mental health along a continuum from wellness to illness; self-care and other wellness strategies; recovery and treatment seeking behavior; and anti-stigma messaging.
- ⇒ **TRAIN FACULTY AND STAFF:** our *Mental Health and Wellness 101* for educators includes a one hour training on mental health and wellness, with additional 30 minute training components that can be tailored to your needs (i.e. suicide prevention, trauma, school-based wellness initiatives). We also provide *ASIST: Applied Suicide Intervention Skills Training*.
- ⇒ **COLLABORATE:** to build community partnerships that work to reduce stigma, support families, educate communities and support access to care.
- ⇒ **CONSULTATION/TECHNICAL ASSISTANCE:** to work with key school personnel to develop strategies to promote wellness, educate students, provide staff development opportunities and identify community-based supports and resources.

For more information or to schedule a Mental Health and Wellness 101 training, please contact Amy Molloy, Director of Education, at amolloy@mhany.org or 518.434.0439.

Mental Health Association in New York State, Inc.

HEALTHY MINDS FOR A HEALTHY NEW YORK

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