

Mental and Emotional Health Education Implementation Plan



State Board of Education Rule:	6A-1.094121 Mental and Emotional Health Education
Name of the School District	Polk
Superintendent of the School District	Jaqueline Byrd
Implementation Period: (MM/YY – MM/YY)	01/20 – 5/20
Submission Date to the Commissioner	On 11/21/19 sent to MentalHealthEducation@fldoe.org
Direct URL to the Implementation Plan as posted on the school district website	https://polkschoolsfl.com/policiesandforms
School District Contact(s) for this Plan <i>(name and email address)</i>	Dr. Michael Akes – Michael.akes@polk-fl.net

Select the specific subject area(s) of the courses in which instruction will be delivered:			
<input checked="" type="checkbox"/> Art – Visual Arts	<input checked="" type="checkbox"/> Experimental Education	<input type="checkbox"/> Peer Counseling	<input checked="" type="checkbox"/> World Languages
<input checked="" type="checkbox"/> Computer Education	<input checked="" type="checkbox"/> Health Education	<input checked="" type="checkbox"/> Physical Education	<input checked="" type="checkbox"/> Other
<input checked="" type="checkbox"/> Dance	<input checked="" type="checkbox"/> Library Media	<input checked="" type="checkbox"/> Research/Critical Thinking	
<input checked="" type="checkbox"/> Drama – Theatre Arts	<input checked="" type="checkbox"/> Mathematics	<input checked="" type="checkbox"/> Science	
<input checked="" type="checkbox"/> English/Language Arts	<input checked="" type="checkbox"/> Music Education	<input checked="" type="checkbox"/> Social Studies	
Select the qualification(s) of the instructors for the above courses:			
<input checked="" type="checkbox"/> Florida Certified Teacher <input type="checkbox"/> Community-based Expert <input type="checkbox"/> School Nurse <input checked="" type="checkbox"/> School Counselor <input type="checkbox"/> School Psychologist <input type="checkbox"/> Other			
Please explain the rationale for delivering the instruction in the courses selected above for each grade level.			
<p>Rationale:</p> <p>Grades 6-12: Instruction will be delivered by all teachers on specific health days. Having all classroom teachers deliver the material instills buy-in of the entire staff. The Mental and Emotional Health of students is important, and every teacher should have the knowledge to support their students and know the information that has been presented to them. In addition, this delivery method ensures good coverage of the topic, while not overburdening any one subject area. To ensure consistency of delivery across the district, the content will be district-developed, and all lesson plans, PowerPoints, videos, handouts, and activities are provided to teachers. Middle school instruction will be adapted to fit our currently existing model of “Health Day” instruction (as outlined in the next section). High school instruction will be expanded from the currently existing model we use for bullying prevention instruction to include an additional “Health Day” (as outlined in the next section).</p>			

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Please describe the methods for delivering the instruction for each grade level.

Grade 6-8: All middle school classes across the district will participate in 3 Health Days, in which Bullying Prevention, Drug Prevention, and overall Wellness are covered. Each Health Day consists of 5-6, 50-minute lessons for each topic. Students will follow their normal schedule and the classroom teacher will facilitate the lessons. Lesson 1 will be taught 1st period, lesson 2 will be taught 2nd period, and so forth. Each school teaches Bullying Prevention in August, Drug Prevention in October, and Wellness (which includes Mental Health), in November. Although there are target dates, schools have the flexibility of the date they choose to provide the lessons within the month outlined above. Additionally, two 50-minute classes will be taught in the area of Suicide Prevention in January 2020. These two lessons may be taught any time during the month of January but cannot be taught on an early release day or on a Friday due to lesson content. The 2 lessons will be taught during 1st and 2nd period or during an extended 1st period (special scheduling).

Grades 9-12: All high school classes across the district will participate in two bullying prevention lessons in August, and one Mental Health Day. The Mental Health Day material will be broken into six 50-minute lessons. Students will follow their normal schedule and the classroom teacher will facilitate the lesson. Lesson 1 will be taught 1st period, lesson 2 will be taught 2nd period, and so forth. Schools have the flexibility of the date they choose to teach the lessons. Lessons must be taught in one day in January of 2020 and the lessons cannot be taught on an early release day or on a Friday.

Virtual School 6-8: All full-time virtual school students will participate in a 5-hour online Wellness module that will address both mental health and drug prevention information. This module will be required of all full-time Polk Virtual students and will be completed between January 2020 and May 2020.

Please describe the materials and resources that will be utilized to deliver the instruction for each grade level.

Health lessons that meet Rule 6A-1.094121 are district-developed by experts in prevention education and mental health. Each lesson is comprised of a scripted lesson plan and accompanying PowerPoint, with activities, short video clips, and handouts, depending on the needs of the lessons.

MIDDLE SCHOOL

Resources for these lessons include, but are not limited to:

- Botvin, G. J. *LifeSkills Training*. Princeton Health Press, Inc. Princeton, NJ, 1979- 2000. (Grade Levels 6-8).
- National Council for Behavioral Health. *Mental Health First Aid USA*. Washington, DC: National Council for Behavioral Health, 2016.
- Substance Abuse and Mental Health Services Administration. *Preventing Suicide: A Toolkit for High Schools*. HHS Publication No. SMA12-4669. Rockville, MD: Center for Mental Health Services, Substance Abuse and Mental Health Services Administration, 2012.

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- <http://jasonfoundation.com/youth-suicide/>
- <https://med.stanford.edu/tobaccopreventiontoolkit/E-Cigs.html>
- <http://teenmentalhealth.org/schoolmhl/wp-content/uploads/2019/01/final-washington-guide-full-online-version.pdf>
- <https://teens.drugabuse.gov/teachers/lessonplans> (NIDA)
- <https://www.erikaslighthouse.org/teen-depression-awareness-classroom-programs/>
- <http://www.panmn.org/teachers> (Physician Advocacy Network, vaping)
- <https://www.stopbullying.gov/>
- <https://www.tolerance.org/classroom-resources/tolerance-lessons/reshaping-body-image> (8th grade)
- <https://www.uen.org/lessonplan/view/7282> (Utah State Office of Education: lesson on stress)
- https://walkinourshoes.org/content/Facilitation_Guide.pdf
- www.adaa.org/living-with-anxiety/children
- www.nimh.nih.gov/health/publications/anxiety-disorders/index.shtml
- National Council for Behavioral Health. *Mental Health First Aid USA*. Washington, DC: National Council for Behavioral Health, 2016.
- Substance Abuse and Mental Health Services Administration. *Preventing Suicide: A Toolkit for High Schools*. HHS Publication No. SMA12-4669. Rockville, MD: Center for Mental Health Services, Substance Abuse and Mental Health Services Administration, 2012.

Grades 6-8

All middle school students will receive the same bullying prevention education lessons in August. These six, 50-minute lessons address identification, understanding bullying hotspot areas at school, responding to bullying as a victim and a bystander, reporting bullying, and creating a bully-free school environment.

All middle school students will receive the same 2 Suicide Prevention lessons in January 2020. These lessons will include identifying ways to practice good, general mental health, understanding mental health issues and illnesses, reducing stigma associated with mental health illnesses, recognizing signs of suicidality, and understanding ways to access help for yourself and others who may be contemplating suicide.

Other mental health lessons vary based on grade level as follows:

Grade 6

Drug Prevention Lessons—There are six, 50-minute lessons that address tobacco, alcohol, marijuana, and over-the-counter/prescription drug abuse, as well as drug resistance training and tobacco/alcohol advertising techniques.

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Wellness Lessons—While most Wellness Day lessons in sixth grade deal with personal safety, one 50-minute lesson deals with stress and anxiety, including understanding of the terms, identification of middle school stressors and positive/negative ways people deal with stress and anxiety, and the practice of specific stress reduction techniques (deep breathing, mental rehearsal, and muscle relaxation. In addition, the lesson addresses when stress and anxiety may be related to an anxiety disorder and where to go for help.

Grade 7

Drug Prevention Lessons—There are six, 50-minute lessons that address tobacco prevention, alcohol and the teen brain, alcohol addiction, marijuana prevention (2 lessons), and refusal skills.

Wellness Lessons—While most Wellness Day lessons in 7th grade deal with nutrition and portion control, two 50-minute lessons deal with stress and anxiety, including identifying stress reactions, differentiating between stress and eustress, understanding the myths about stress and anxiety, practicing good daily living skills to deal with stress, identifying stress busters (getting organized, taking a time out, talking with a trusted friend or adult, positive ways to express feelings, asking for help when needed.) By the end of the two lessons, each student develops their own individual stress management plan.

Grade 8

Drug Prevention Lessons—There are six, 50-minute lessons that address decision making skills (2 lessons), nicotine addiction, alcohol and marijuana prevention, and vaping/juuling dangers.

Wellness Lessons—There are five, 50-minute Wellness Day lessons for 8th grade that deal with mental health issues. Two lessons deal with body image, including how self-esteem can be damaged by unrealistic societal expectations and advertising. Two lessons address anger management, including understanding anger, recognizing anger triggers and anger physical responses, learning appropriate ways to manage anger, and learning how to help calm others' anger. In addition, one lesson addresses mistakes and how to learn from them.

HIGH SCHOOL

Grades 9-12

All high school students will receive the same bullying prevention education lessons in August. These two, 50-minute lessons address identification, responding to bullying as a victim and a bystander, preventing bullying, and reporting bullying. The second lesson traditionally deals with more extreme subject matter. This year the topic is Human Trafficking.

All high school students will receive six Mental Health and Substance Abuse lessons in January 2020. Four lessons will include identifying ways to practice good, general mental health, understanding anxiety/anxiety disorders and depression, reducing stigma associated with mental health illnesses,

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recognizing signs of suicidality, and understanding ways to access help for yourself and others who may be contemplating suicide. In addition, two lessons will address the dangers of juuling/vaping and correct use and misuse of prescription medications, including Opioids.

Resources for these lessons include, but are not limited to:

- National Council for Behavioral Health. *Mental Health First Aid USA*. Washington, DC: National Council for Behavioral Health, 2016.
- Substance Abuse and Mental Health Services Administration. *Preventing Suicide: A Toolkit for High Schools*. HHS Publication No. SMA12-4669. Rockville, MD: Center for Mental Health Services, Substance Abuse and Mental Health Services Administration, 2012.
- <http://jasonfoundation.com/youth-suicide/>
- <https://med.stanford.edu/tobaccopreventiontoolkit/E-Cigs.html>
- <http://teenmentalhealth.org/schoolmhl/wp-content/uploads/2019/01/final-washington-guide-full-online-version.pdf>
- <https://teens.drugabuse.gov/teachers/lessonplans> (NIDA)
- <https://www.erikaslighthouse.org/teen-depression-awareness-classroom-programs/>
- <http://www.panmn.org/teachers> (Physician Advocacy Network, vaping)
- <https://www.stopbullying.gov/>
- https://walkinourshoes.org/content/Facilitation_Guide.pdf
- www.adaa.org/living-with-anxiety/children
- www.nimh.nih.gov/health/publications/anxiety-disorders/index.shtml

VIRTUAL SCHOOL

Grades 6-12

Middle and high students who participate in virtual school, will have access to a 5-hour online Wellness module that will address both mental health and drug prevention information. 3.5 hours of the module will focus on identifying ways to practice good, general mental health, understanding anxiety/anxiety disorders and depression, reducing stigma associated with mental health illnesses, recognizing signs of suicidality, and understanding ways to access help for yourself and others who may be contemplating suicide. In addition, 1.5 hours will address the dangers of juuling/vaping and correct use and misuse of prescription medications, including Opioids.

Resources for these lessons include, but are not limited to:

- National Council for Behavioral Health. *Mental Health First Aid USA*. Washington, DC: National Council for Behavioral Health, 2016.

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- Substance Abuse and Mental Health Services Administration. *Preventing Suicide: A Toolkit for High Schools*. HHS Publication No. SMA12-4669. Rockville, MD: Center for Mental Health Services, Substance Abuse and Mental Health Services Administration, 2012.
- <https://everfi.com> (Mental Wellness Basics, Prescription Drug Safety)
- <https://med.stanford.edu/tobaccopreventiontoolkit/E-Cigs.html>
- <https://teens.drugabuse.gov/teachers/lessonplans> (NIDA)
- <http://teenmentalhealth.org/schoolmhl/wp-content/uploads/2019/01/final-washington-guide-full-online-version.pdf>
- <https://www.erikaslighthouse.org/teen-depression-awareness-classroom-programs/>
- <http://www.panmn.org/teachers> (Physician Advocacy Network, vaping)
- <https://teens.drugabuse.gov/teachers/lessonplans> (NIDA)
- https://walkinourshoes.org/content/Facilitation_Guide.pdf