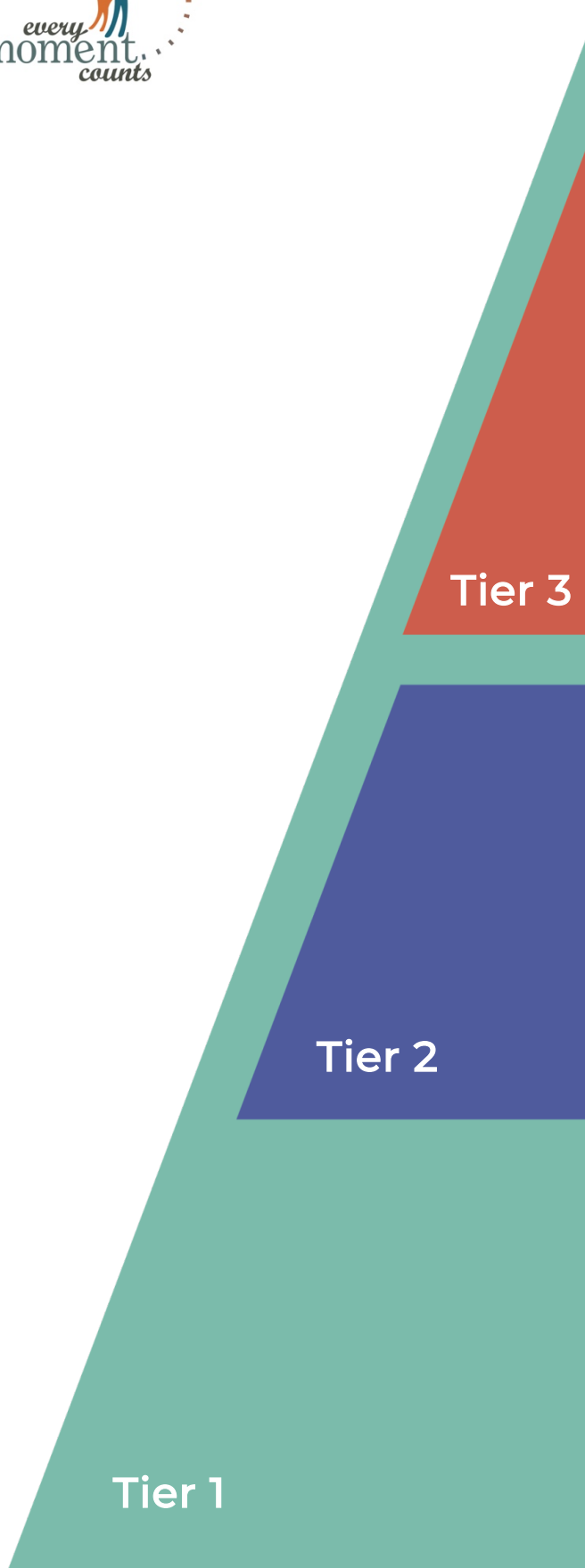




Public Health Framework: Addressing Mental Health



Tier 3 (Individualized)

- Collaborate with school mental health providers to ensure a coordinated system of care
- Make accommodations to foster successful participation; advocate for 504 Plans
- Embed strategies to reduce stress (e.g. self-regulation, deep breathing)
- Demonstrate patience and respect when interacting with students who are struggling emotionally
- Advocate for comprehensive mental health literacy and stigma reduction as a part of health education

Tier 2 (Targeted)

- Learn about early signs and symptoms associated with mental disorders
- Be vigilant! Informally observe all students for changes in mood, thinking, and behaviors that may indicate the student is becoming unwell
- Share concerns with school professionals based on your school's protocol
- Make accommodations and apply 504 Plan modifications to foster success for those struggling emotionally
- Advocate for small group interventions during lunch or recess to promote friendships and stress reduction in students struggling with peer interaction & anxiety
- Learn about and apply prevention strategies: bullying prevention, trauma-informed care (TIC), [Calm Moments Cards](#)

Tier 1 (Universal)

- Contribute to school-wide approaches supporting mental health: SEL, PBIS, bullying prevention, etc.
- Embed mental health literacy activities throughout the day (see [10 Moments for Mental Health](#))
- Create positive cafeteria and recess experiences for all students (see [Comfortable Cafeteria](#) and [Refreshing Recess](#))
- Foster participation in meaningful and healthy leisure (see [Making Leisure Matter](#))
- Informally observe all students' mental health and embed strategies that promote positive mental health
- Advocate for whole-school professional development aimed at helping all adults become mental health promoters