

Classroom Practices to Support Student Mental Health



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**Mental health
lays the foundation
for our entire lives**



Each year, 1 in 5 students experience mental illness

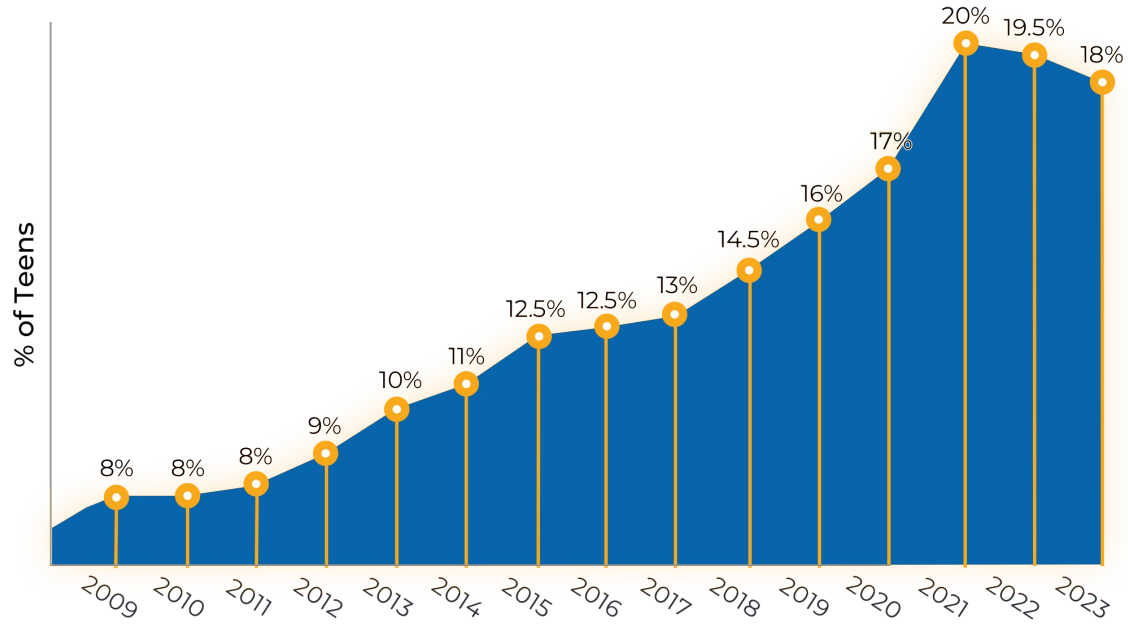


Any Mental Illness

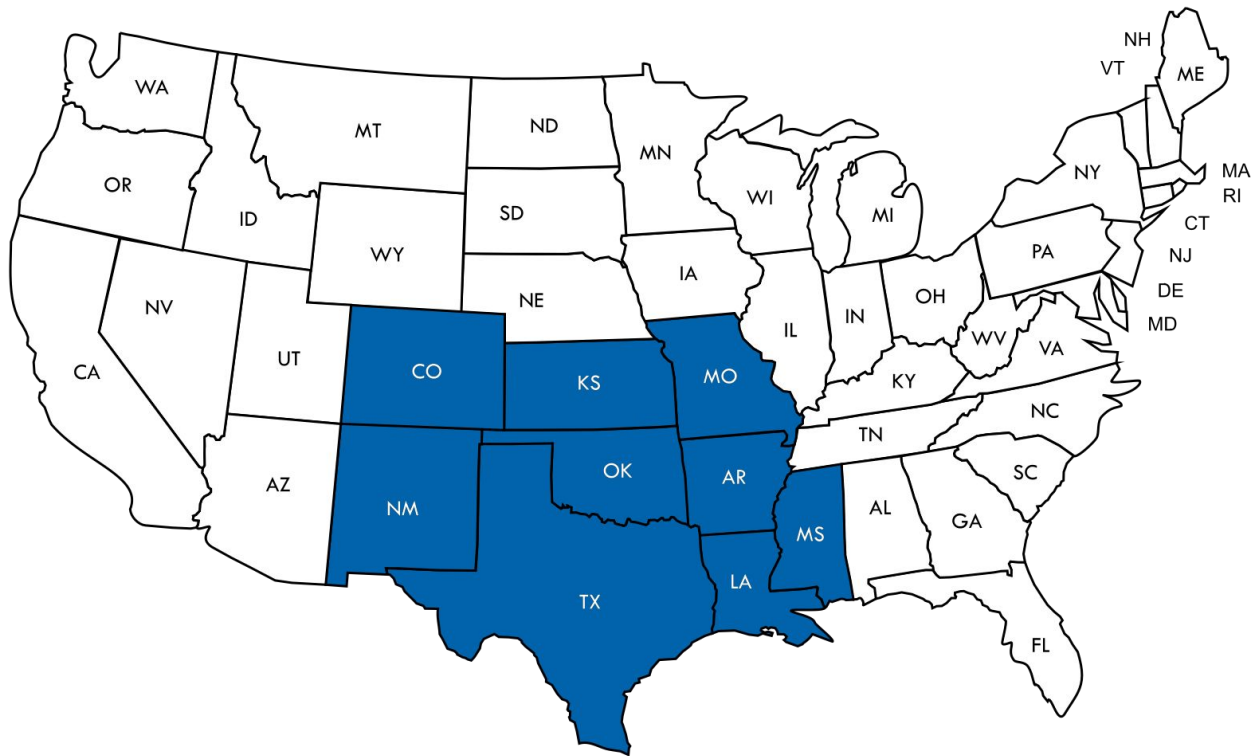


Serious Mental Illness

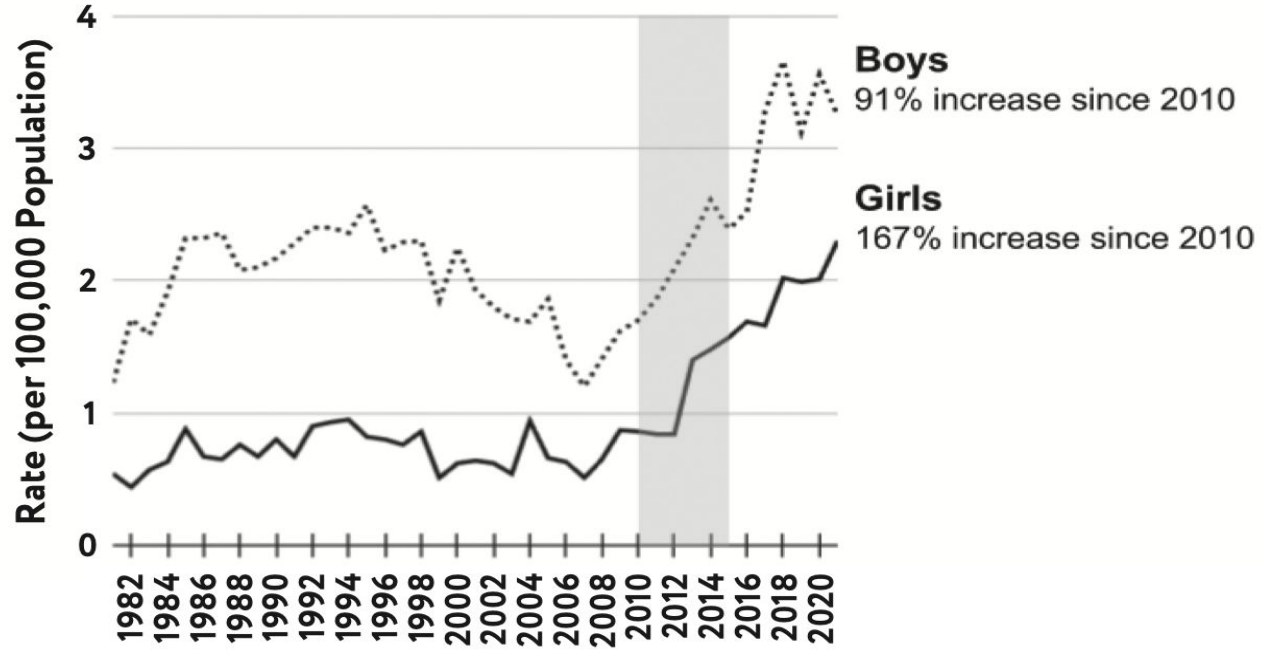
Adolescents Experiencing a Depressive Episode in USA



Source: SAMHSA



Suicide Rates for Young Adolescents (Ages 10-14)



Tier 3
Intensive Supports
for few

**Longer,
individualized
supports**

Tier 2
Targeted Support
for some

**Shorter-duration,
individualized or small
group supports**

Tier 1
Health Promotion
for all

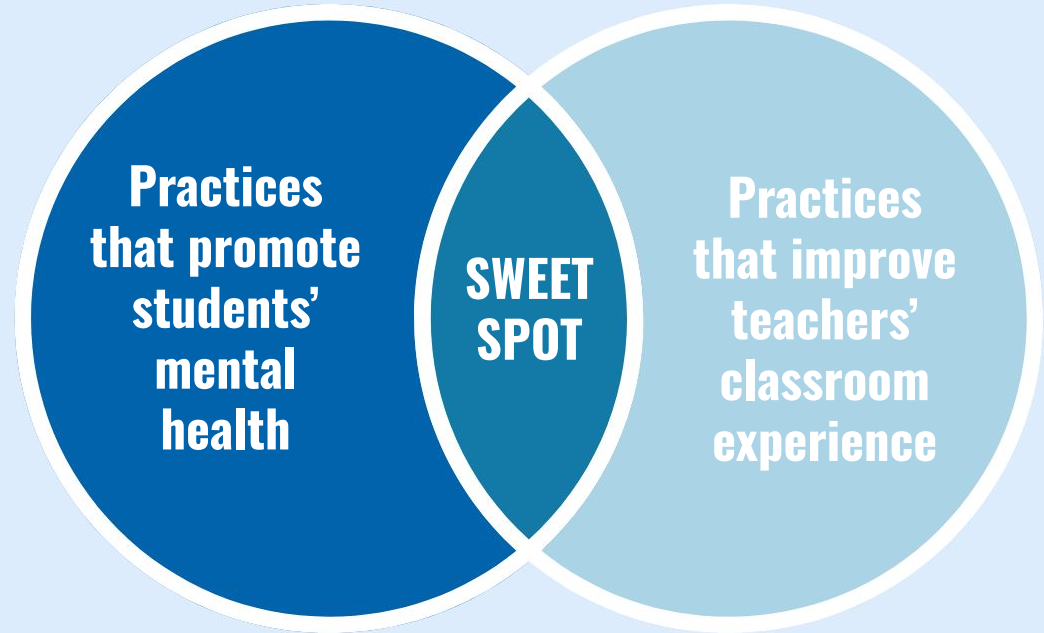
Mental Health Literacy

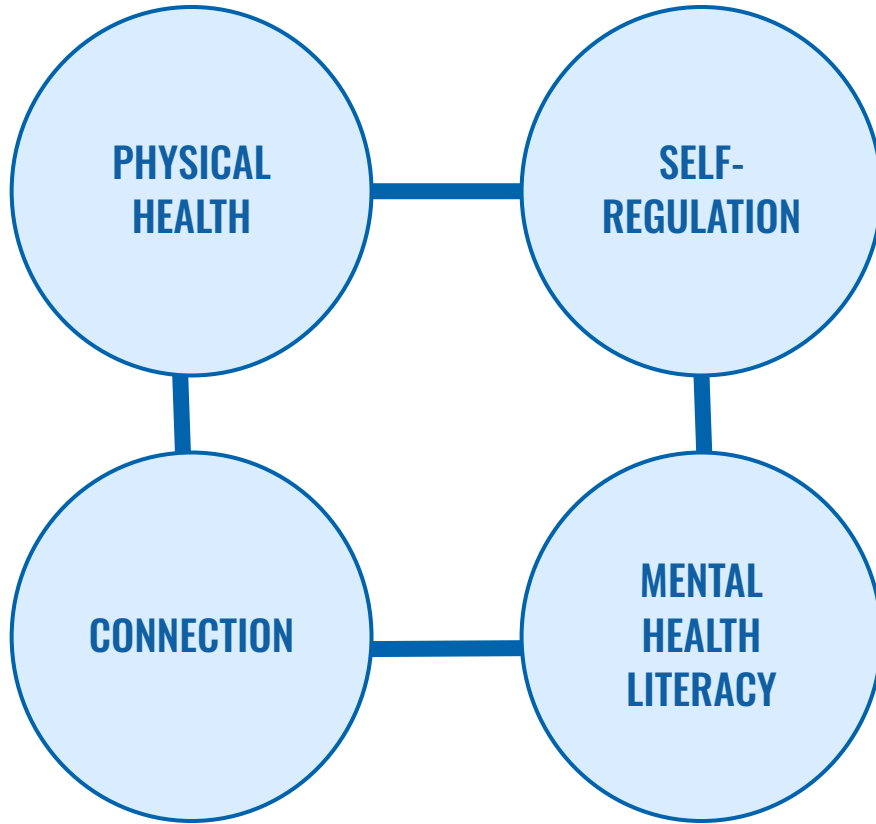
Physical Health

Self-Regulation

Relationships

**Tier-1
practices
should make
teachers'
lives easier**



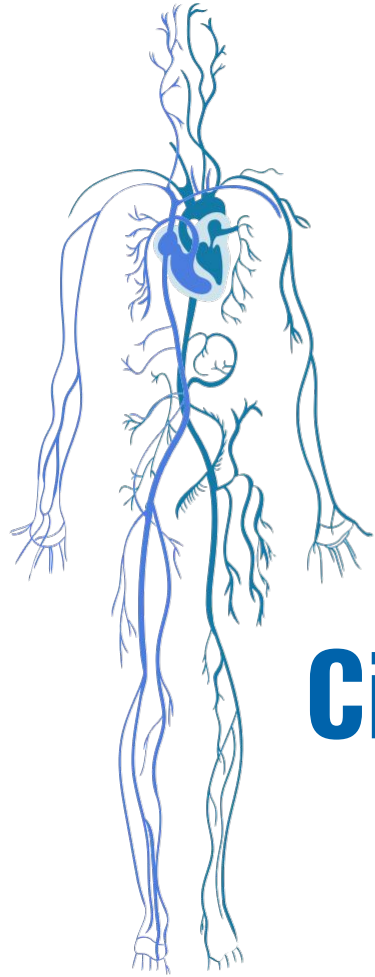


Four Key Pillars of Student Mental Health

PILLAR 1

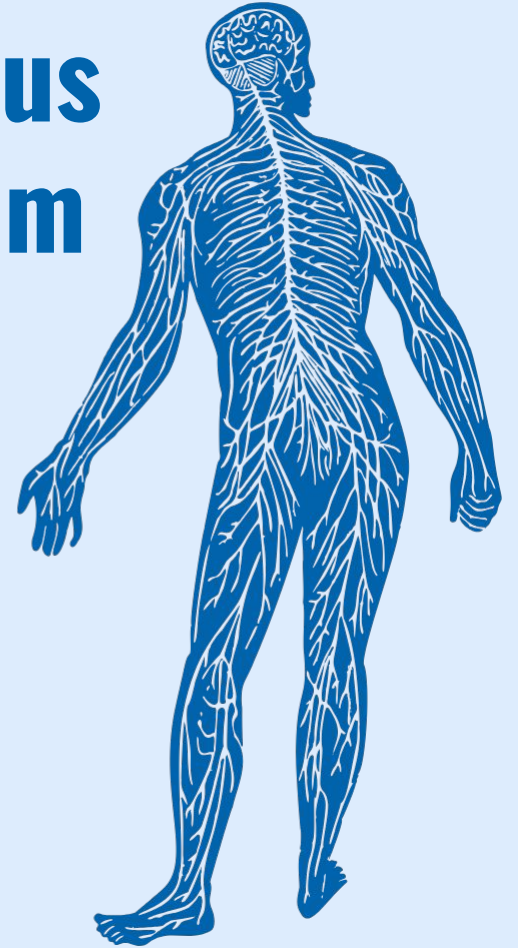
Physical Health

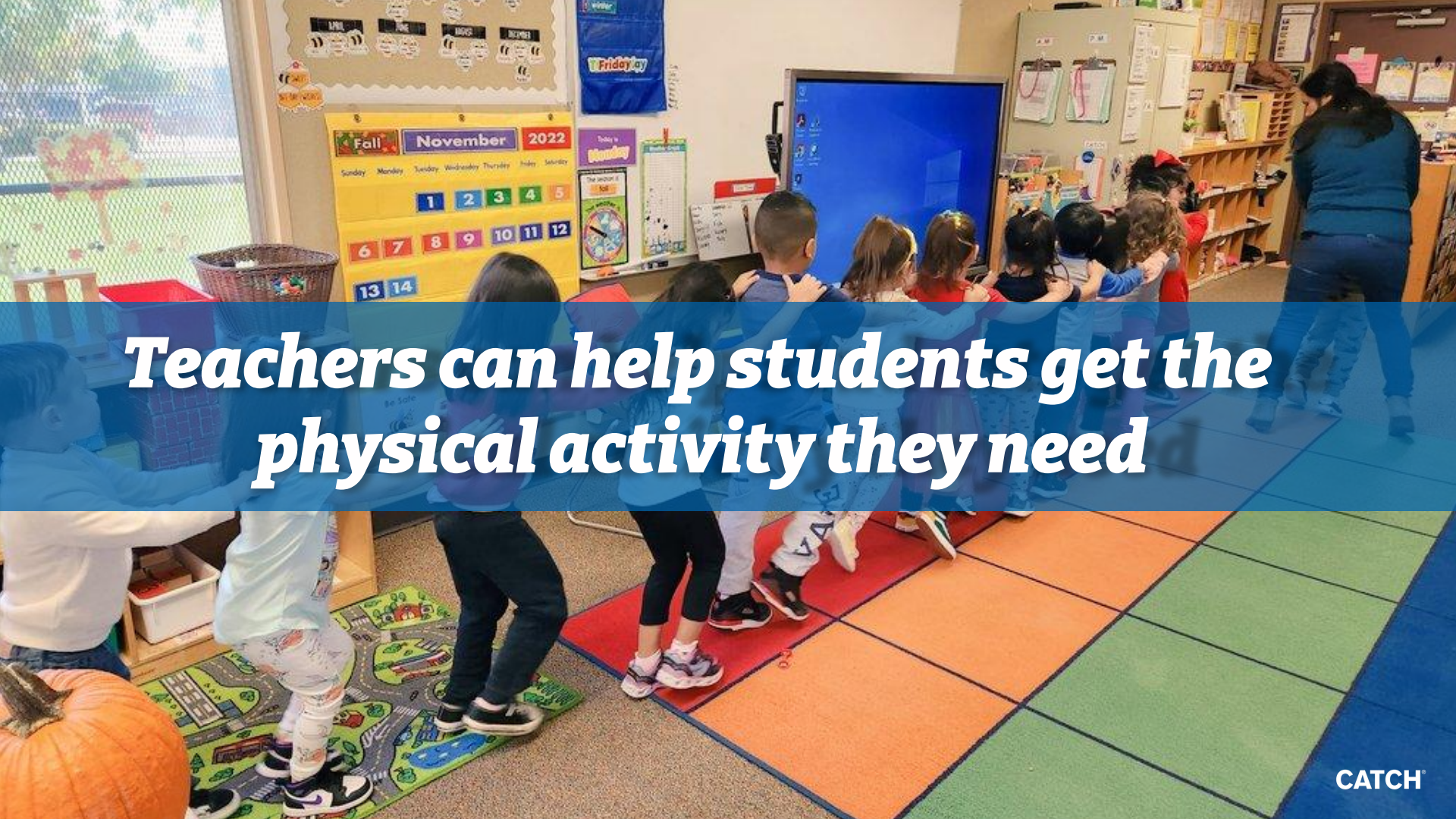




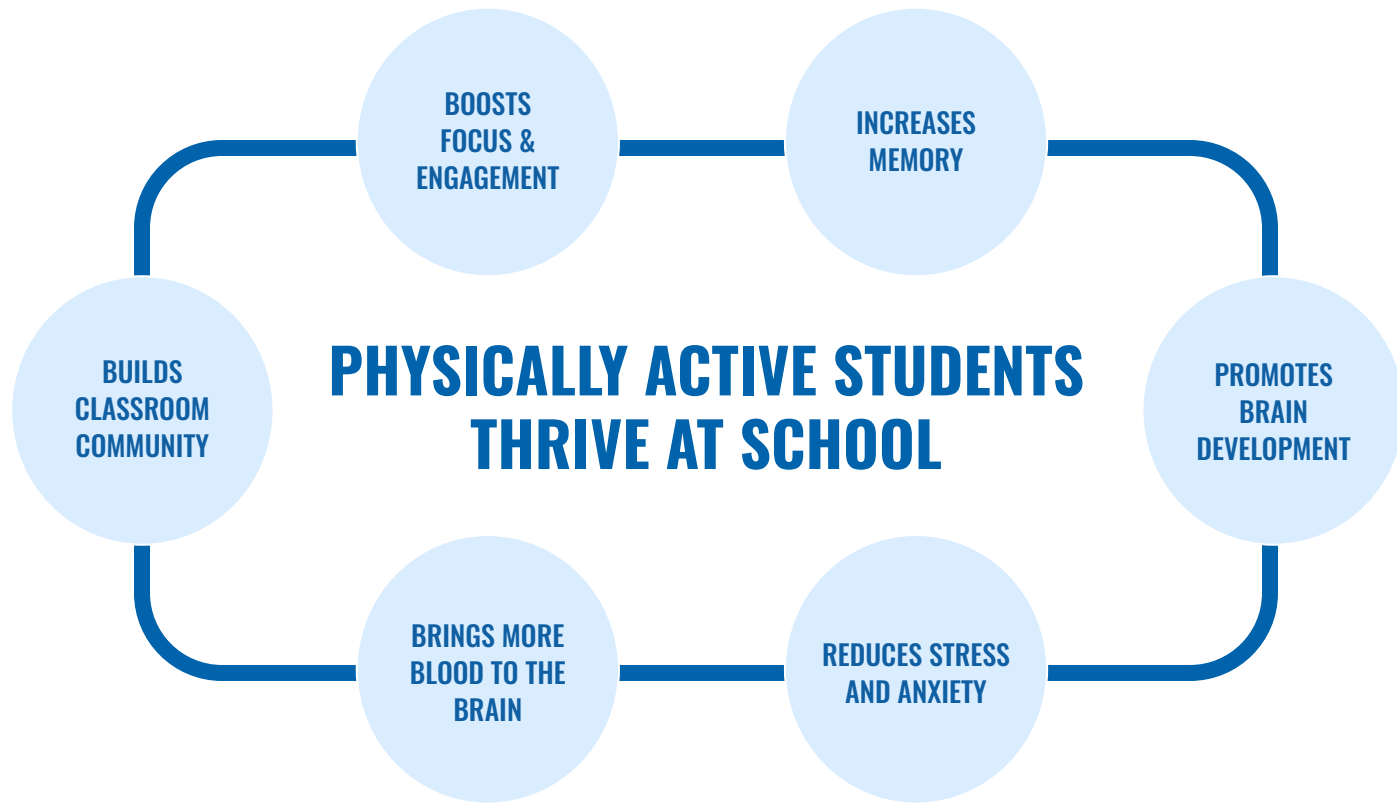
Circulatory System

Nervous System





Teachers can help students get the physical activity they need



Benefits of PA in the School Day



**TO BEGIN THE DAY
AS A ROUTINE**



**AFTER AN EXTENDED
LEARNING PERIOD**



**TRANSITIONING
FROM ONE
SUBJECT/ACTIVITY
TO ANOTHER**



**WAITING IN LINE
TO GO TO
SPECIALS, LUNCH,
LIBRARY, ETC.**



**WHENEVER YOU
SEE THE NEED**

When to Use Activity in the Classroom

Integrating Activity in the Classroom: EASY AS 1-2-3

STEP 1:

- **Set Clear Expectations**
 - Describe appropriate behavior
 - Establish a class/group agreement
- **Planning**
 - Make it intentional
 - Make it routine



Integrating Activity in the Classroom: EASY AS 1-2-3

STEP 2:

- **Establish Start & Stop Signals**
 - Must be loud enough for all to hear
 - Have a back up
 - Practice! (*Example: Freeze & Go*)
- **Space & Boundaries**



Integrating Activity in the Classroom: EASY AS 1-2-3

STEP 3:

- **Make it FUN!**
 - Include student choice
 - Track progress & make an incentive
- **Overcoming Apprehension**
 - Stay in control & organize the chaos
 - Anchor with calm movement
(*Examples: Yoga, Breathing, Balance*)



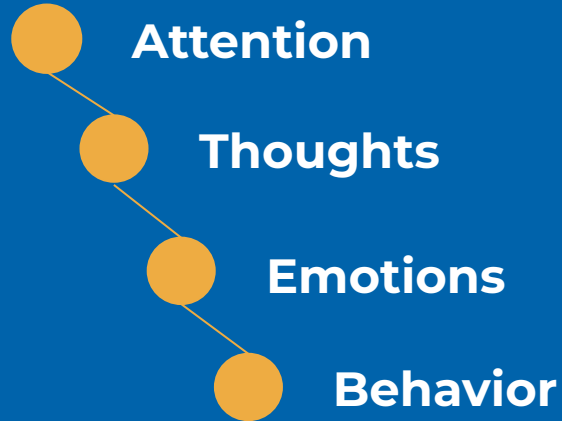
The background is a solid blue color with a repeating pattern of white, semi-transparent icons. These icons represent various aspects of health and wellness, including fruits like watermelon slices, lemons, and grapes; vegetables like broccoli and leafy greens; sports equipment like a tennis racket and a football; medical symbols like a first aid kit and a heart; and other items like a water bottle, a book, and a location pin.

PILLAR 2

Self-Regulation

Self-Regulation

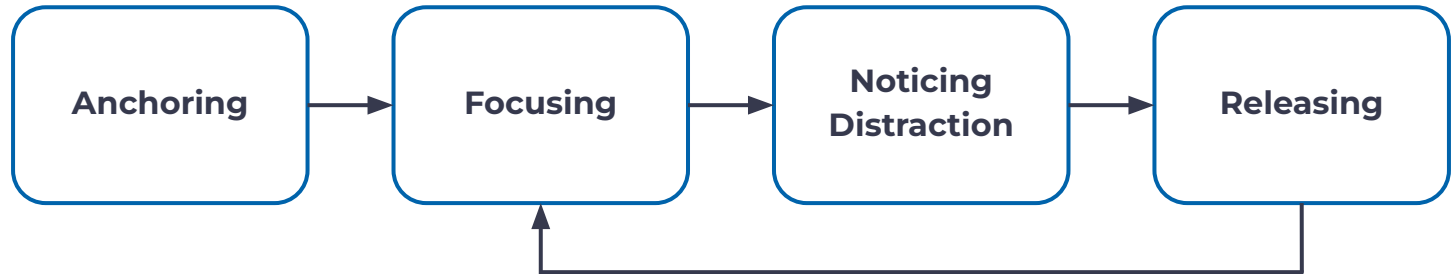
is the ability to manage:





Attention


The Repetition of Attention Training



ANCHORING

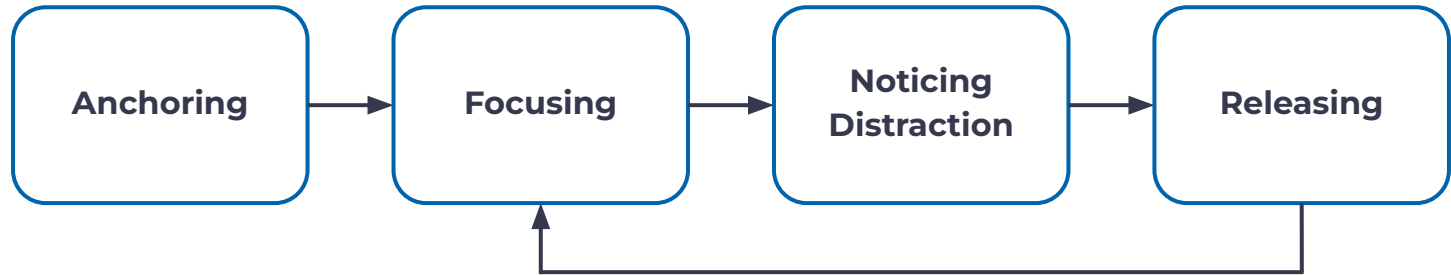
Making a deliberate decision about where you plan to focus





*Right now is the time to be
fully focused on this essay
and to not worry about
anything else.*

The Repetition of Attention Training





**Distractions are
opportunities,
not obstacles.**



Integrating Self-Regulation Practices into the Classroom

- 1. Explain the repetition of attention**
- 2. Remind students to anchor their attention**
- 3. Frame distractions as opportunities**

**For helpful videos, courses, and study tools, check out Finding Focus at
www.findingfocus.app**

The background is a solid blue color with a repeating pattern of small, light blue icons. These icons represent various aspects of life, including food (like watermelon slices, grapes, and a fork), sports (like a tennis racket and a soccer ball), health (like a first aid kit and a water drop), and general lifestyle (like a book, a location pin, and a shopping bag).

PILLAR 3

Relationships

Students spend
14,000
hours in school
before graduating
high school

Relationships at school are a key predictor of mental health



Social belonging

is a central concern for students of all ages



Peer victimization

increases current and future risk of mental disorders



Strong teacher relationships

predict mental health into early adulthood



Strong school relationships benefit everyone



Student-Teacher Relationships



Student
Well-Being



Teacher
Well-Being



Where Should I Start?

Safe & Supportive Learning Environments



Cultivate a Safe & Supportive Learning Environment

1

Safe & Welcoming Environment

- Class contract/agreement
- Check in with each student
- Use music, games & rituals to set the tone

2

Build Trust

- Cultivate individual relationships with students
- Foster positive peer engagement

3

Establish Safe Processes

- Offer choices
- Student voice and empowerment

4

Offer Structure & Predictability

- Reminders, repetition, ritual

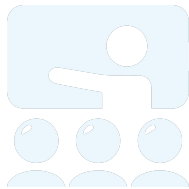
5

Cultivate Self-Esteem & Self-Efficacy

- Start from students' strengths
- Set micro-goals, intrinsic motivators
- Reflect on and celebrate growth

1

Safe & Welcoming Environment

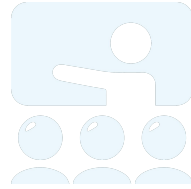


SET UP FOR SUCCESS:

Class Structures that Practice, Promote & Reinforce a Safe & Supportive Environment



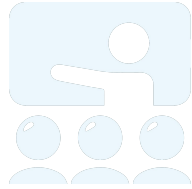
- Greet students every day with positive acknowledgement
- Identify a purpose and goal that has a social focus
- Establish rules and procedures that model positive behaviors
- Keep the rules positive and as simple -- RESPECT



CONSISTENT DAILY PRACTICES:
**Foster Positive
Relationships & Trust**



- Build positive relationships with your students outside of your role as teacher
- Maximize opportunities for peer-to-peer interactions and reinforcement



CONSISTENT DAILY PRACTICES:

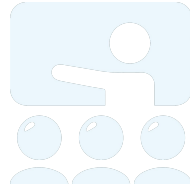
Classroom Processes to Empower & Include All Students



- Student choice and empowerment
- Rules, routines and procedures must match the developmental level of students.
 - Instructional strategies that allow for success for all
 - Positive reinforcement by teachers and peers

4

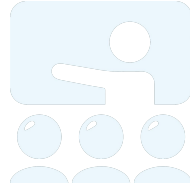
Offer Structure & Predictability



CONSISTENT DAILY PRACTICES: **Freedom within Structure**



- Consistent class structure
- Consistent routines
- Beginning and Ending rituals



CONSISTENT DAILY PRACTICES: **Start with Strengths, Create Micro-Goals & Celebrate**



- Strengths-based approach
 - Identify and celebrate students' strengths
- Micro-goals and celebrate progress
- Redirect inappropriate or negative behavior without judgement



Mental Health Education Grant

Free for CA & TX
K-8 Educators

Professional Development & Curriculum Included



Scan for Interest Form

Questions



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Thank you!

 www.catch.org

@CATCHhealth

