



Mental Health Awareness Month in a time of Pandemic

Overview of the evening

- Tier 1-Mental Health Awareness part of our MTSS
- Planning activities: Who is your audience?
- Tech Tools
- Communication
- Resources
- Discussion

Hello!



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Model for Best Practice

SSWAA Model





Make
YOUR mental
Health a
Priority

Importance of MHA Month Activities

- ▷ Normalizes conversation
- ▷ Decreases stigma
- ▷ Ties is into some AB2246 requirements
- ▷ Best practice for Tier 1 school wide messaging.

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Planning Your Activities things to consider

- ▶ Audience: students, parents, teachers....all of the above
- ▶ Age/developmental level(s)
- ▶ Home Languages
- ▶ How to communicate the information



MAY 2020 MENTAL HEALTH AWARENESS MONTH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				Wellness Team Video
4 Chalk the Walk Infographic 	5 https://drive.google.com/open?id=1Uac5RqOms6en-iFe7Mv8jKNSVamJZiz0	6 Video on Stigma and Mental Health https://www.youtube.com/watch?v=uk-8T7p2VMMQ	7 https://drive.google.com/file/d/1quPXznwvDqIKnrYA4p14NMskRzmN3fC/view?usp=sharing	8 Chalk the Walk Montage *last day to submit self care selfie submitted*
11 Self-Care Selfie Videos-out by site	12 Self Care Menu	13 Video Exercise and Mental Health	14 Exercise and Your Brain	15 Food and Mood Credit to @jacintarobinson_
18 Ideas on how to de-stress & build resilience	19 Resiliency Quote	20 Coping Skills Tool Box	21 Resiliency Quote	22 https://www.youtube.com/watch?v=KF2hQ0XLf6Uh
25 Resources	26 Resources	27 Resources	28 Resources	29



Tech Tools

Digitizing our Messaging





Use your human resources:

Tech Savvy Team Members

Communications Officers

Activities Directors

Tech Integration Support



Use your digital resources:

Google

Social Media Pages

Websites

YouTube

8:33

Google

wow, I can't beleive it worked! x



8:38

Google

how to go back in time x



Cool-Easy to Use-Tech Tools





RJUSD Wellness “Rookie” Video





Communication

In a pandemic era, how we communicate with our audience is the most important thing

I must not confuse "tech" skills with "social media" skills!
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Aeries Communications

Notification Preferences

All Notifications

Only Emergency Notifications

Please allow up to 48 hours for changes to take effect.

Social Media Platforms

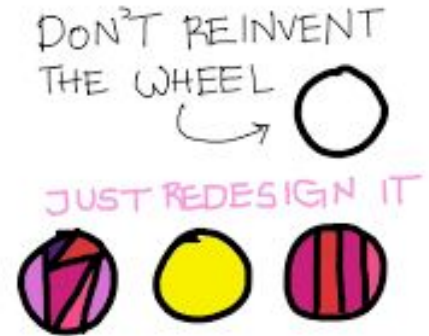


New Kid on the Block



Don't Reinvent the Wheel

Resources



Resources

- ▷ [Mental Health America-Awareness Month 2020 Toolkit](#)
- ▷ [Bring Change to Mind](#)
- ▷ [NAMI](#)
- ▷ [Each Mind Matters](#)
- ▷ [Walk in Our Shoes](#)
- ▷ Wide Open Schools
- ▷ Emmaresourcecenter.org

Resources

- ▷ Facebook Live- https://www.facebook.com/watch/live/?v=211189190154791&ref=watch_permalink

- ▷



Thanks!

Any questions?

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