

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	Sarasota County
Superintendent of the School District	Mitsi Corcoran, Interim Superintendent
Implementation Period: (MM/YY – MM/YY)	8/12/19-5/29/19
Submission Date to the Commissioner	11/25/19
Direct URL to the Implementation Plan as posted on the school district website	https://www.sarasotacountyschools.net/domain/1174
School District Contact(s) for this Plan <i>(name and email address)</i>	Debra Giacolone- Student Services Director Debra.Giacolone@sarasotacountyschools.net Amanda Coker- Student Services Specialist Amanda.Coker@sarasotacountyschools.net

Select the specific subject area(s) of the courses in which instruction will be delivered:			
<input checked="" type="checkbox"/> Art – Visual Arts	<input type="checkbox"/> Experimental Education	<input checked="" type="checkbox"/> Peer Counseling	<input checked="" type="checkbox"/> World Languages
<input type="checkbox"/> Computer Education	<input checked="" type="checkbox"/> Health Education	<input checked="" type="checkbox"/> Physical Education	<input type="checkbox"/> Other
<input type="checkbox"/> Dance	<input checked="" type="checkbox"/> Library Media	<input type="checkbox"/> Research/Critical Thinking	
<input 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 checked="" type="checkbox"/> School Psychologist			
<input checked="" type="checkbox"/> Other: School Social Worker			
Please explain the rationale for delivering the instruction in the courses selected above for each grade level.			
<p>6: Each school was given autonomy regarding the delivery of mental health instruction based on the school’s needs. School’s elected to deliver the instruction in various ways including during an advisory period by teachers, by physical education teachers, and small classes in the library. Developmentally appropriate lessons and activities were delivered in either two 30-minute sessions or in a one-hour session. The instruction was delivered in the above courses utilizing a small student to teacher ratio by instructors that are familiar with the students. This small class setting allowed peers to engage in questions using open dialog in a safe space. Instructors who observed warning signs throughout the lessons and provided students assistance in seeking help. Module 1 covered component a.) Recognition of signs and symptoms of mental health disorders; Module 2 covered components: b.) Prevention of mental health disorders c.) Mental health awareness and assistance, d) How to reduce the stigma around mental health disorders, e) Awareness of resources, including local school and community resources, f.) The process of accessing treatment, and h.)Strategies to support a peer, friend, or family member with a mental health disorder; Module 3 covered components: e.) Awareness of resources, including local school and community resources, f.) The process for accessing treatment, j.) Prevention of the abuse of and addiction to alcohol, nicotine, and drugs; Module 4 covered component: g.) Strategies to develop healthy coping techniques and Module 5 covered component: i.) Prevention of suicide.</p>			

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h.) Strategies to support a peer, friend, or family member with a mental health disorder; Module 3 covered components: e.) Awareness of resources, including local school and community resources, f.) The process for accessing treatment, j.) Prevention of the abuse of and addiction to alcohol, nicotine, and drugs; Module 4 covered component: g.) Strategies to develop healthy coping techniques and Module 5 covered component: i.) Prevention of suicide.

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

6: Five interactive video modules were created in collaboration between Student Services Staff, Curriculum Specialists, Arts Integration Specialists, school-based instructors, and students. Facilitator prep guides were distributed to all instructors which outlined lesson delivery and included specific resource contacts for students and staff which was also displayed at the conclusion of each module.

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

6: The district created YouTube modules to disseminate to each grade level. Facilitator Preparation Guides were sent with each module which included specific school site support contacts. A Zoom presentation was created to walk through the Say Something module in partnership with the Sandy Hook Promise. Each module contained community, statewide, and national resources related to mental health, trafficking, and substance abuse.

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