

The School District of Manatee County

Secondary Schools Mental Health Awareness Education Plan 2019 – 2020



Overview

The SDMC will plan to integrate the five (5) hours of mental health education into grades 6-12 utilizing *Sandy Hook Promise Start with Hello* and a web-based program offered by *EverFi Education Activation*. *EverFi* lessons are aligned with the health education standards adopted in rule 6A-1.094001, F.A.C. Student Performance Standards.

Sandy Hook Promise Start with Hello will be introduced at all secondary schools in 45-minute grade level assemblies. *EverFi Education Activation* curriculum will be delivered through on-line and traditional lessons. Each secondary school will have the autonomy to choose how they will structure the implementation of *EverFi Education Activation*.

Implementation

Rule 6A-1.094001, F.A.C requires a minimum of 300 minutes(5hrs) instruction related to mental and emotional health education for grades 6-12. The *Sandy Hook Promise Start with Hello* 45-minute assembly that will be provided to all grade levels at all secondary schools. All students must complete EverFi's Mental Wellness Basics and Prescription Drug Safety Courses. This leaves schools with some flexibility to choose from the grade level list of lessons to complete approximately an additional 105 minutes of instruction.

Each school will be provided with a Mental Health Basics binder that will include lesson plans and handouts for all Tradition Lessons. Lessons will be organized by grade level and recommend month. Schools will then duplicate and disseminate lessons to the appropriate facilitator of the lesson. Digital on-line lessons can be accesses via computers, laptops, iPads tablets and smart phones.

All Grades 6-12

| | | | | |
|-------|------------|--|------------|--|
| Grade | 6,7,8 | | 9,10,11,12 | |
| Time | 45 minutes | Sandy Hook Promise Start with Hello | 45 minutes | Sandy Hook Promise Start with Hello |

Middle School – Implementation Plan

| EverFi Lessons | Delivery Type | Time 285 | Grade Level 6th |
|---|--------------------|-------------|--------------------|
| Mental Wellness Basics Digital | Digital course | 45 | 6 |
| Mental Wellness Basics Digital Continued | Digital course | 45 | 6 |
| Prescription Drug Safety | Digital course | 30 | 6 |
| Prescription Drug Safety Continued | Digital course | 30 | 6 |
| Character Playbook- Analyzing Influences | Digital lesson | 30 | 6 |
| <i>EITHER/OR</i> | | | |
| Lesson 1: Mental Health Basics Discussion | Traditional lesson | 25 | 6 |
| Understanding and Managing Emotions | Digital lesson | 30 | 6 |
| <i>EITHER/OR</i> | | | |
| Resolving Conflicts | Digital lesson | 30 | 6 |
| 1.1- Strengthen Mental Health Foundations | Traditional lesson | 45 | 6 |
| Lessons | Delivery Type | Time 255 | Grade Level 7th |
| Mental Wellness Basics Digital | Digital course | 45 | 7 |
| Mental Wellness Basics Digital Continued. | Digital course | 45 | 7 |
| Prescription Drug Safety | Digital course | 30 | 7 |
| Prescription Drug Safety Continued | Digital course | 30 | 7 |
| Character Playbook- Analyzing Influences | Digital lesson | 30 | 7 |
| <i>EITHER/OR</i> | | | |
| Lesson 2: Understanding Mental Health Disorders Discussion | Traditional Lesson | 25 | 7 |
| Stepping In | Digital lesson | 30 | 7 |
| <i>EITHER/OR</i> | | | |
| Making Decisions | Digital lesson | 30 | 7 |
| 2.1- Physical vs. Mental Disorders | Traditional lesson | 45 | 7 |
| Lessons | Delivery Type | Time 265 | Grade Level 8th |
| Mental Wellness Basics Digital | Digital course | 45 | 8 |
| Mental Wellness Basics Digital Continued. | Digital course | 45 | 8 |
| Prescription Drug Safety | Digital course | 30 | 8 |
| Prescription Drug Safety Continued | Digital course | 30 | 8 |
| Lesson 3: Healthy Coping Skills Discussion | Traditional lesson | 25 | 8 |
| <i>EITHER/OR</i> | | | |
| Lesson 4: Getting Help Discussion | Traditional Lesson | 25 | 8 |
| 3.2- Reframing Negative Self-Talk | Traditional lesson | 45 | 8 |
| 4.1- Identifying Stigma | Traditional lesson | 45 | 8 |

High School – Implementation Plan

| EverFi Lessons | Delivery Type | Time 270 | Grade Level 9th |
|---|----------------------|---------------------|--|
| Mental Wellness Basics Digital | Digital course | 45 | 9 |
| Mental Wellness Basics Digital Continued | Digital course | 45 | 9 |
| Prescription Drug Safety | Digital course | 30 | 9 |
| Prescription Drug Safety Continued | Digital course | 30 | 9 |
| AlcoholEDU for High School | Digital course | 30 | 9 |
| AlcoholEDU for High School Continued | Digital course | 30 | 9 |
| AlcoholEDU for High School Continued | Digital course | 30 | 9 |
| AlcoholEDU for High School Continued | Digital course | 30 | 9 |
| Lessons | Delivery Type | Time 265 | Grade Level 10th |
| Mental Wellness Basics Digital | Digital course | 45 | 10 |
| Mental Wellness Basics Digital Continued | Digital course | 45 | 10 |
| Prescription Drug Safety | Digital course | 30 | 10 |
| Prescription Drug Safety Continued | Digital course | 30 | 10 |
| Lesson 3: Healthy Coping Skills Discussion | Traditional lesson | 25 | 10 |
| Strengthening Mental Health Foundations | Traditional lesson | 45 | 10 |
| <i>EITHER/OR</i> | | | |
| 1.2- Risk and Protective Factors | Traditional lesson | 45 | 10 |
| 3.1- What is Stress? | Traditional lesson | 45 | 10 |
| Lessons | Delivery Type | Time 260 | Grade Level 11th |
| Mental Wellness Basics Digital | Digital course | 45 | 11 |
| Mental Wellness Basics Digital Continued | Digital course | 45 | |
| Prescription Drug Safety | Digital course | 30 | 11 |
| Prescription Drug Safety Continued | Digital course | 30 | |
| Lesson 2 Understanding Mental Health Disorders | Traditional lesson | 35 | 11 |
| 2.2- Researching Mental Health Disorders | Traditional lesson | 75 | 11 |
| Lessons | Delivery Type | Time 260 | Grade Level 12th |
| Mental Wellness Basics Digital | Digital course | 45 | 12 |
| Mental Wellness Basics Digital Continued | Digital course | 45 | 12 |
| Prescription Drug Safety (All) | Digital course | 30 | 12 |
| Prescription Drug Safety Continued | Digital course | 30 | 12 |
| Lesson 2 Understanding Mental Health Disorders | Traditional lesson | 35 | 12 |
| 4.2- Recognizing and Combating Stigma | Traditional lesson | 75 | 12 |