

# Mental and Emotional Health Education Implementation Plan



<b>State Board of Education Rule:</b>	<a href="#">6A-1.094121</a> Mental and Emotional Health Education
Name of the School District	St Lucie Public Schools
Superintendent of the School District	E.Wayne Gent
Implementation Period: (MM/YY – MM/YY)	01/06/20 – 06/30/20
Submission Date to the Commissioner	December 1, 2019
Direct URL to the Implementation Plan as posted on the school district website	<a href="http://www.stlucie.k12.fl.us/curriculum/ImplementationPlans/Mental-Health-Plan.pdf">http://www.stlucie.k12.fl.us/curriculum/ImplementationPlans/Mental-Health-Plan.pdf</a>
School District Contact(s) for this Plan <i>(name and email address)</i>	Dr. Helen Wild, Chief Academic Officer

Select the specific subject area(s) of the courses in which instruction will be delivered:			
<input checked="" type="checkbox"/> Art – Visual Arts <input checked="" type="checkbox"/> Computer Education <input checked="" type="checkbox"/> Dance <input checked="" type="checkbox"/> Drama – Theatre Arts <input checked="" type="checkbox"/> English/Language Arts	<input checked="" type="checkbox"/> Experimental Education <input checked="" type="checkbox"/> Health Education <input checked="" type="checkbox"/> Library Media <input checked="" type="checkbox"/> Mathematics <input checked="" type="checkbox"/> Music Education	<input checked="" type="checkbox"/> Peer Counseling <input checked="" type="checkbox"/> Physical Education <input checked="" type="checkbox"/> Research/Critical Thinking <input checked="" type="checkbox"/> Science <input checked="" type="checkbox"/> Social Studies	<input checked="" type="checkbox"/> World Languages <input checked="" type="checkbox"/> Other Leadership Techniques (Freshmen Seminar) And All when Assemblies are conducted

Select the qualification(s) of the instructors for the above courses:
<input checked="" type="checkbox"/> Florida Certified Teacher <input checked="" type="checkbox"/> Community-based Expert <input type="checkbox"/> School Nurse <input checked="" type="checkbox"/> School Counselor <input type="checkbox"/> School Psychologist <input checked="" type="checkbox"/> Other Everfi: <i>Mental Health</i> online program and School Social Workers

**Please explain the rationale for delivering the instruction in the courses selected above for each grade level.**

In middle grades;  
 The on-line portion of the Character Playbook will be completed during Social Studies classes. The remaining on-line modules and classroom lessons will be delivered through the following:  
 6<sup>th</sup> grade: Social Studies – minimal impact to courses with standardized assessments, required for all 6<sup>th</sup> grade students.  
 7<sup>th</sup> grade: Science- minimal impact to courses with standardized assessments, required for all 7<sup>th</sup> grade students and health standards often covered through Science.  
 8<sup>th</sup> grade: English- required of all 8<sup>th</sup> grade students. Social Studies will do the Character Playbook but students also complete the required Career Exploration through 8<sup>th</sup> grade Social Studies.

High School  
 9<sup>th</sup>: Freshmen Seminar–aligned with current course objectives and purpose and required for 9<sup>th</sup> graders except for one school in which case the HOPE will be used.  
 10<sup>th</sup>: World History- minimal impact to courses with standardized assessments, required for all 10<sup>th</sup> grade students.  
 11<sup>th</sup> : English III – minimal impact to courses with standardized assessments and required for all 11<sup>th</sup> grade students.  
 12<sup>th</sup>: English IV – minimal impact to courses with standardized assessments and required for all 12<sup>th</sup> grade students.

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- Students will attend from all classes when Assemblies are delivered because the entire grade will attend the assembly during their scheduled class period.
- Full-time Dual Enrollment Students will complete all on-line requirements at home or on designated days in the computer lab.

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

Grades 6 – 12 students will independently complete self-paced computer program modules that provide age-appropriate content and cover the required elements. The program will be embedded into our Canvas program, the District’s online portal, so students can access the program either at school or home. An administrator portal enables a certified teacher to monitor each student’s progress. Traditional classroom lessons will extend the learning and allow for classroom discussion. These lessons will be delivered by Certified School Counselors, School Social Workers and Teachers. Additionally, assemblies are conducted when community-based experts are utilized for portions of content. The research-based Signs of Suicide Program will also be used in a classroom setting.

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

Grades 6 – 12 students will use Everfi, which is comprehensive digital program designed to help educators foster mental wellness in their classrooms and equip students with lifelong skills to promote positive mental health. It consists of 4 self-paced digital lessons that will be integrated into the designated course titles. Students will access the content through Canvas and teachers will have access to monitor progress. The Mental Wellness Basics lessons are:

- Lesson 1: Mental Health Basics
- Lesson 2: Understanding Mental Health Disorders
- Lesson 3: Healthy Coping Skills
- Lesson 4: Getting Help

Through Everfi, students will also complete lessons in Prescription Drug Safety and AlcoholEDU.

Selected offline lessons will extend the learning through robust classroom lessons, discussion questions and classroom activities.

Assembly format will be used for specific grade levels when Community-based Experts deliver the curriculum. Sandy Hook Promise staff deliver the kick-off with Starts with Hello. Substance Abuse is addressed through either the NOPE program in conjunction with Law Enforcement or Operation Prevention in collaboration with DEA, Discovery Education and Drug Free St. Lucie Coalition. The Signs of Suicide Program is used with ninth grade and includes instruction and a screener.