

FRAMEWORK FOR SUCCESS: CONTINUOUS IMPROVEMENT IN SCHOOL-BASED MENTAL HEALTH



The goal of the CESA 4 Frameworks program is to decrease local rates of youth mental health distress and increase student educational success through innovative leadership, training, and collaboration with our local school districts. By supporting districts' capacity to effectively implement the tenets of the Wisconsin Comprehensive Mental Health Framework, together we can systematically and sustainably address the mental health needs of students and improve their access to academic, social, emotional, behavioral, and career success.

Through our partnerships with CASEL and the Wisconsin Department of Public Instruction, we look forward to using national and state resources to support each school district in establishing a local system that precisely fits with their local vision of student and community access.

THE FRAMEWORKS PROGRAM CAN SUPPORT YOUR DISTRICT IN...

- Reducing Office Discipline Referrals
- Bolstering School Climate
- Administering Needs Assessments
- Establishing Referral Pathways
- Adopting Universal Mental Health Screening
- Implementing Social-Emotional Curriculum (Tier 1)
- Improving School Teaming Around Behavior & Mental Health
- Conducting High-Leverage Promotion of Mental Health Literacy
- Building Early Intervention & Treatment Programming (Tier 2 & 3)
- Conducting High-Leverage Special Education Referrals for Behavior
- Prioritizing Staff Well-Being and Retention
- Achieving Stakeholder Support for Student Mental Health

COMPONENTS OF THE PROGRAM

Members of the Frameworks Program will receive...

- District Leadership training on the Wisconsin Comprehensive Mental Health Framework - 3 days at CESA 4
- Monthly Virtual Coaching Sessions with CESA Frameworks Coaches
- Unlimited Seats at monthly Mental Health Literacy events for K-12 educators, school board members, administrators, and support staff
- Unlimited technical assistance via phone, email, or virtual appointments

POTENTIAL DISTRICT PROGRAM ADD-ONS

- Provision of In-District Staff PD
- Increased Intensity of Coaching
- Mental Health Navigator Services
- Co-Creation of SEL Programming
- School Board Presentations
- Application to District-Specific Behavioral Interventions and EBD Referral Process
- Please Inquire for Other Needs.

MENTAL HEALTH GUIDING COALITION DAYS

Day 1 - September 20, 2023 [Register Here!](#)

Day 2 - January 5, 2024 [Register Here!](#)

Day 3 - May 13, 2024 [Register Here!](#)

DISTRICT COST

\$7,500.00 per district



MENTAL HEALTH LITERACY EVENTS



MENTAL HEALTH IN THE CLASSROOM: EARLY CHILDHOOD AND ELEMENTARY

September 19, 2023

This workshop will provide universal strategies to improve student mental wellness. We will talk about how to recognize, teach, and reinforce discrete skills, knowledge, and dispositions to meaningfully contribute to student success in learning, relationships, and self-management.

Recommended for ALL EC and elementary certified and support staff

[Register Here!](#)

K-12 SOCIAL-EMOTIONAL LEARNING (SEL) INSTRUCTIONAL MATERIALS VENDOR FAIR

November 17, 2023

Hear from a variety of vendors offering research based curriculum and take advantage of the opportunity to ask questions and sample products.

Recommended for Frameworks For Success Leadership Teams, Administrators, School Psychologists, Teachers, Student Services Team members

[Register Here!](#)

READY TO LEARN: CREATING AND MAINTAINING TRAUMA SENSITIVE CLASSROOMS

January 26, 2024

Review the basics of Trauma Sensitive Schools (TSS) and dive deeper into how trauma impacts the brain and student learning. When students feel safe and empowered they can thrive in their school environment. While TSS is most effective when implemented at the school-level, individual teachers who implement trauma-sensitive principles hold great power to positively change student academic, social, emotional, and behavioral outcomes. Join us to learn classroom-level approaches that enhance student feelings of safety and belonging for ALL students, but are especially essential for students who have experienced trauma.

Recommended for ALL School Staff including certified and support staff

[Register Here!](#)

MEANINGFUL LIVES AND BRIGHT FUTURES: IMPROVING YOUTH MENTAL HEALTH THROUGH ACADEMIC AND CAREER PLANNING

April 24, 2024

Academic and Career Planning is one programmatic strategy schools can utilize to transform the mental health of students. Join us to talk about how to reimagine the dual purpose of your ACP programming to benefit the holistic development of your students.

Recommended for MS/HS Teachers, ACP and CTE Team Members, and MS/HS Administrators

[Register Here!](#)

YOUTH MENTAL HEALTH FIRST AID

October 16, 2023

The course introduces common mental health challenges for youth, reviews typical adolescent development, and teaches a 5-step action plan for how to help young people in both crisis and non-crisis situations.

Recommended for ALL School Staff including certified and support staff

[Register Here!](#)

MENTAL HEALTH IN THE CLASSROOM: MIDDLE AND HIGH SCHOOL

December 14, 2023

Learn about best practices to support student mental health in your own classroom setting. Empower yourself with tools and strategies you can integrate into your classroom environment, procedures, and academic content to support students with varying mental health needs.

Recommended for MS/HS Teachers, Administrators, Staff supporting in classroom

[Register Here!](#)

YOUTH MENTAL HEALTH FIRST AID

February 26, 2024

The course introduces common mental health challenges for youth, reviews typical adolescent development, and teaches a 5-step action plan for how to help young people in both crisis and non-crisis situations.

Recommended for ALL School Staff including certified and support staff

[Register Here!](#)

ENSURING MENTAL HEALTH EQUITY: CREATING A SAFE SPACE FOR ALL

May 2, 2024

Experts in the field will share strategies to improve the school experience for these groups of students and provide guidance on legal issues in a politically charged educational environment. This workshop will have a system focus and include opportunities to increase your personal data literacy and better understand your district student mental health and behavioral data.

Recommended for ALL School Staff including certified and support staff

[Register Here!](#)

K-12 SOCIAL, EMOTIONAL, & BEHAVIORAL ASSESSMENT AND SCREENING TOOL VENDOR FAIR

October 18, 2023

Hear from a variety of vendors offering research based mental health screeners and SEL assessments and take advantage of the opportunity to ask questions and sample products.

Recommended for Frameworks For Success Leadership Teams, Administrators, School Psychologists, Student Services Team members

[Register Here!](#)

COMPASSION RESILIENCE FOR EDUCATORS – WISH CENTER

January 16, 2024

This training supports educators, administrators, and school board members with understanding, recognizing, and preventing/reversing the impacts of compassion fatigue within your school system. It offers brief, flexible learning activities that can be integrated into staff meetings, trainings, and ongoing communications.

Recommended for Student Services, Teachers, Administrators, School Board Members

[Register Here!](#)

SUPPORTING STUDENTS WITH ANXIETY

March 19, 2024

CESA #4 welcomes Katie Berg!

Anxiety can be a large barrier to learning, transforming a fully engaged learner into a student in distress or even times crisis. Anxiety not only impacts students emotionally, but deteriorates their access to education. Come join us in learning the brain basics of anxiety and how an informed and supportive educational experience can re-engage an anxious student.

[Register Here!](#)

YOUTH MENTAL HEALTH FIRST AID

June 7, 2024

The course introduces common mental health challenges for youth, reviews typical adolescent development, and teaches a 5-step action plan for how to help young people in both crisis and non-crisis situations.

Recommended for ALL School Staff including certified and support staff

[Register Here!](#)



YOUTH MENTAL HEALTH FIRST-AID






FROM THE NATIONAL COUNCIL FOR MENTAL WELLBEING

Youth Mental Health First Aid is designed to teach parents, family members, caregivers, teachers, school staff, peers, neighbors, health and human services workers, and other caring citizens how to help an adolescent (age 12-18) who is experiencing a mental health or addictions challenge or is in crisis. Youth Mental Health First Aid is primarily designed for adults who regularly interact with young people. The course introduces common mental health challenges for youth, reviews typical adolescent development, and teaches a 5-step action plan for how to help young people in both crisis and non-crisis situations. Topics covered include anxiety, depression, substance use, disorders in which psychosis may occur, disruptive behavior disorders (including AD/HD), and eating disorders.

WORKSHOP OFFERING DATES

CESA 4 will be offering this workshop three times during the 2023-2024 school year. Each workshop will run from 9:00 am - 3:00 pm and will be held in-person at CESA 4.

- October 16, 2023  [Register Here!](#)
- February 26, 2024  [Register Here!](#)
- June 7, 2024  [Register Here!](#)

This workshop is recommended for ALL school staff including certified and support staff.

COST

This workshop is FREE for districts enrolled in the Framework for Success mental health programming. Non-enrolled districts are \$150.00 per individual registered.

Each workshop includes food and drink, copies of training materials, and digital resources.

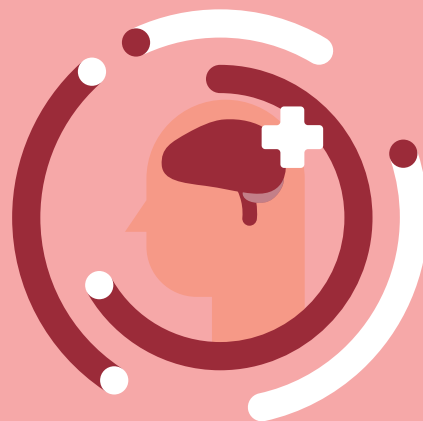
NEED MORE INFORMATION?

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Kelly Demers: kdemers@cesa4.org
Abby Fernan: afernan@cesa4.org
Jenny Riggle: jriggle@cesa4.org
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REGISTRATION:

JoAnn Martin: jmartin@cesa4.org



Mental Health FIRST AID

from NATIONAL COUNCIL FOR MENTAL WELLBEING

[More Information on Youth Mental Health First Aid \(YMHFA\) can be found here!](#)

MENTAL HEALTH IN THE CLASSROOM: EARLY CHILDHOOD & ELEMENTARY



SEPTEMBER 19, 2023 9:00 AM – 3:00 PM

Learn about best practices to support student mental health in your own classroom setting. Whether we are correcting a behavior, giving feedback on an assignment, reteaching a math concept, or trying to solve a conflict, we are presented with countless opportunities to shape the social, emotional, and behavioral skills of students every school day. In this session, we will talk more about how to recognize, teach, and reinforce discrete skills, knowledge, and dispositions in these areas to meaningfully contribute to student success in learning, relationships, and self-management. This workshop will provide universal strategies to improve student mental wellness.

This workshop is recommended for ALL EC and elementary certified and support staff.

COST

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Register
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or at www.myquickreg.com

NEED MORE INFORMATION?

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REGISTRATION:

JoAnn Martin: jmartin@cesa4.org



K-12 SOCIAL, EMOTIONAL, & BEHAVIORAL ASSESSMENT AND SCREENING TOOLS VENDOR FAIR



OCTOBER 18, 2023 9:00 AM – 3:00 PM

Have you been thinking about adopting a universal mental health screener for SEL assessment? Let us bring the options to you and provide support and structure to selecting the best tool for your school. Hear from a variety of vendors offering research based mental health screeners and SEL assessments and take advantage of the opportunity to ask questions and sample products.

This workshop is recommended for Frameworks for Success Leadership Teams, Administrators, School Psychologists, Student Services Team Members.

COST

This workshop is FREE for districts enrolled in the Framework for Success mental health programming. Non-enrolled districts are \$25.00 per individual registered.

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K-12 SOCIAL EMOTIONAL LEARNING (SEL) INSTRUCTIONAL MATERIALS VENDOR FAIR



NOVEMBER 17, 2023 9:00 AM – 3:00 PM

Have you been thinking about adopting a universal Social Emotional Learning (SEL) Curriculum but struggle to select the one that is JUST RIGHT for your teachers and your students? Let us bring the options to you and provide support and structure to selecting the best universal SEL curriculum for your school. Hear from a variety of vendors offering research based curriculums and take advantage of the opportunity to ask questions and sample products.

This workshop is recommended for Frameworks for Success Leadership Teams, Administrators, School Psychologists, Teachers, Student Services Team Members.

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MENTAL HEALTH IN THE CLASSROOM: MIDDLE & HIGH SCHOOL



DECEMBER 14, 2023 9:00 AM – 3:00 PM

Learn about best practices to support student mental health in your own classroom setting.

As student mental health needs continue to skyrocket, empower yourself with tools and strategies you can integrate into your classroom environment, procedures, and academic content to support students with varying mental health needs.

This workshop is recommended for Middle and High School Teachers, Administrators, Staff supporting in the classroom.

COST

This workshop is FREE for districts enrolled in the Framework for Success mental health programming. Non-enrolled districts are \$150.00 per individual registered.

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COMPASSION RESILIENCE FOR EDUCATORS – WISH CENTER



JANUARY 16, 2024 9:00 AM – 3:00 PM

In educational environments, we want adults to maintain a compassionate presence as they interact with students who present with unique and complex challenges. However, the additional pressures placed on our educators today often rob them of the resilience they need to face adversity in the school environment, and bounce back with vitality after setbacks. Compassion resilience training supports educators, administrators, and school board members with understanding, recognizing, and preventing/reversing the impacts of compassion fatigue within your school system. The training offers brief, flexible learning activities that can be integrated into staff meetings, trainings, and ongoing communications.

This workshop is recommended for Student Services, Teachers, Administrators, School Board Members.

COST

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READY TO LEARN: CREATING AND MAINTAINING TRAUMA SENSITIVE CLASSROOMS



JANUARY 26, 2024 9:00 AM – 3:00 PM

Review the basics of Trauma Sensitive Schools (TSS) and dive deeper into how much trauma impacts the brain and student learning. When students feel safe and empowered they can thrive in their school environment. While TSS is most effective when implemented at the school-level, individual teachers who implement trauma-sensitive principles hold great power to positively change student academic, social, emotional, and behavioral outcomes. Join us to learn classroom-level approaches that enhance student feelings of safety and belonging for ALL students, but are especially essential for students who have experienced trauma.

This workshop is recommended for ALL school staff including certified and support staff.

COST

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SUPPORTING STUDENTS WITH ANXIETY



MARCH 19, 2024 9:00 AM – 3:00 PM

CESA #4 welcomes Katie Berg!

Anxiety can be a large barrier to learning, transforming a fully engaged learner into a student in distress or even times crisis. Anxiety not only impacts students emotionally, but deteriorates their access to education. Come join us in learning the brain basics of anxiety and how an informed and supportive educational experience can re-engage an anxious student.

Application will include how to establish positive and regulating learning environments for students in the general education classroom, and how to optimize specially designed instruction and related services to meet the unique and complex needs of students who are struggling specifically with anxiety.

This workshop is recommended for ALL school staff including certified and support staff.

COST

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MEANINGFUL LIVES AND BRIGHT FUTURES: IMPROVING YOUTH MENTAL HEALTH THROUGH ACADEMIC AND CAREER PLANNING



APRIL 24, 2024 9:00 AM – 3:00 PM

The picture of mental health that we want for our youth involves much more than providing access to counseling or planning mental health events during the school day. Academic and Career Planning is one programmatic strategy schools can utilize to transform the mental health of students. When students are able to envision an engaging, meaningful, and satisfying career, they not only gain access to a future marked by mental health, well-being, and success, but they gain motivation and engagement now. Join us to talk about how to reimagine the dual purpose of your ACP programming to benefit the holistic development of your students.

This workshop is recommended for Middle and High School Teachers, ACP and CTE Team Members, Middle and High School Administrators

COST

This workshop is FREE for districts enrolled in the Framework for Success mental health programming. Non-enrolled districts are \$150.00 per individual registered.

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ENSURING MENTAL HEALTH EQUITY: CREATING A SAFE SPACE FOR ALL



MAY 2, 2024 9:00 AM – 3:00 PM

Data shows us that certain populations experience mental health distress at a disproportionate rate. This workshop will provide information on the populations of students most at risk for mental health distress. Experts in the field will share strategies to improve the school experience for these groups of students and provide guidance on legal issues in a politically charged educational environment. This workshop will have a system focus and include opportunities to increase your personal data literacy and better understand your district student mental health and behavioral data.

This workshop is recommended for ALL school staff including certified and support staff.

COST

This workshop is FREE for districts enrolled in the Framework for Success mental health programming. Non-enrolled districts are \$150.00 per individual registered.

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