



A Framework and Toolkit For Mental Health Education

Rock Bottom Principle

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To effectively deal with mental illness
we must begin with mental health.

Creating a Culture of Mental Health

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What are the components of a Culture of Mental Health?

- Mental Health Literacy
- Process -- Protocol
 - Mental Health Promotion at all grade levels
 - Early **Identification, Referral, Treatment**
 - Accommodation as needed
- Continuously Exercised Throughout the Entire (Educational) Community

Ultimate Goal of Red Flags



Red Flags: Framework and Toolkit for Mental Health Education

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not a ~~program~~

Red Flags is a *Process*

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Provides a foundational mental health substructure for optimizing teaching and learning

- Built on solid scientific research
- Develops learning and teaching skills
- Facilitates early intervention when problems arise
- Engages the entire community in the creation of a **culture** of mental health

Four pillars of Red Flags Framework

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1. Informed parents and caregivers
2. Informed school personnel
3. Informed students
4. **PROTOCOL FOR ACCESSING HELP**



What do school personnel need to know about mental health?

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- Mental health is foundational to learning.
- School personnel play a critical role in the mental health of their students
- Techniques to develop and nurture good mental health habits
- How to recognize warning signs of a developing illness
- How and where to refer students for help
- How to accommodate students who are recovering

Toolkit materials for school personnel

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- In-service format
- Handouts information on
 - MH promotion tips
 - Tips on classroom management
 - Warning signs of developing mental illness
 - Notes on medication
 - checklist
- Videos
- Power Point Presentation

What Do Parents Need Know?

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- About good mental health?
- About mental illness?
- About mental health in your school?

Toolkit Materials for Parents

- Red Flags Parent Booklets
- Reproducible Handouts
 - Warning signs
 - Coping at home
 - Coping at school
 - Accessing help
 - Report card notices
- Videos
- Student/Parent worksheet

Students

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- At what age should students be introduced to mental health? From birth, like they are to physical health.



- To mental illness? Red Flags recommends as early as grade 4, no later than grade 9.

Red Flags Student Curriculum Unit I

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Basic Mental Health

- Tips and Exercises for good health
- *Claire's Story* DVD and curriculum guide
 - Recognizing signs of depression
 - Understanding treatment
 - Stigma vs. Support
 - school protocol—where to go for help
- Handouts, work sheets, pre- and post-tests
- Enrichment exercises

Curriculum Unit II

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- Review of material from previous year
- Early Intervention
- Healthy Coping Mechanisms
- Maladaptive Coping
- Suicide
 - *Thick 'n Thin* DVD and work sheets
 - School protocol review

Creating a Culture of Mental Health

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About Using Red Flags in Your School

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- Red Flags is comprehensive and thoroughly thought out, but **it is not a rigid program.**
- The Framework is the critical feature.
- Schools with no or fragmented MH education
 - implementing the materials in the toolkit as fully as possible
 - a solid basic foundation in mental health for your school's personnel and students.
- Schools with a fairly developed mental health plan
 - Utilize the Framework as a guide
 - Select materials from the toolkit as a supplement to what is currently available
 - Consider: protocol, MH literacy, MH promotion, early identification+,

Technical Support works both ways

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- For Schools
 - Using the Website redflags.org
 - Joining up under the Members Tab
- For Red Flags National
 - Training Evaluations
 - Online and direct feedback and suggestions
 - End of Year Reports (online)

How Can We Get Red Flags?

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- Send some staff to a scheduled Implementer Training or schedule a training in your area
- Determine a Red Flags implementer for your school
- Email a purchase order to redflagsnational@gmail.com
- Costs:
 - Kit: \$300 (manual with reproducible materials, 2 DVD's, poster, Power Point Presentation 150 parent booklets, “I Feel Good Stickers”)
 - Sustaining cost: \$.25 per students at grade level Red Flags is being taught