

Mental and Emotional Health Education Implementation Plan



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| State Board of Education Rule: | 6A-1.094121 Mental and Emotional Health Education |
| Name of the School District | Taylor |
| Superintendent of the School District | Dr. Danny Glover |
| Implementation Period: (MM/YY – MM/YY) | 08/19 – 05/20 |
| Submission Date to the Commissioner | October 24, 2019 |
| Direct URL to the Implementation Plan as posted on the school district website | ShowAll">http://www.taylor.k12.fl.us/?PN=Pages&SubP=Level1Page&L=2&DivisionID=15679&DepartmentID=29515&PageID=39208&ToggleSideNav>ShowAll |
| School District Contact(s) for this Plan <i>(name and email address)</i> | Alicia Poole (Alicia.poole@taylor.k12.fl.us) Paul Peavy (Paul.peavy@taylor.k12.fl.us) |

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| Select the specific subject area(s) of the courses in which instruction will be delivered: | | | |
| <input type="checkbox"/> Art – Visual Arts | <input type="checkbox"/> Experimental Education | <input type="checkbox"/> Peer Counseling | <input type="checkbox"/> World Languages |
| <input type="checkbox"/> Computer Education | <input type="checkbox"/> Health Education | <input type="checkbox"/> Physical Education | <input type="checkbox"/> X – Other (Homeroom classes in 9-12) |
| <input type="checkbox"/> Dance | <input type="checkbox"/> Library Media | <input type="checkbox"/> Research/Critical Thinking | |
| <input type="checkbox"/> Drama – Theatre Arts | <input type="checkbox"/> Mathematics | <input type="checkbox"/> Science | |
| <input type="checkbox"/> X - English/Language Arts | <input type="checkbox"/> Music Education | <input type="checkbox"/> Social Studies | |
| Select the qualification(s) of the instructors for the above courses: | | | |
| <input type="checkbox"/> X-Florida Certified Teacher <input type="checkbox"/> Community-based Expert <input type="checkbox"/> School Nurse <input type="checkbox"/> School Counselor <input type="checkbox"/> School Psychologist <input type="checkbox"/> X-Other (Mental Health Counselor) | | | |
| Please explain the rationale for delivering the instruction in the courses selected above for each grade level. | | | |
| <p>6th – 8th - ELA classes will be used for the delivery of instruction because it will enable all students to be reached efficiently.</p> <p>9th – 12th - Homeroom classes will be used for the delivery of instruction because it will enable all students to be reached efficiently</p> | | | |
| Please describe the methods for delivering the instruction for each grade level. | | | |
| <p>6th – 12th - Video lesson will be shown to students and then teachers will facilitate a worksheet and discussion of topic. There will be 10 total lessons</p> | | | |

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

6th – 12th: In Taylor County, we will use lessons that include videos that have been specifically created to serve the needs of our students. These lessons and videos have been created by Paul Peavy, Taylor County Mental Health Coordinator, using resources from the National Institute of Mental Health. Mr. Peavy has been a Florida Licensed Mental Health Therapist for over twenty years serving children, adolescents and families in North Florida. He has worked with agencies such as The Department of Children and Family Services, Children’s Medical Services, and Florida State University.

These lessons, under the supervision of Mr. Peavy, will be implemented in the Language Arts classes for middle school students and homeroom for high school students. Each lesson will include a teacher handout with individual questions and classroom discussion or activities. There are ten topics that will be covered, and each lesson will last thirty minutes.

The topics that are required to be covered are:

1. Mental Health Awareness and Assistance
 - a. Classes discussed characteristics of good mental health, characteristics of mental health problems and resources to help them if they are having a problem.
2. Prevention of Suicide -
 - a. Students were given a safety plan to fill out for when they are feeling down. They were asked to write down positive activities they can do, positive places they can go and people they can talk to.
3. Prevention of Mental Health Disorders
4. Recognition of Signs and Symptoms of Mental Health Disorders
5. The Process of Accessing Treatment
6. Strategies to Support A Peer, Friend, or Family Member with a Mental Health Disorder
7. Prevention of the Abuse and Addiction to Alcohol, Nicotine, and Drugs
8. Strategies to Develop Healthy Coping Techniques
9. Awareness of Resources, Including Local School and Community Resources
10. How to Reduce the Stigma Around Mental Health Disorder