We envision a system that creates optimal social, emotional, and educational outcomes for all children.
“The needs of our complex society cannot be met by adults who are simply academically prepared; they must also be personally and socially competent.”

Hixson, 1994
What is Wellness?

- Emotional
- Environmental
- Intellectual
- Occupational
- Social
- Personal
- Physical
"It takes a village to raise a child"
- African Proverb

OUR APPROACH

Berlin School District
Community Partners
Concord School District
Endowment for Health
FAST Forward/ System of Care
Franklin School District
Genesis Behavioral Health
Granite State Federation of Families for Children’s Mental Health
Laconia School District
NAMI NH
NH Afterschool Network
NH Center for Effective Behavioral Interventions and Supports

NH Charitable Foundation
NH Children’s Behavioral Health Collaborative
NH Dept. of Education
  21st Century Community Learning Centers
  Bureau of Special Education
  Title 1
NH Dept. of Health & Human Services
  Bureau of Behavioral Health
  Bureau of Drug and Alcohol
  Child Development Bureau
  Bureau of Community and Family Support
  Bureau of Wellbeing/Juvenile Justice
  NH Head Start
  Office of Minority Health and Refugee Affairs

NH State Board of Education
Parent Information Center
Project LAUNCH
Riverbend Community Mental Health
Rochester School District
SAU #7
Spark NH
Strafford Learning Center
UNH Institute on Disability
UNH Cooperative Extension
Youth MOVE NH
OUR APPROACH
Our Approach

**Tier 1:** Universal Prevention
  *support for all*

**Tier 2:** Targeted Interventions
  *support for some*

**Tier 3:** Intensive Interventions
  *support for few*

High-fidelity wrap-around services
*support for few and their families*
WHERE TO BEGIN?

www.NHStudentWellness.org/Toolkit

Essentials for establishing a comprehensive multi-tiered system of support
Practical tools to address mental health & wellness needs
STUDENT WELLNESS LENDING LIBRARY

WHERE TO BEGIN?

Ask Us Who We Are
Foster Care in Vermont
A new documentary film by Vermont Film

Social-Emotional Screening Toolkit
Tips & Tools for Early Childhood Programs

IT'S CRIMINAL
A TALE OF PRIVILEGE AND PRIVILEGE

Beyond the Bake Sale
The Essential Guide to Home-School Partnerships

RESILIENCE
The Biology of Stress & the Science of Hope

Depression
Heart Disease
Obesity
Addiction
4 Reasons to Become a Mental Health First Aider

1. **BE PREPARED.**
   Just like you learn CPR, learn how to help someone in a mental health or substance use crisis.

2. **MENTAL ILLNESSES ARE COMMON.**
   1 in 5 people will experience one in a given year.

3. **YOU CARE.**
   Be there for a friend, family member or colleague. Learn how to start a conversation.

4. **YOU CAN HELP.**
   People with mental illnesses often suffer alone. Learn when and how to step in and offer support.
EVERYONE IS AN ASSET BUILDER

EXTERNAL ASSETS
- Support
- Empowerment
- Boundaries & Expectations
- Constructive Use of Time

INTERNAL ASSETS
- Commitment to Learning
- Positive Values
- Social Competencies
- Positive Identity
KNOW & TELL: MANDATED REPORTER TRAINING

WHERE TO BEGIN?

EDUCATE

INFORM

PROTECT
Lesson plans that use real-life issues as the context for teaching academic skills and knowledge.
www.NHStudentWellness.org