

- Atkins, M. S., Hoagwood, K. E., Kutash, K., & Seidman, E. (2010). Toward the integration of education and mental health in schools. *Administration and Policy in Mental Health and Mental Health Services Research*, 37(1-2), 40-7.

doi:<http://dx.doi.org/10.1007/s10488-010-0299-7>

- Question: How do current models of mental health education fail students and parents, and how can they be improved upon realistically.
- Quote “Current models of school-based mental health remain overly focused on conventional definitions of mental health practice and provide inadequate attention to contextual issues that may influence both schooling and mental health (45).”
- Gilmour, J. (2018). *Incorporating mental health education into high school curricula* (Order No. 10825767). Available from ProQuest Dissertations & Theses Global. (2064527169). Retrieved from <http://libproxy.lib.unc.edu/login?url=https://search.proquest.com/docview/2064527169?accountid=14244>
 - Question - What evidence is there that mental health education is important for high school students, and how can the goal of mental health education in high schools be achieved?
 - Quote - “Physical, mental, and social-emotional support is vitally important in promoting personal well-being. Educating adolescents on healthy mind and body practices could yield significant positive outcomes. Implementing wellness programs through school-based curricula can address mental health concerns and

provoke discussions surrounding those topics in safe and supportive environments. Introducing a mental health course to high school students can provide access and opportunities for self-improvement (77).”

- Ojio, Y., Yonehara, H., Taneichi, S., Yamasaki, S., Ando, S., Togo, F., ... Sasaki, T. (2015). Effects of school-based mental health literacy education for secondary school students to be delivered by school teachers: A preliminary study. *Psychiatry and Clinical Neurosciences*, 69(9), 572–579. <https://doi.org/10.1111/pcn.12320>
 - Question - How effective was the mental health education program studied in changing student’s perceptions and improving their knowledge of mental illness, and how did the change influence student behavior and attitudes after the program had ended.
 - Quote - “Second, we evaluated the change in the ‘intention’ to seek help, but not the actual behavior. The actual behavior may be influenced by stigma or feeling shy/embarrassed. A change in such feelings or stigma is an important focus of the MHL education program for adolescents. This issue must be considered in a revision of the program. Using videos of people who have experienced mental illnesses, for example, might be a helpful approach in reducing stigma.”
- Perfect, M. M., & Morris, R. J. (2011). Delivering school-based mental health services by school psychologists: Education, training, and ethical issues. *Psychology in the Schools*, 48(10), 1049–1063. <https://doi.org/10.1002/pits.20612>
 - Question - Why are school psychologists necessary, and how do they influence student mental health?

- Quote - “Previous studies have estimated that the percentage of children and adolescents experiencing significant mental health difficulties is as high as 20% of all youth (Merikangas et al., 2010; Weist, Goldstein, Morris, & Bryant, 2003).”
- Hardy, D. J. (2017). *A meta-analysis to review methods of dissemination of mental health education in public schools* (Order No. 10680845). Available from ProQuest Dissertations & Theses Global. (2003170908). Retrieved from <http://libproxy.lib.unc.edu/login?url=https://search.proquest.com/docview/2003170908?accountid=14244>
 - Question - How can mental health education be effectively implemented in schools across the United States?
 - Quote - “mental health education should be instituted in schools across the United States of America to normalize the concept of mental illness, to remove the stigma surrounding mental illness, to encourage youth to reach out for help unashamedly, to bring awareness to the signs of mental health illnesses, and to bring awareness to the 39 importance of optimal mental health. Additionally, age-appropriate mental health education should be integrated with physical education as part of a child’s state school curriculum from kindergarten onwards (38-39).”

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Media Clips

- Wochit News. (n.d.). *Study shows benefits of school mental health programs*. Retrieved from <https://www.youtube.com/watch?v=V7OZwkH9rPw>
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- MindMattersAustralia. (n.d.). *Why improve mental health in schools?* Retrieved from https://www.youtube.com/watch?v=s_w6VcOIO8A
 - 0:35 - 1:07
- WOOD TV8. (n.d.). *State funds mental health specialists in schools*. Retrieved from <https://www.youtube.com/watch?v=-Bdqe0jM8gs>
 - 0:24 - 35