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2025-2026 Instructional Services

School Based Mental Health and Wellness

Project Code: 274

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The School Based Mental Health and Wellness service provides professional development, networking, coaching, and assistance to school professionals working to improve student and staff wellness and build effective school based mental health services. This service provides professional development on both individual practices that support student and staff wellness and systemic improvements that impact wellbeing for all.

Level 1 Student Services Network and Development

This service provides discounted rates for networking events for student services professionals as well as assistance with program development and support for issues specific to student services staff.

- Discounted rate to attend Student Services Networking Sessions at CESA 4: School Psychologist Network, School Counselor and School Social Worker Network, Homeless Liaison Network
- One half-day site visit for customized student services support

Technical assistance and consultation via phone and email regarding:

- Student homelessness, unaccompanied youth, foster care, and educational stability
- Student services mentorship for first year professionals
- Compassion resilience activities for staff
- Social Emotional Learning competencies
- Field trends and legal updates
- 504 plans
- Student records and confidentiality
- Community resources
- Social, emotional, behavioral interventions
- Other related topics

Level 2 Initial Frameworks for Meaningful Engagement in Learning

This program supports district staff in establishing a shared foundation of knowledge and skills regarding the Wisconsin Comprehensive Mental Health Framework and the fundamentals of student engagement. Through the use of strategic planning and principles of improvement science, teams will utilize a combination of professional development and individualized coaching support to begin making meaningful moves to improve student engagement, academic success, and mental health outcomes in their districts.

With gratitude to the Project AWARE funds, these Frameworks services are offered at a discounted rate aimed to require a commitment of no more than 35% of each participating district's Act 19 allocations.

Level 2A Initial Frameworks for Meaningful Engagement in Learning Core Training Program

- District Leadership training on the Wisconsin Comprehensive Mental Health Framework and fundamentals of student engagement, 3 days at CESA 4 (unlimited attendees)
- Unlimited attendees at CESA 4 monthly Mental Health Literacy events for K-12 educators, school board members, administrators, and support staff

Level 2B Initial Frameworks for Meaningful Engagement in Learning Coaching (Level 2A required)

Districts need to purchase or have previously completed Initial Frameworks for Meaningful Engagement in Learning Core Training (Level 2A) either at CESA 4 or through DPI to participate in Level 2B.

This coaching allows time and space for each team to apply and implement new knowledge and skills to cultivate true change for their students, staff, and community.

We encourage districts to determine the number of teams that will participate in coaching and select the coaching structure that fits their needs. Districts may elect to receive coaching for an individual district team or individual building-level coaching.

- Five In-District Coaching Sessions with CESA Frameworks Coaches (Number of teams will vary by district)
- Unlimited technical assistance via phone, email, or virtual appointments

Level 2C Implementation and Enhancement Frameworks for Meaningful Engagement in Learning Program (Completion of Levels 2A and 2B required)

This level supports teams that have completed Initial Frameworks for Meaningful Engagement in Learning Core Training (Level 2A) and Coaching (Level 2B) to bring their strategic plans to life through continued coaching on improvement science and tests of change.

We encourage districts to determine the number of teams that will participate in coaching and select the coaching structure that fits their needs. Districts may elect to receive coaching for an individual district team or individual building-level coaching.

- Nine In-District Coaching Sessions with CESA Frameworks Coaches (Number of Teams Will Vary By District)
- Unlimited Attendees at CESA 4 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