



# School Mental Health Resource Training Center

## Meet Your School Mental Health Resource & Training Center

**Renée L. Rider, M.Ed.**, Program Director

**Matt Shapiro**, Assistant Director

**Zach Pearce**, Family Education Specialist

**Karl Shallowhorn**, Training Specialist

May 28, 2025



# Meet the **SM<sup>RT</sup>Center** Team



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**MHANYS**  
Mental Health Association  
in New York State

## **Mission Statement**

Mental Health Association in New York State, Inc. (MHANYS) improves the lives of individuals, families, and communities by:

- raising mental health awareness,
- ending stigma and discrimination, and
- promoting wellness and recovery.

# **Mental Health Instruction in Schools**



**New York State Education Law  
Chapter 390 of the Laws of 2016  
Article 17 - (801 - 816) Instruction in Certain Subjects  
Section 804 subdivisions (1) and (6)(c)**

# Excerpt From NYS Education Law

§ 804. Health education regarding **mental health**, alcohol, drugs, tobacco abuse and the prevention and detection of certain cancers.

1. All schools shall ensure that their health education programs recognize the multiple dimensions of health by including mental health and the relation of physical and mental health so as to enhance student understanding, attitudes and behaviors that promote health, well-being and human dignity.



NYS received national attention for being the first in the nation to require schools to include Mental Health in their Health Curricula!

<https://www.youtube.com/watch?v=eFb1LtJULrc>

# 2017 Advisory Council Convened

- Established in August 2017 with Co-Chairs from NYSED, NYSOMH, and MHANYS
- Overall goal: assisting schools to effectively maximize students' knowledge and understanding of the multiple dimensions of health, including mental health wellness.
- Included over 75 expert cross-disciplinary and cross-sector partners working collaboratively to develop resources and recommendations supporting mental health education in schools
- Established 5 Workgroups and 26 Recommendations were provided to the NYS Board of Regents

# Current Advisory Council since 2022

- Established in August 2022 in response to a successful Request For Proposals from the NYS Office of Mental Health
- Includes approximately 20 cross-agency partners providing advice to the SMHRTC Team aimed at improving the quality of service delivery to school communities, families, community-based organizations, among others
- Meetings are held quarterly and facilitated by MHANYS

# Funding

**NEW YORK STATE UPHELD ITS PROMISE -  
TO SUPPORT SCHOOLS IN IMPLEMENTATION OF THE NEW  
MENTAL HEALTH EDUCATION LAW!!**

MHANYS received \$1,000,000 the first year to establish the School Mental Health Resource and Training Center

MHANYS continues to receive \$500,000 annually for SMHRTC

# School Mental Health Resource & Training Center

## Trainings include:

- Mental Health & Wellness 101
- Suicide Safety for Teachers & School Staff
- LGBTQIA+ Youth Mental Health;
- Impact of Social Media & Youth Mental Health
- Let's Talk About Stress & Stigma
- Creating a Culturally Responsive Mental Health Education
- Cultivating Resiliency for School Communities
- Creating Trauma-Sensitive Schools



## THE SM<sup>RT</sup>Center ALSO OFFERS:

**MONTHLY EDUCATOR CAFES** on recommended topics from 3:30-4:15pm

**MONTHLY FAMILY EDUCATION WEBINARS** on recommended topics from 7:00pm-8:00pm

**ANNUAL SUMMER ACADEMY** offered once a year, virtually, in August on recommended topics. Scheduled for 8/19/2025 & 8/20/2025 (9:00AM-12noon)



Email us at: [schools@mhanys.org](mailto:schools@mhanys.org)

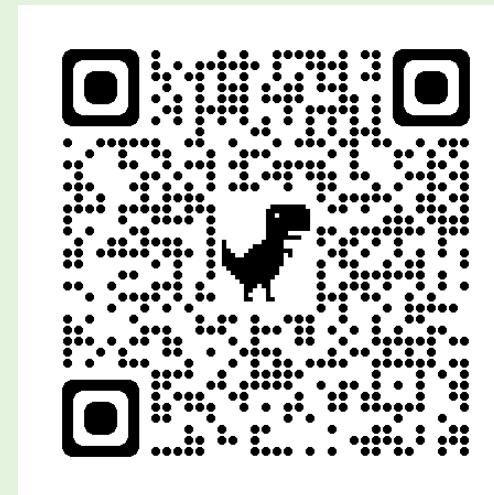
LAUNCHED **SM<sup>RT</sup>Center** on SOCIAL MEDIA

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Facebook and Instagram!!  
**@schoolmentalhealthNYS**





# Questions?



# Thank You!



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