



## **Mental and Emotional Health Education Implementation Plan for FLVS Full Time**

**State Board of Education Rule:** 6A-1.094121 Mental and Emotional Health Education

### **I. Description of the specific course(s) in which instruction will be delivered for each grade level:**

Instruction will be delivered to each individual grade level (6-12) in online sessions. Due to the unique virtual learning environment and scheduling at FLVS Full Time, each school will hold these sessions as grade-level presentations when no live classes occur in the schedule. Recordings of these sessions will also be readily available for students to access as needed.

### **II. Description of professional qualifications of the person delivering instruction:**

The following Student Services staff at FLVS will provide this instruction: School Counselors, School Psychologists, School Social Worker, and/or Student Mental Health and School Safety Administrator.

### **III. Description of the materials and resources utilized to deliver instruction:**

FLVS will be contracting services with *Evolution Labs* to utilize the *Suite 360: Mental Health* program. This program consists of 49 lessons (7 lessons for each grade 6-12) that are age-appropriate and differentiated for each grade level. These lessons will cover the specific topics that have been identified by the Florida Department of Education to be addressed through developmentally appropriate instruction and skill building. Students will have access to mental/emotional health education curriculum materials which include a combination of text (which can be translated for ELL), infographics, images, and media clips. Each lesson will be accompanied by a resource guide with links and text/phone numbers to national and local resources. Lessons will also contain explicit instructions on how to HELP (Help, Empathize, Listen, Plan) or ACT (Apply coping strategies, Consider your options for help, Talk to trusted adult). Students will complete pre/post-test questions to support district tracking and monitoring. FLVS Student Services staff will provide online sessions at each grade level to follow up with the student lessons. These grade level sessions will be led by *Evolution Labs'* Teacher Companion Guides which include shared vocabulary, key takeaways, lesson objectives, and discussion prompts. Each of the 7 lessons will consist of 20 mins of student-navigated online lessons followed by 30 mins of Student Services staff-led online sessions for a total of 350 mins for each grade level, which will meet or exceed the required 5 hours of instruction.