We envision a New Hampshire in which all learners and their families are supported to be well so they can thrive in their home, school, and community.
Essential Questions

What are Student Wellness and MTSS-B?

How is Student Wellness supported at the state and local levels?

What are the challenges to supporting this work state-wide?
The Bureau of Student Wellness consists of three main offices:

Office of Nutrition Programs and Services
- Support for health and nutritional needs of children through the administration of USDA Child Nutrition Services
- Professional development and training
- Program technical assistance
- Federal and state funding options

Office of School Health
- Support for school health programs
- Professional development and training
- Program technical assistance
- Federal and state funding options

Office of Social and Emotional Wellness
- Support for Multi-Tiered System of Supports for Behavioral Health and Wellness (MTSS-B)
- Professional development and training
- Program technical assistance
- Federal and state funding options
“The needs of our complex society cannot be met by adults who are simply academically prepared; they must also be personally and socially competent.”
Who Are We?

Infrastructure - Staffing

Michelle Myler
Admin

Terry Stafford
Support

Kelly Untiet
Admin

Barbara Mitera
Grants Coordinator

Lisa Hayward, PhD
Prevention Coordinator

Ellen Desmond
Special Projects Coordinator

Molly White
MTSS-B SW

Katherine Leswing
MTSS-B SC

Susan Ward
MTSS-B SE

Lakes Region

North Country

Evaluation Team

Business Administrator

Family Engagement Team
READY TO LEARN. Every student. Every day.
What is Wellness?

1. **Social**
   - Ability to develop a sense of connection, belonging, and a well-developed support system.
   - NHStudentWellness.org/Social

2. **Personal**
   - Ability to create a sense of purpose and meaning in life.
   - NHStudentWellness.org/Personal

3. **Occupational**
   - Ability to gain personal satisfaction and enrichment from one's work.
   - NHStudentWellness.org/Occupational

4. **Environmental**
   - A school's ability to promote safe and supportive environments in the home, school, and community that encourage wellbeing.
   - NHStudentWellness.org/Environmental

5. **Intellectual**
   - Ability to recognize their creative abilities and find ways to expand knowledge and skills.
   - NHStudentWellness.org/Intellectual

6. **Emotional**
   - Ability to cope effectively with life and create satisfying relationships.
   - NHStudentWellness.org/Emotional

7. **Physical**
   - Ability to learn and model healthy practices and routines.
   - NHStudentWellness.org/Physical
Our Students

Risk factors:

- 30% of report living with someone who has/had a problem with alcohol or drugs.
- 25% report going hungry at some point because there was not enough food at home.
- 9% report having at least one parent or other adult in jail or prison.
- 14% report hearing adults in their home slap, hit, kick, punch, or hurt each other.
- 16% report seriously considering attempting suicide.
The Response

Protective Factors - Risk Factors = Resiliency
The Response

MTSS-B
Organizing People...

School Board

District Team

Community Management Team

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**ELEMENTARY**

Building Leadership Team

**Universal Team**

Admin/Principal
Internal Coach/Lead
Classroom Representative
Family Member
Pre-K Representative

**Targeted Team**

**Intensive Team**

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**MIDDLE**

Building Leadership Team

**Universal Team**

Admin/Principal
Internal Coach/Lead
Classroom Representative
Specialist Representative
Family Member
Student

**Targeted Team**

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**HIGH**

Building Leadership Team

**Universal Team**

Admin/Principal
Internal Coach/Lead
Classroom Representative
Specialist Representative
Family Member
Student

**Targeted Team**

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Participate
Discuss

... to analyze data...

an asset checklist

Many people find it helpful to use a simple checklist to reflect on the assets young people experience. This checklist simplifies the asset list to help prompt conversation in families, organizations, and communities.

NOTE: This checklist is not intended nor appropriate as a scientific or accurate measurement of developmental assets.

STRATEGIC PLAN
... and make a plan...

EXTERNAL ASSETS

INTERNAL ASSETS

Interventions
Training/PD
Policies
Funding
Implement Strategies

... to ensure all students are ready to learn.
Implement Strategies

... to ensure all students are ready to learn.
Implement Strategies
to ensure all students are ready to learn.
Implement Strategies

... to ensure all students are ready to learn.
Evaluating Success

MTSS-B Tier 1 Fidelity Score vs Average ODRs per 100 Students

- Elementary School 1
- Elementary School 2
- Elementary School 3

- Middle School
- High School

Year: 2014-15, 2015-16, 2016-17
Challenges

- Developing core SEL competencies (*Protective Factors and 21st Century Skills*) while attending to increasing social, emotional, and behavioral challenges (*Risk Factors*)

- Complex funding strategies that are time-limited and multi-purpose

- Lack of funding for system’s change in addition to services and supports