



# Everyday Mental Health Classroom Resource: Highlights of Pilot Study Findings

Many educators across Ontario are looking for resources to promote social-emotional learning (SEL) in the classroom. Structured SEL programs are helpful, but difficult to fit into a busy classroom schedule. School Mental Health ASSIST (SMH ASSIST) and the Elementary Teachers' Federation of Ontario (ETFO) co-designed an *Everyday Mental Health Classroom Resource* that offers practical, brief, evidence-informed strategies for enhancing social-emotional learning at school.

In 2017-2018, the resource was examined in nine Ontario English public elementary boards with 153 educators. The objective of the study was to determine whether the *Everyday Mental Health Classroom Resource* improved educators':

- Knowledge of SEL
- Confidence in their skills to deliver SEL practices
- Beliefs about the benefits of SEL
- Perception of classroom climate (optimizing the learning environment)
- Perception of the number of students practicing effective SEL skills

Following the 12-week implementation of the *Everyday Mental Health Classroom Resource*, significant improvements were demonstrated in all five areas.

## Were the outcomes related to the frequency of use of the resource?

Although not statistically correlated, the following trends were noted:

- Moderate use was associated with the educators' perceived improvements in the classroom climate (5-8 times per week)
- High use was associated with improvements in educators' knowledge and their confidence in their skills to deliver SEL practices (8 to 12 times per week)
- Very high use was associated with the educators' perceived improvements in students' SEL skills (at least 12 times per week)



School  
Mental Health  
Ontario

Santé mentale  
en milieu scolaire  
Ontario



## Were educators satisfied with the Everyday Mental Health Classroom Resource?

- 84% of educators found the resource extremely or very helpful
- Over 95% of educators would recommend the resource to other educators within and outside their division and roles

## What did educators like most about the Everyday Mental Health Classroom Resource?

The practices were reportedly:

- Short, accessible, and easy to deliver
- Easily modified for students of different ages
- Interactive and fun in nature
- Easy to understand by students
- Beneficial to educators' own mental health and comfort level to deliver SEL practices