

Professional Development

Graduation Equity Webinar: Teacher Strategies for Supporting Mental Health in the Classroom

May 14, 2025 | 10–11:30am | Virtual

Students come to school with experiences and perspectives that are shaped by their home lives. Integrating mental health literacy into classroom curriculum can go a long way to reduce stigma and promote mental health awareness. Social emotional learning standards can be integrated into any content with learning options that personalize lessons to student experiences. In this webinar you will get tips from Student Assistance Program and teacher staff who are using strategies to integrate mental health supports into classrooms. We will have resources to share that you can use and free Equity Clock Hours for participants.

Objectives:

- Learn the four components of mental health literacy
- Get tiered supports and shared language alignment examples that can decrease stigma and increase help seeking behaviors
- Get strategies for integrating mental health supports into school climate that can be strengthened through classroom supports
- Learn from practitioners who have implemented these strategies in their own classes
- Get resources to help you get started

Presenters:

- Sara Ellsworth, Clinical Director True North Behavioral Health Program, ESD 113, sellsworth@esd113.org
- Kaitlyn Puri, Student Assistance Professional (SAP), Tumwater Middle School, kpuri@esd113.org
- Mabel Thackeray, Clinical State Supervisor, Elementary School Counselor, Forks Elementary, Mthackeray@nthurston.k12.wa.us
- Renee Cruickshank, Tumwater Middle School RISE Program Teacher, renee.cruickshank@tumwater.k12.wa.us
- Josh Kent, Mental Health Literacy Program Supervisor, OSPI, josh.kent@k12.wa.us

To register, visit the Zoom [registration page](#). Questions on Clock Hours? Contact Ronnie.Larson@k12.wa.us.



Washington Office of Superintendent of
PUBLIC INSTRUCTION

Practical and Cultural Shifts to Reduce Restraint and Eliminate Isolation

May 13 & 20, 2025 | 9–10:30am | Virtual

This two-part virtual series supports district and building leaders in identifying the current restraint and isolation practices in Washington State particularly for those students identified as having intellectual or developmental disabilities and Black students with an IEP. In collaboration with the AESD and UW Haring Center, we will look at the practical and cultural shifts required to reduce restraint and eliminate isolation. Participants will explore self-assessment tools to identify areas for improvement and create action steps to implement practices that support belonging, address policies and practices, and provide effective positive behavior support. This series will offer opportunities for participants to explore Washington State data around RREI, collaborate with other school leaders, and problem solve possible actionable steps. Clock hours are available.

Audience: District and Building Leaders – all are welcome, however, the course is intended to support leaders in making schoolwide changes to reduce restraint and isolation.

To register, visit the pdEnroller registration [webpage](#).

MTSS Final Community of Practice

May 23, 2025 | 10–11:30am | Virtual

Join us for our 6th and final Community of Practice looking at how School Improvement is conducted in a greater Multi-Tiered System of Supports. Roger Rich (our Continuous Improvement Network Program Supervisor) will be joining to explore how MTSS supports School Improvement. Clock hours are available. To register, visit the pdEnroller [registration page](#).