

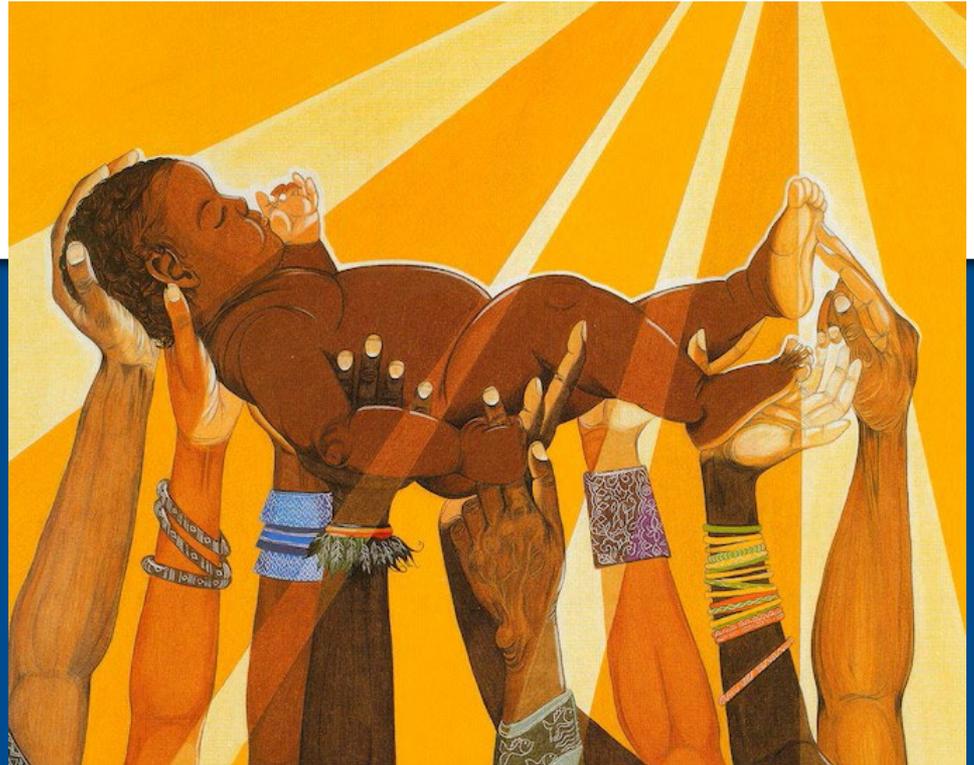
# Empower Your Village



2026

Artwork: *It Takes An Entire Village To Raise A Child*

Child Advocacy Artist  
George E. Miller II





The SBMH section supports SBMH systems through collaboration and technical assistance.

## Staff:

- **Lisa Dierking**, Coordinator of SBMH
- **Katie Epema**, Director of SBMH
- **Crystal Burgan**, Director of Project AWARE
- **Jennifer Hunter**, Director of Missouri Healthy Schools
- **Shelli Ryan**, Administrative Assistant for SBMH and School Counseling

## Website and Contact Information:

- [www.dese.mo.gov/mental-health-resources](http://www.dese.mo.gov/mental-health-resources)
- [sbmh@dese.mo.gov](mailto:sbmh@dese.mo.gov)
- (573) 751-6875
- SBMH Office Hours-Thursdays at noon

## Focus/Resources:

- Missouri Framework for SBMH
- Foundations of SBMH Training
- SBMH Resource Guide
- Stronger Connections Grant
- Youth Suicide Awareness and Prevention Model Policy
- Trauma-Informed Schools Initiative
- Missouri Project AWARE Grant
- Youth Mental Health First Aid & QPR
- SchoolLink
- Missouri Healthy Schools Grant (includes Youth Risk Behavior Survey and School Health Profiles)
- Feminine Hygiene Grant



## WHOLE SCHOOL, **WHOLE COMMUNITY**, **WHOLE CHILD** *A collaborative approach to learning and health*

# WSCC



### Learning Objectives:

1. Learn how to navigate each of the WSCC model domains
2. Learn about high-quality, relevant resources
3. Learn how to improve academic environments by enacting a whole child approach to education



## Comprehensive framework for addressing child health in schools.

- Student-centered
- Healthy students learn better
- Framework considers how all systems, staff, and services can support student well-being
- Collaboration is key – teachers, staff, leadership, parents and caregivers, and community partners



# Starting with the 5 Tenants



1. Enters school **HEALTHY** and learns about and practices a healthy lifestyle.
2. Learns in an environment that is physically and emotionally **SAFE** for students and adults.
3. Is actively **ENGAGED** in learning and is connected to the school and broader community.
4. Has access to personalized learning and is **SUPPORTED** by qualified, caring adults.
5. Is **CHALLENGED** academically and prepared for success in college or further study and for employment and participation in a global environment.





1 - Bob Dylan

2 - Old Crow Medicine Show

3 - Darius Rucker



# “Stay in the Wagon”



The Wagon Wheel represents the **constant motion**, the **journey itself**, and the **HOPE** of reaching a destination.



# Game time!

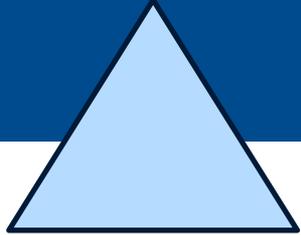




Consists of supports provided to promote the physical health of students in the school setting especially those with special health care needs.

**Example policy:** Allergy Management Policy





## Resources:

**News You Can Use Newsletter- Sign up!**

[School Health | Health & Senior Services](#)

[Laws, Rules, and Regulations | School Health | Health & Senior Services](#)

[School Nurse Link - Home](#)



## Meet our Experts:

**Elissa (Eli) Brueggemann, BSN, RN, NCSN**

Missouri State School Nurse Consultant  
[Elissa.Brueggemann@health.mo.gov](mailto:Elissa.Brueggemann@health.mo.gov)

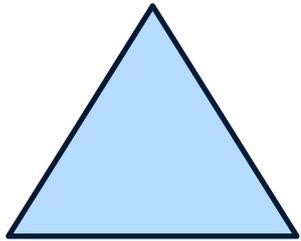
**Kelly Vaughn, RN, BS MO DHSS**

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**Benjamin Pringer, Adolescent & School Health Program Manager**

[Benjamin.Pringer@health.mo.gov](mailto:Benjamin.Pringer@health.mo.gov)





## Resources:

[Asthma - Missouri Health Schools](#)

[School Nurse Link - Home](#)

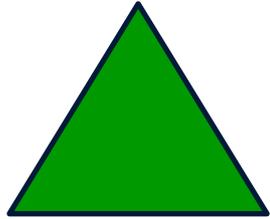


## Meet our Experts:

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**Deb Cook, RN,**  
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**Dr. Eric Ambrecht**  
Research Advisor  
[eric@openhealth.us](mailto:eric@openhealth.us)



Consists of school-based prevention and response services that address students' social, emotional, and behavioral (SEB) health.

**Example policy:** Suicide Prevention Policy



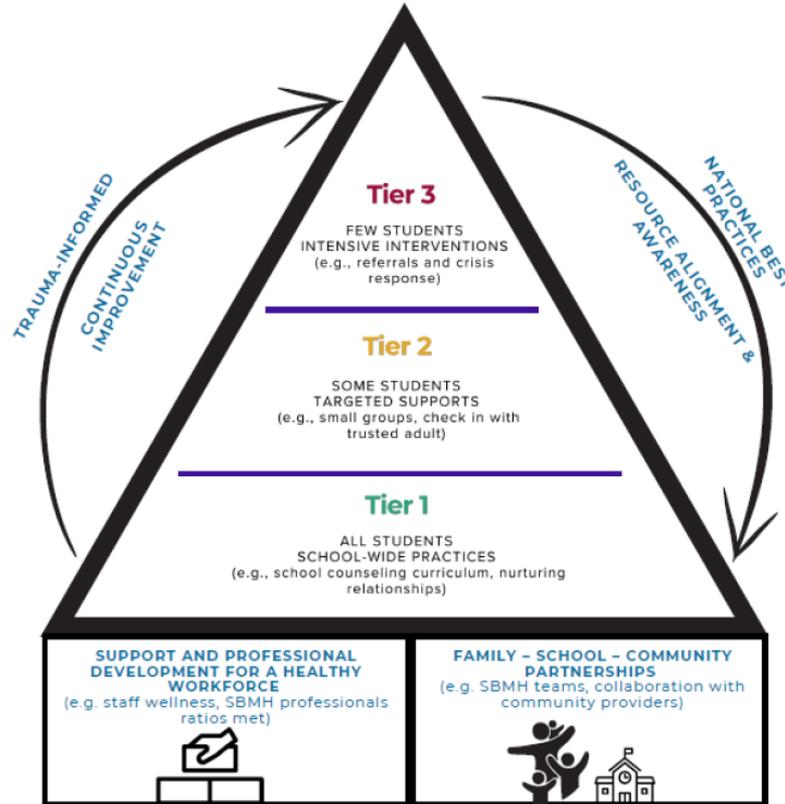


## Resources:

[DESE School Counseling](#)

[Mental Health Resources for School Staff and Students | MC DESE](#)

[MHFA and QPR Trainings](#)



## Meet our Experts:

**DESE School Counseling & Student Wellness:**

**Chrissy Bashore, Coordinator**  
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**Melissa Head, Director**  
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**Katie Epema, Director**  
[katie.epema@dese.mo.gov](mailto:katie.epema@dese.mo.gov)



Refers to the psychosocial aspects of student experiences.

**Example policy:** Trauma Informed Schools





## Resources:

[The Missouri Framework for School-Based Mental Health](#)

[K-12 Comprehensive School Counseling Program](#)

# Missouri

K-12 COMPREHENSIVE SCHOOL  
COUNSELING PROGRAM

### Developmental Content Areas



Academic



Career



Intrapersonal &  
Interpersonal

## Meet our Experts:

**DESE School Counseling & Student Wellness:**

**Chrissy Bashore, Coordinator**

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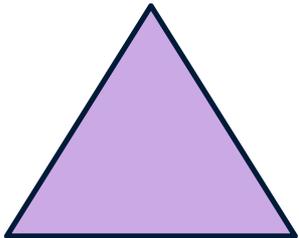
**Katie Epema, Director**

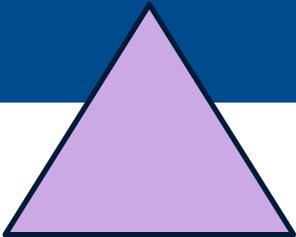
[katie.epema@dese.mo.gov](mailto:katie.epema@dese.mo.gov)



Focuses on developing students' abilities to make healthy nutritional decisions and creating a healthy school nutrition environment.

**Example policy:** Local Wellness Policy





## Resources:

[Food & Nutrition Services | MO DESE](#)

[Wellness | MO DESE](#)

[Farm to School - Early Care and Education \(ECE\) | Farm to Preschool | Health & Senior Services](#)



## Meet our Experts:

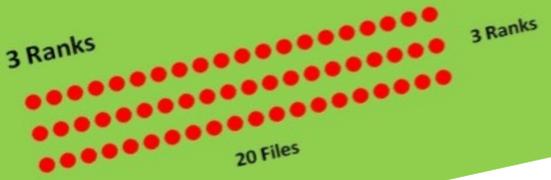
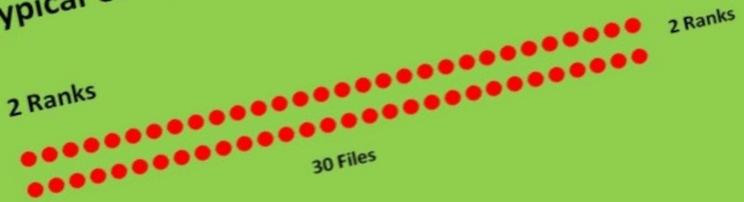
**Barbara Shaw**, Nutrition Program Coordinator  
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**Aline Bishazi**  
Nutrition Program Analyst  
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**Lisa Lauer**, Senior Nutritionist  
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## Typical Company in Two or Three Ranks



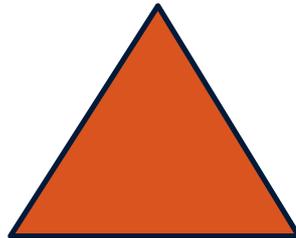
# Physical Education (P.E.) & Physical Activity



## Includes:

- physical activity before, during, and after school
- physical education
- staff involvement
- family and community engagement

**Example policy:** Recess Policy





## Resources:

PE Education: [National PE Standards-Highly Effective Physical Education](#)

PA Education: [Comprehensive School Physical Activity Programs: A Guide for Schools](#)

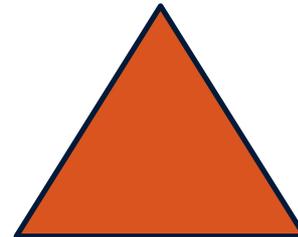
[Health & Physical Education | Missouri Department of Elementary and Secondary Education](#)

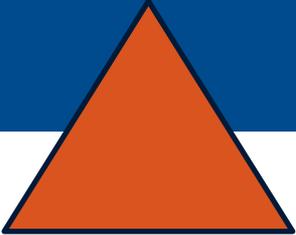


## Meet our Experts:

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[beckmannhw15@gmail.com](mailto:beckmannhw15@gmail.com)

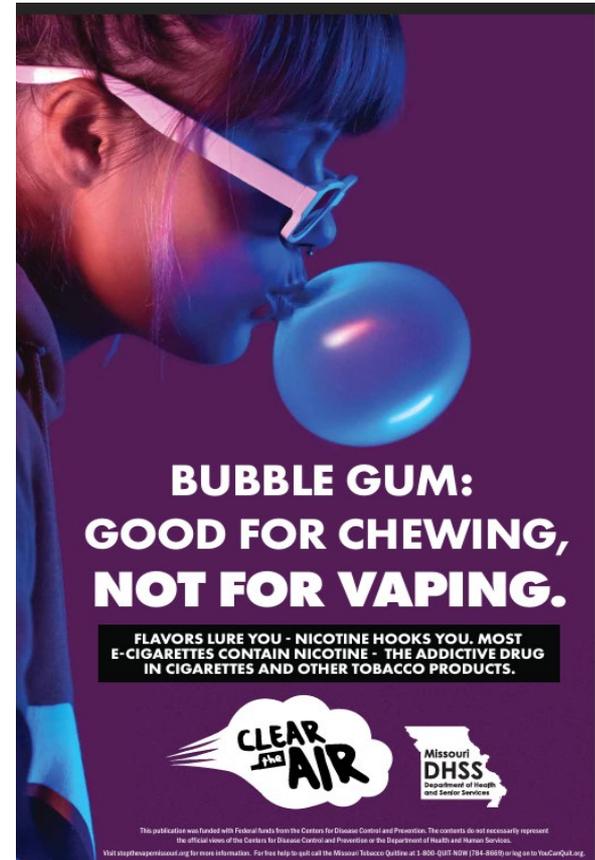
**Jennifer Hunter**, Director of Missouri  
Healthy Schools  
[Jennifer.hunter@dese.mo.gov](mailto:Jennifer.hunter@dese.mo.gov)





Structured learning experiences in which students acquire knowledge to engage in health-informed decision making and adopt lasting healthy behaviors.

**Example policy:** Tobacco Use Prevention





## Resources:

[CDC's Health Education Curriculum Analysis Tool \(HECAT\)](#)

[MO DESE Grades 9-12 Missouri Learning Standards \(MLS\)  
Health and Family Education Academic Performance Standards  
& Curriculum Frameworks](#)

Health Education: [National Health Education Standards \(NHES\)](#)

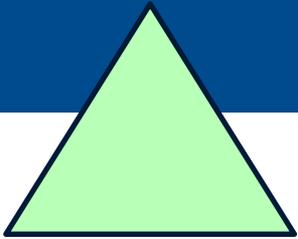
[Health and Physical Education Curriculum and  
Resources Page](#)

## Meet our Experts:

**Laura Beckmann**, Missouri Healthy  
Schools Consultant  
[beckmannhw15@gmail.com](mailto:beckmannhw15@gmail.com)

**Jennifer Hunter**, Director of  
Missouri Healthy Schools  
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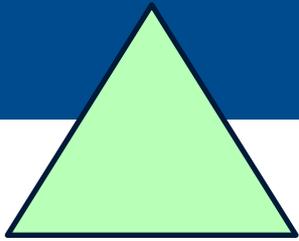




Focuses on the health and wellbeing of school employees to promote a positive school environment for all school personnel and students.

**Example policy:** Health Plan Benefits





## Resources:

[Wellness | dmh.mo.gov](https://dmh.mo.gov)

[TeachWell | dmh.mo.gov](https://dmh.mo.gov)

[Safety | Missouri Department of Elementary and Secondary Education](https://dese.mo.gov)

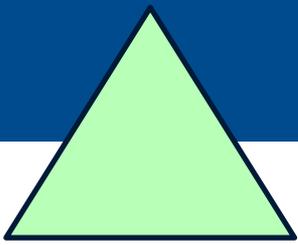


## Meet our Experts:

**Katie Epema, Director, Schoc. Mental Health**  
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**Benjamin Pringer, Adolescent & School Health Program Manager**  
[Benjamin.Pringer@health.mo.gov](mailto:Benjamin.Pringer@health.mo.gov)

**Jennifer Hunter, Director of Missouri Healthy Schools**  
[Jennifer.hunter@dese.mo.gov](mailto:Jennifer.hunter@dese.mo.gov)



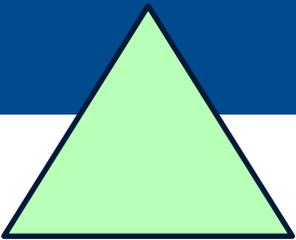
# Physical Environment



Describes the school building and physical space around the school, school grounds, and the land on which the school is built.

**Example policy:** Cleaning Policy





## Resources:

[Safety | Missouri Department of Elementary and Secondary Education](#)

[Center for Education Safety \(CES\) | Missouri School Boards' Association](#)

[Designing Safe and Supportive Physical Classroom Environments: A Checklist – WestEd](#) supports regulation and psychological safety

[NCSE-Physical-Classroom-Environment.pdf](#) Classroom Sensory Screening Tool

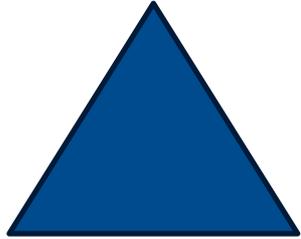
## Meet our Experts:

**Missouri School Board's Association  
Center for Education Safety**  
(573) 445-9920 or [ces@mosba.org](mailto:ces@mosba.org)

**Dr. John Kramer** – Environmental Assessments for Air Quality & Identifying Environmental Triggers  
[jkraemer@semo.edu](mailto:jkraemer@semo.edu)



# Family Engagement



Refers to a collaboration between families and school personnel with the goal of fostering positive outcomes for student learning, health, and development across domains.

**Example policy:** Parent Involvement Policy



# Family Engagement Resources



## Resources:

[Parent and Family Engagement | MO DESE](#)

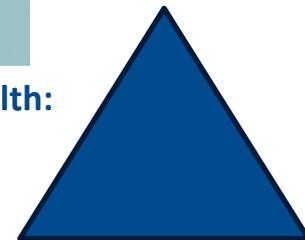
[Parent and Family Engagement Guidance | MO DESE](#)

[Parents & Students | MO DESE](#)

[Missouri PTA | Making Every Child's Potential A Reality.](#)



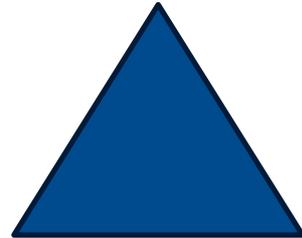
**DESE School-Based Mental Health:**  
**Lisa Dierking, Coordinator**  
[lisa.dierking@dese.mo.gov](mailto:lisa.dierking@dese.mo.gov)





Refers to partnerships between school and community groups and/or community-based organizations.

**Example policy:** Community Relations Policy





## Resources:

[Missouri Family Resources](#)

[Buddy Packs — The Food Bank for Central & Northeast Missouri \(sharefoodbringhope.org\)](#)

[Family and Community Engagement, U.S. Department of Education](#)

[Directory of Local Public Health Agencies Family and Caregiver Engagement Planning Guide \[PDF - 3.07 MB\]](#)



**DESE School-Based Mental Health:**  
**Lisa Dierking, Coordinator**  
[lisa.dierking@dese.mo.gov](mailto:lisa.dierking@dese.mo.gov)





# Stay in the Wagon



Missouri  
Healthy  
Schools

Gold Standard = Evidence-Based Best Practices

Missouri Team:

Missouri Healthy Schools

National WSCC Guidelines:

Whole School, Whole Community,  
Whole Child (WSCC) | Whole School,  
Whole Community, Whole Child  
(WSCC) | CDC

WSCC Assessment:

School Health Index (SHI) | Assessing  
and Improving School Health | CDC





## Special Guest:

### Heidi Milby

Associate Director  
Center for Advancing Healthy  
Communities  
National Association of Chronic Disease  
Directors (NACDD)



## NATIONAL ASSOCIATION OF CHRONIC DISEASE DIRECTORS

Promoting Health. Preventing Disease.

[hmilby@chronicdisease.org](mailto:hmilby@chronicdisease.org)

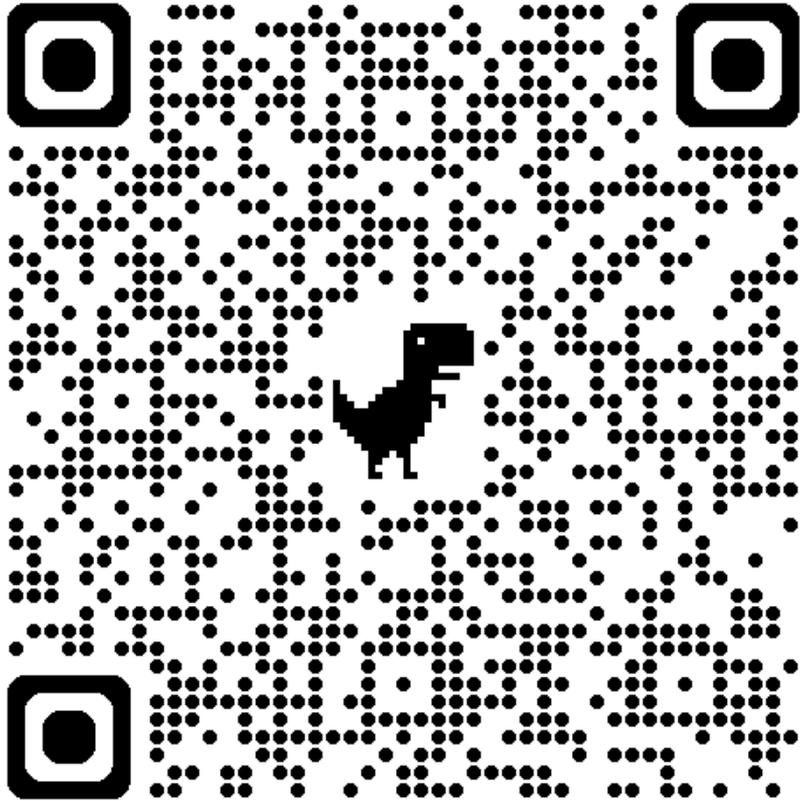
Office: (678) 894-1288

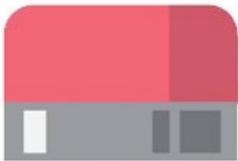
Mobile: (614) 266-4149

## Resources:

[Missouri's Guide to Creating a Tobacco and Vape-Free School District](#)

[School Prevention Guide](#)





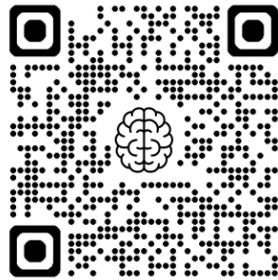
## Missouri Department of Elementary and Secondary Education

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(link on website)
- Sign up for the  
SBMH Listserv



<https://dese.mo.gov/mental-health-resources>