



PLAN &  
IMPLEMENTATION  
**district  
wide**



## Recommended Implementation Plan for First Year

### Grades 4-5 | Level I: We All Have Mental Health

#### 4th Grade

- Teach Level I: Full Program

#### 5th Grade

- Teach Level I: Full Program

### Grades 6-8 | Level II: Depression Awareness

#### 6th Grade

- Teach Level II: Full Program

#### 7th Grade

- Teach Level II: Full Program

#### 8th Grade

- Teach Level II: Full Program

### Grades 9-12 | Level III: Depression Education & Suicide Awareness

#### 9th Grade

- Teach Level III: Full Program

#### 10th Grade

- Teach Level III: Full Program

#### 11th Grade

- Teach Level III: Full Program

#### 12th Grade

- Teach Level III: Full Program



# Recommended Implementation Plan for Sequential Years

## Grades 4-5 | Level I: We All Have Mental Health

### 4th Grade

- Teach Level I: One-Day Lesson

### 5th Grade

- Teach Level I: Lesson 3: Help Seeking

## Grades 6-8 | Level II: Depression Awareness

### 6th Grade

- Teach Level II: One-Day Lesson

### 7th Grade

- Teach Level II: Lesson 2: Help-Seeking - We recommend distributing Self-Referral Cards & Student Bookmarks

### 8th Grade

- Promote individualized learning through the Teen Toolbox exploration activity (Find in Optional Program Additions)
- Use the Text-From-A Friend simulation or worksheet (Find in Optional Program Additions)

## Grades 9-12 | Level III: Depression Education & Suicide Awareness

### 9th Grade

- Teach Level III: One-Day Lesson

### 10th Grade

- Teach Level III: Lesson 1: Signs & Symptom & Distribute Self-Referral Cards & Student Bookmarks

### 11th Grade

- Teach Level III: Lesson 3: Getting Help & Distribute Self-Referral Cards & Student Bookmarks

### 12th Grade

- Use Help-Seeking worksheet or Overcoming Barriers to Asking for Help (Find both in Optional Program Additions)
- Choose two student stories via Vimeo | YouTube and have students complete Student Voice questions (Find in Optional Program Additions)