

**QUICK START FACT SHEET**  
**KEY PRINCIPLE: CARE COORDINATION**

**TOPIC:** Interdisciplinary Teams  
**IDEA:** Mental/Behavioral Health - Calming Classroom

THE IDEA	GOALS	ACTION STEPS	RESOURCES	MEASURE OUTCOMES
<p><b>What areas do you want to focus on for improvement?</b></p> <p>Mental and behavioral health concerns are increasing. Students leave the classroom, missing instructional time due to symptoms of anxiety, distress, depression or other concern. Implement a safe space or “calming room” in the school building. Collaborate with other staff in school community to create a calming room. Research supports that the room successfully reduces suspensions, disciplinary issues, and improves instructional time in the classrooms.</p>	<p><b>What exactly is it that you want to achieve?</b></p> <ul style="list-style-type: none"> <li>• Implement a safe space/classroom that facilitates student health and learning.</li> <li>• Provides opportunity for student to learn and manage behaviors through support staff and learning the use of self-management tools.</li> <li>• Promotes screening of mental/behavioral health and referral to appropriate resources when necessary.</li> <li>• Enhances collaboration between school/district student support services and community support.</li> <li>• For example: health, access to resources, addressing other issues that may be present.</li> <li>• Develop a needs assessment from information collected as students use the room to further understanding student mental/behavioral health needs and other issues.</li> </ul>	<ul style="list-style-type: none"> <li>• Consider who will be affected and how?</li> <li>• Get buy-in for your initiative. Who are the individuals who must be involved and engaged in your initiative?</li> <li>• Who can lead the initiative? What partners/stakeholders should be involved?</li> <li>• What resources will be needed? (i.e. types of staff and required time; supplies and materials, equipment, other resources; estimated costs).</li> <li>• What are possible challenges and barriers? Reflect on these and think about possible solutions and strategies.</li> <li>• What is your timeline?</li> <li>• Do you have a short-term outcome to demonstrate early visible improvements?</li> <li>• How will you share/communicate your proposed initiative and with whom?</li> <li>• Have you thought about sustainability for your project? Will this be a project you can continue annually?</li> </ul>	<ul style="list-style-type: none"> <li>• What resources can guide this project using evidence-based, best-practices?</li> <li>• Are there templates, information, guides already in place?</li> <li>• What are others doing? Find out about other initiatives. What are other schools, districts, states doing? Do not limit yourself to nursing-related initiatives. Be sure to ask what were the lessons learned.</li> <li>• Are there funding sources and grants that can help off set costs?</li> </ul>	<ul style="list-style-type: none"> <li>• How will you measure progress and success?</li> <li>• What are your outcome measures?</li> <li>• How often will you check and measure your progress?</li> <li>• Who will be responsible for collecting and reporting the information/data?</li> <li>• How will you evaluate your initiative to determine success?</li> </ul>

**SOCIAL MEDIA**

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**For more details on this project, see Chapter 2, Idea 2.**