Integrated Model of Mental Health

Mental health encompasses emotional, social, cognitive, and behavioral functioning. It exists within a continuum of care that includes all domains of health and well-being, physical and emotional safety, security, social connection, identity, diversity and purpose. Mental health and overall health are cornerstones of education, essential for creating the conditions for students to learn, teachers to teach, and individuals to thrive.
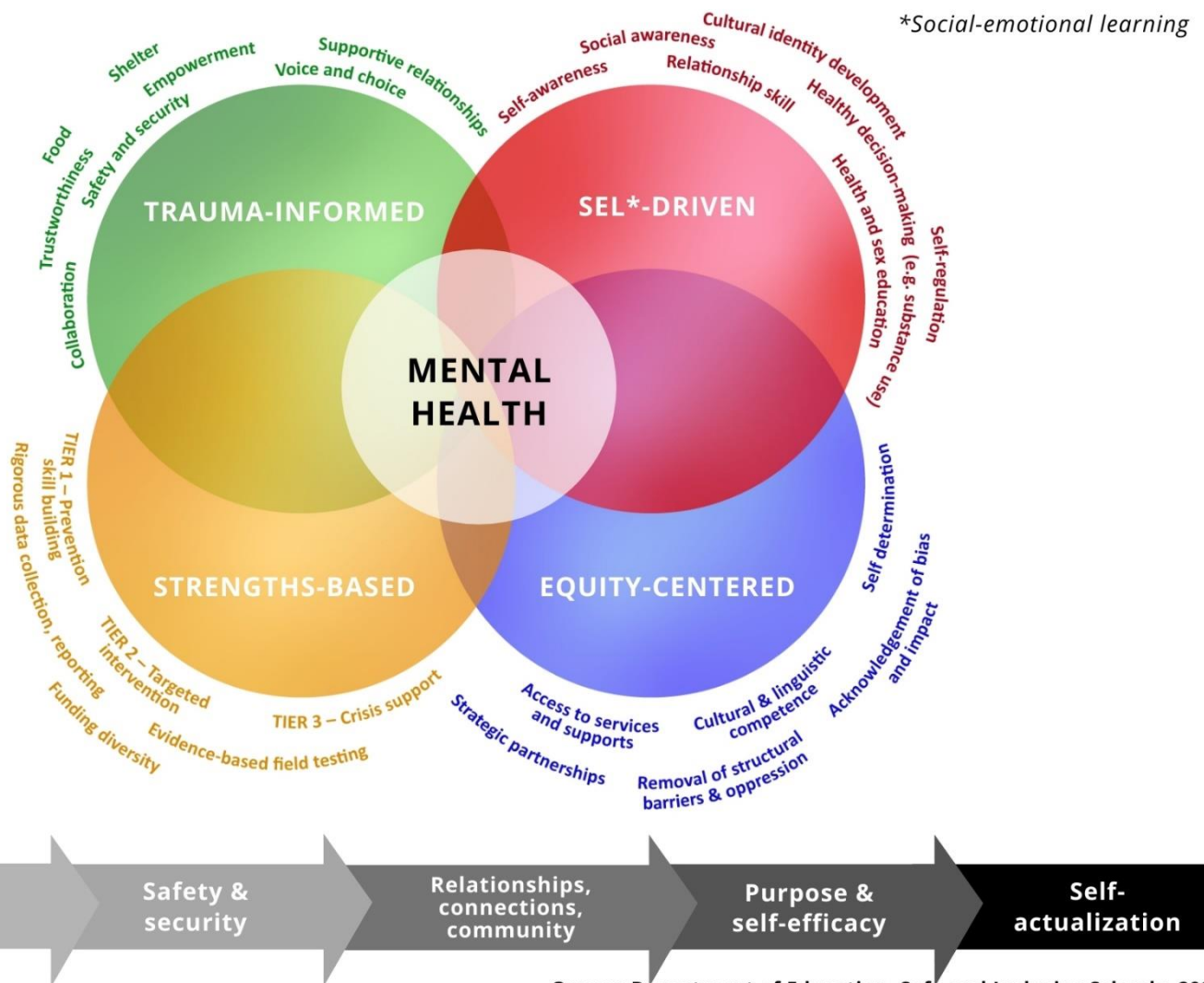
ODE's Integrated Model of Mental Health helps to guide the agency's work of health promotion and illness prevention, and provides a framework for supporting Oregon students, families, and school staff. Building upon the philosophy and values of health promotion and illness prevention, the model centers mental health and well-being at the intersection of four equally important and overlapping pillars of practice so that all health and mental health promotion, prevention, and intervention efforts:

- Are strengths-based
- Are trauma-informed
- Incorporate principles of social-emotional learning
- Are equity-centered.

Oregon Department of Education, Safe and Inclusive Schools, 2020

Mental health and well-being emphasizes strengths, resilience, and enhancing social-emotional abilities. It rests at the intersection of the four pillars: strengths-based, trauma-informed, social-emotional learning (SEL)-driven, and equity-centered.

A strengths-based approach includes:

- Rigorous data collection and reporting
- Evidence-based field testing
- Funding diversity
- A multi-tiered system of support (MTSS), including: Tier 1: Prevention skill building, Tier 2: Targeted intervention, Tier 3: Crisis support

A trauma-informed approach emphasizes:

- Attention to vital needs such as food and shelter
- Trustworthiness
- Empowerment
- Supportive relationships
- Collaboration
- Safety and security
- Voice and choice

An SEL-driven approach includes:

- Teaching SEL competencies such as cultural identity development, self-regulation, social awareness, healthy decision-making, self-awareness, and relationship skills
- Incorporating SEL principles into health and sex education

An equity-centered approach emphasizes:
- Removal of structural barriers and oppression
- Acknowledgment of bias and impact
- Cultural and linguistic competence
- Self-determination
- Access to services and supports
- Strategic partnerships

All mental health-related services exist on a continuum of care which addresses physiological needs; safety and security; relationships, connection, and community; purpose and self-efficacy; and self-actualization.