

# Creating Real Change in Student Mental and Behavioral Health Systems

January 27, 2026

## Presented by

Annie Slease, M.Ed.  
CEO, Mental Health Literacy Collaborative

Brandy Samuelli, M.Ed.

Director of Mental Health and Related Services, eLuma



## Moderated by

Jeremy Glauser  
Founder, eLuma

# Introduction

# Who is eLuma?

## eLuma

- ▶ Dedicated to helping students achieve their full potential. We strive to provide a systemic solution in the areas of mental health and special education.
- ▶ Provides live services online, hybrid and on-site with dedicated therapists
- ▶ Founded in **2011**
- ▶ Comprised of **400+ dedicated team members**
- ▶ Over **62,000 students served** in 38 states



# Agenda

Introduction 1:00 pm ET (5 minutes)

Presentation 1:05 pm ET (40 minutes)

Q&A/Discussion 1:45 pm ET (15 minutes)

## The Moderator: **Jeremy Glauser**

- Founder and Board Chair of eLuma
- Founder of the Mental Health Fund, which sponsors School Behavior Health Research
- Founder of the CEO Wellness Advisory
- National Board Certified Health and Wellness Coach
- Advisor to the Kennedy Forum on School Mental Health
- Lives in Oregon with his wife, Natalie, their five school-aged children, and two beloved pups.



## Presenter: **Annie Slease, M.Ed.**

- › Cofounder and CEO of the Mental Health Literacy Collaborative
- › Former Director of Advocacy and Education at the Delaware chapter of the National Alliance on Mental Illness (NAMI)
- › Board member of the Delaware School-Based Health Alliance
- › Governor-appointed member of the Delaware Behavioral Health Consortium
- › Former 25+ Year Classroom Teacher
- › Proud Tribal member of the Citizen Potawatomi Nation



## Presenter: **Brandy Samuell , M.Ed.**



- › Current Director of Mental Health & Related Services at eLuma
- › Completed Post-Master's work in Educational Diagnostics and Educational Leadership
- › Certified in Critical Incident Stress Management
- › Former 32+ Year Public Educator serving roles such as:
  - Assistant Superintendent
  - Special Ed Director
  - Special Education Teacher
  - Crisis Response Leader
  - Behavior Interventionist
  - Counselor

# What Leaders Say They Need\*

1. Caregiver training
2. Staff professional development
3. Universal screeners

*\*According to the State of Mental Health Report 2024 & 2025*

# Address the Crisis with Bold Action

## Student Mental Health is Worsening...

Nearly 60% of providers report worsening student mental health

And this gives us the opportunity to do Universal Screening!

State of Mental Health Report, 2025

## Confidence is Low...

Only 4% of providers report improvement of student mental health

While at the same time, this emboldens us to better support staff!

State of Mental Health Report, 2025

## Access Gaps are Widening...

Only 48% of public schools believe they can meet student mental health needs (**~10-point decline** since 2021-22)

And yet, teaching Mental Health Literacy closes that gap effectively!

National Center for Education Statistics, 2025



## Federal & State Momentum

According to recent policy research findings:

- 38 states passed school mental health legislation during COVID, according to the National Academy for State Health Policy
- A 2024 national policy scan identified 36 state policies, including 18 laws, addressing mental health education
- To date, only 8 states require K–12 mental health education (no opt-out)

# What Policy & Research Support\*

- Comprehensive Tier 1 mental health education
- Frameworks and guidance
- Ongoing research base
- Educator confidence-building

*\*According to the [Toward Mental Health Literacy Education in U.S. School Communities: A National Collaborative for Research, Policy, and Practice, 2024](#)*

# Mental Health Literacy

A framework for effective mental health education



How to foster  
positive mental  
health



Common mental  
health disorders  
and treatments



How to seek  
help  
effectively



Stigma and  
strategies for  
stigma reduction

*(Kutcher et al., 2016)*

*“SEL & MHL are like Math & Science”*

## SEL Framework

- Develop **healthy identities**
- Manage **emotions** and achieve personal and collective **goals**
- Feel and show **empathy** for others
- Establish and maintain healthy, **supportive relationships**
- Make responsible and caring **decisions**

## MHL Framework

- Understand how to foster and **maintain positive mental health**
- Understand common mental health **disorders and treatments**
- Understand **effective help-seeking** strategies for self and others
- Understand stigma and strategies for **stigma reduction**



# Support within the Tiers

## Tier 1

- Caregiver engagement
- Staff PD + coaching
- Universal screeners
- Mental Health Literacy integration

## Tier 2

- Targeted intervention and support
- Virtual & hybrid service models
- Home-school strategy alignment
- Clear referral pathways
- MHL-informed capacity building

## Tier 3

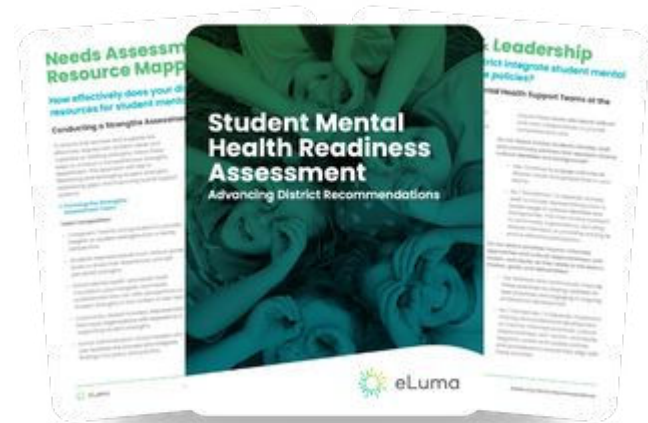
- Community partnerships for non-academic barriers
- Continuity-of-care structures
- Faster access to specialists through teletherapy

# Free Resources | eLuma

## State of Mental Health Report



## School Mental Health Readiness Assessment (and personalized PDF report post-assessment)



Plus check out our timely [Webinars](#) & [Blogs](#)

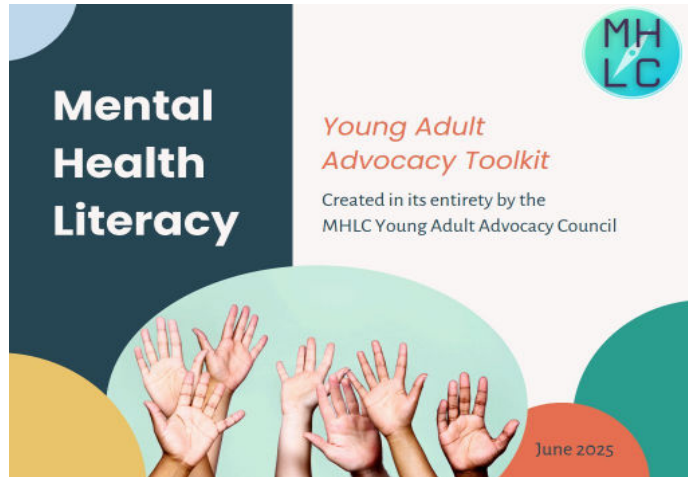
# Free Resources | MHLC

[Mental Health Literacy Program Evaluation Tool](#)

[Young Adult Advocacy Toolkit](#)

[MHL Aware Training for Pre-service Educators \(CGI\)](#)

[Virtual Community of Practice Events](#)



# Discussion + Q&A

# Next Webinar

## A few facts:

- ▶ Co-Sponsored with the Council for Exceptional Children
- ▶ Special Guest: Dr. Alex Kurtz'
- ▶ 1.0 CE Hour Credit and Certificate Available



**FREE WEBINAR**

Turn Tier 2 Into a Difference Maker

## Five High-Impact MTSS Supports You Can Use Tomorrow

*Presented by Brandy Samuell, M.Ed., and Dr. Alex Kurtz  
in partnership with CEC*

**Monday, February 10, at 2:00 pm EST**

 Council for  
Exceptional  
Children

 eLuma

# Want to learn more?

If you would like to learn more about how eLuma can help support your mental health, speech therapy, occupational therapy, and school psychology services, we invite you to schedule a consultation.

[eluma.com/consultation/](https://eluma.com/consultation/)

# Appendix

[Inseparable Mental Health Report Card](#)

[NAMI Mental Health Policy Map](#)