



## Resources for Addressing Student Mental Health Needs

### Mental Health Promotion for All Students (Tier 1) – Universal Supports:

- [Mental Health First Aid in Schools: Connecting Public Health, Policy, & Equity in COVID-19: Web Forum](#) (Public Health Institute)
- [SEL Roadmap: Actions for a Successful Second Semester](#) (The Collaborative for Academic, Social, and Emotional Learning)
- [School Climate Improvement](#) webpage (National Center on Safe & Supportive Learning Environments)
- [6 Best Free Mindfulness Apps for Teachers and Students](#) (Classroom)
  - [Calm](#)
  - [Headspace](#)
  - [MyLife](#)
  - [Smiling Mind](#)
  - [Dreamykid](#)
  - [Insight Timer](#)
- [Expanding Support Beyond the Virtual Classroom](#) (Harvard/Boston College, 2020)
- [When Schools Go Dark, School Counselors Shine: School Counseling During a Global Pandemic](#) (AIR, February 2021)
- Staff Well-Being Tools:
  - [Mindfulness-Based Stress Reduction \[MBSR\]](#) (Palouse Mindfulness)
  - [Community Approach to Learning Mindfully \[CALM\]](#) (CREATE)
  - [Cultivating Awareness and Resilience in Education \[CARE for Teachers\]](#) (CREATE)

### Mental Health Supports for Students At Risk (Tier 2) – Targeted Supports:

- Re-Engaging Students:
  - [Resource Guide: Addressing Student Re-engagement in the Time of COVID-19](#) (National League of Cities)
  - [WhyTry: Tools and Strategies to Re-engage Students and Motivate Attendance During a Pandemic](#)
  - [National Association for Family, School & Community Engagement \[NAFSCE\] - School Reopening Webpage](#)
  - [Preventing A Lost School Year Guide: The Crucial Importance of Motivating Students & Engaging Families](#) (STAND for Children Leadership Center)
- COVID-19 Adaptations:
  - [Brief Intervention for School Clinicians \[BRISC\]](#) (UWashington SMART Center)

- [Cognitive Behavioral Intervention for Trauma in Schools \[CBITS\]](#)
- [Remote Delivery of Group-Based Trauma Interventions](#) (Treatment and Services Adaptation Center)
- [Psychological First Aid for Schools – “PFA Teach” App \(Google Play\)](#)
- [Support for Teachers Affected by Trauma \[STAT\]](#)

### **Mental Health Treatment for Students with Depression, Anxiety (Tier 3) – Intensive Supports:**

- Evidence-Based Therapy (e.g. [cognitive behavioral therapy \[CBT\]](#), [interpersonal psychotherapy for adolescents \[IPT-A\]](#))
- Suicide Prevention:
  - [Suicide Prevention Resource Center](#)
  - [Preventing Suicide: A Toolkit for High School](#) (Substance Abuse and Mental Health Services Administration)
  - National Suicide Prevention Hotline: **800 273-TALK (-8255)**
- [Support for Teens and Young Adults](#) (Centers for Disease Control and Prevention)
- Telehealth Options:
  - [Quick Facts on Telehealth in Schools](#) (Child Mind Institute)
  - [Virtual Service Delivery in Response to COVID-19 Disruptions](#) (National Association of School Psychologists)
  - [Making a Good Connection: Engaging Students and Families in School Tele-Mental Health](#) (Mental Health Technology Transfer Center)
  - [COVID-19 Related State Actions](#) (National Telehealth Policy Resource Center)
  - [Current Telehealth-Related State Laws and Reimbursement Policies](#) (National Telehealth Policy Resource Center)
  - [Office and Technology Checklist for Tele-Psychological Services](#) (American Psychological Association)
- [Behavioral Intervention Tools Chart](#) (National Center on Intensive Intervention)
  - » Filter for Internalizing (or Externalizing) Target Behaviors
  - » Filter for Grade Level
  - » Shows: Quality of Design & Results; and Program Information
  - » Additional Research
- [Behavior Screening Tools Chart](#) (National Center on Intensive Intervention)
- [Treatment Options for Adolescent Depression](#) (JAMA Pediatrics, 2019)
- [Anxiety Disorders Fact Sheet for Schools](#) (KidsHealth, from Nemours)

### Additional Learning Opportunities:

- [Training Institutes 90-minute workshops](#) (March 4 & April 1, 2021)
- [Evidence-Based Mental Health Module Series](#) (National Center for Healthy, Safe Children)
  - » *Introduction to Comprehensive School Mental Health*
  - » *Preparing to Implement a Comprehensive School Mental Health Program*
  - » *Implementing a Comprehensive School Mental Health Program*



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