

Youth Mental Health First Aid and NEW 2-hour Training Workshops in Children's Mental Health and Youth Suicide Prevention

Research shows that half of all lifetime cases of mental illness begin by the age of 14. Youth with mental and behavioral health issues may experience challenges such as academic underachievement, criminal justice involvement and even suicide.

The Center for School Behavioral Health at Mental Health America of Greater Houston is pleased to offer four workshops for educators and individuals that work closely with youth in the Greater Houston area to improve their mental health literacy. Based on research and best practices, these lively, interactive workshops make it easy for teachers and support staff to **fulfill state training mandates** and feel more confident in identifying signs and symptoms of behavioral health concerns and helping students access help.

#1: Youth Mental Health First Aid

Educators are far more likely to encounter a student experiencing a mental health crisis than any other emergency situation. Youth Mental Health First Aid teaches a 5-step action plan to help educators understand signs and symptoms of emerging mental health issues and how to connect students experiencing a mental health crisis with appropriate care. This 8-hour nationally recognized, evidence-based course certifies participants in Mental Health First Aid for 3 years.

#2: Are the Kids All Right? Mental Health in Children

Through activities, role play, video, and demonstrations, participants learn about signs and symptoms of student behavioral health concerns; how trauma affects learning and what to do about it; and how to appropriately respond to young people experiencing mental health issues.

#3: Youth Suicide Prevention Training

Based on three SAMHSA Nationally Recognized Evidence-based Programs and Practices (NREPP) youth suicide prevention programs, this training uses video, discussion and role play to enable participants to feel comfortable identifying signs and symptoms of youth suicide and how to assist a student who may be suicidal.

#4: Youth Mental Health First Aid (Refresher)

This highly interactive 2-hour training is for those who have already been trained in the 8-hour Youth Mental Health First Aid course but need a refresher rich in information, skill-building, and support resources.

All trainings are interactive, skill-based, relevant, and immediately useful. To meet the needs of busy educators, each workshop (except for the Youth Mental Health First Aid core training) is 2 hours and can be conducted in either a small or large group setting. Internet access is required.

For more information or to schedule a workshop, contact the Center for School Behavioral Health Director, Janet Pozmancier, via email at jpozmantier@mhahouston.org.



Mental Health Resources for Educators and Schools

Introduction

Health and Safety Code [§161.325](#) states that the Department of State Health Services (DSHS), in coordination with the Texas Education Agency (TEA) and regional education service centers (ESCs), shall provide and annually update a list of recommended best practice-based programs for implementation in public elementary, junior high, middle, and high schools within the general education setting. DSHS, TEA, and each ESC are required to make the list easily accessible on their websites. The list must include programs in the following areas:

- Early mental health intervention
- Mental health promotion and positive youth development
- Substance abuse prevention
- Substance abuse intervention
- Suicide prevention

Suicide Prevention Training for Educators in Public Schools

[House Bill \(HB\) 2186](#) which was passed by the 84th Texas Legislature, 2015, and signed into law by Governor Abbott on June 19, 2015, (Texas Education Code § 21.451) requires suicide prevention training to all new school district and open-enrollment charter school educators annually and to existing school district and open-enrollment charter school educators on a schedule adopted by the TEA by rule. Training must be selected from the list of recommended best practice-based programs that is provided by the [DSHS](#). School districts and open-enrollment charter schools may also select programs through an independent review of online suicide prevention training materials that comply with the [guidelines](#) developed by the TEA.

The purpose of the current Texas School Health Advisory Committee (TSHAC) document is to identify relevant resources for school personnel to accomplish the training of staff required by the Health and Safety Code and Texas Education Code citations above.

TEXAS RESOURCES

Texas Suicide Prevention

The Texas Department of State Health Services lists multiple best practice resources for schools in areas of Early Mental Health Intervention, Mental Health Promotion and Positive Youth Development, Substance Abuse Prevention and Intervention, and Suicide Prevention. The list

has been created in cooperation with the Texas Education Agency to comply with the requirements of Texas Education Code § 21.451. The list is available at: <http://www.dshs.state.tx.us/mhsa/suicide/Suicide-Prevention.aspx> and at http://tea.texas.gov/Texas_Schools/Safe_and_Healthy_Schools/Coordinated_School_Health/Coordinated_School_Health_Requirements_and_Approved_Programs/

Suicide Prevention Training for Texas Educators

A free, interactive training to help educators build skills and confidence to identify and refer students in psychological or suicidal distress.

<http://www.dshs.state.tx.us/mhsa/suicide/apps/>

Mental Health First Aid

Mental Health First Aid (MHFA) is an 8 hour in-person training that teaches participants how to help people with symptoms of a mental illness or in crisis.

<http://www.mentalhealthfirstaid.org/>

School personnel in Texas can receive MHFA training at no cost. To learn more, contact your local community mental health center:

http://www.txcouncil.com/state_map_of_service_areas.aspx

Texas Department of State Health Services Suicide Prevention

The Texas Department of State Health Services Suicide Prevention homepage lists crisis hotlines and best practice-based resources for public schools, including resources in the following categories: Early Mental Health Intervention, Mental Health Promotion and Positive Youth Development, Substance Abuse Prevention and Intervention, Suicide Prevention, and Educator Preparation Programs .

<http://www.dshs.state.tx.us/mhsa/suicide/suicide-prevention.aspx>

Texas Suicide Prevention

A collaborative initiative to reduce suicides in Texas, Texas Suicide Prevention provides resources and in-person, online, and video training. Resources include information for specific populations and after a suicide takes place.

<http://www.texassuicideprevention.org>

Texas Youth Suicide Prevention Project

Provides online suicide prevention trainings for elementary, middle, and high school educators. Users have practice conversations with virtual students to learn effective methods for engaging in difficult conversations addressing mental health issues. The Kognito online trainings are listed on the National Registry of Evidence-based Programs and Practices (NREPP).

<https://texas.kognito.com> Try out demos of the trainings: <http://www.kognito.com/demos/>

ASK App

The ASK About Suicide to Save a Life app provides useful information to use as an educational resource as well as a crisis intervention resource for suicide prevention.

<http://www.dshs.state.tx.us/mhsa/suicide/apps/>

Texas Behavior Support Initiative

Trainings designed for educators to provide foundational knowledge for the use of positive behavior interventions and supports for students.

<http://www.txbehaviorsupport.org/>

Texas Education Agency (TEA)

The TEA website provides a list of resources related to the counseling and mental health services component of the coordinated school health model.

http://tea.texas.gov/Texas_Schools/Safe_and_Healthy_Schools/Coordinated_School_Health/Counseling_and_Mental_Health_Services_of_the_Coordinated_School_Health_Model/

NATIONAL RESOURCES

MentalHealth.gov

MentalHealth.gov provides one-stop access to U.S. government mental health and mental health problems information, including resources on suicide prevention and coping with traumatic events.

<http://www.mentalhealth.gov>

Center for School Mental Health

Center for School Mental Health strengthens policies and programs in school mental health to improve learning and promote success for America's youth.

<http://csmh.umaryland.edu/index.html>

National Association of School Psychologists

A collection of information and resources for educators and families about a variety of children's mental health issues.

Information for Educators – <http://www.nasponline.org/educators/index.aspx>

Information for Families – <http://www.nasponline.org/families/index.aspx>

National Eating Disorders Association

Resources for educators about eating disorders prevention and treatment, including a toolkit for understanding more about eating disorders and how to support students who may be affected.

<http://www.nationaleatingdisorders.org/educators-and-coaches>

National Suicide Prevention Lifeline – 1 (800) 273-TALK (8255)

Trained crisis workers are available to talk 24 hours a day, 7 days a week.

<http://www.suicidepreventionlifeline.org>

SchoolMentalHealth.org – Resources for Educators

Learn how to enhance school mental health promotion, prevention, treatment, and referral and have access to practical tools for improving school environments.

<http://www.schoolmentalhealth.org/Resources/Educ/ResEdu.html>

UCLA Center for Mental Health in Schools

An online toolbox providing a broad view of mental health in schools and of the role mental health plays in the well-being of students, their families, and their teachers.

<http://smhp.psych.ucla.edu/summit2002/toolbox.htm>

StopBullying.gov

StopBullying.gov provides information and resources about what bullying and cyber bullying is, who is at risk, and prevention and response strategies.

<http://www.stopbullying.gov>

STUDENT MENTAL HEALTH AND ITS IMPACT ON LEARNING

MentalHealth.gov – Mental Health Resources for Educators

Learn what educators should know about the warning signs of mental health problems, the types of mental health conditions, what educators can do in the classroom, and developing effective school mental health programs.

<http://www.mentalhealth.gov/talk/educators/index.html>

Children's Mental Health Disorder Fact Sheets for the Classroom

Produced by the Minnesota Association for Children's Mental Health, these fact sheets are quick summaries of common childhood mental health disorders, with a description, educational implications, some intervention ideas, and other resources.

<http://www.schoolmentalhealth.org/Resources/Educ/MACMH/MACMH.html>

Depression in Children and Adolescents

<http://www.nasponline.org/resources/handouts/social%20template.pdf>

Mood Disorders: What Parents and Teachers Should Know

<http://www.nasponline.org/publications/cq/cq353mooddorders.aspx>

Sleep and Sleep Disorders in Children and Adolescents: Information for Parents and Educators

http://www.nasponline.org/resources/health_wellness/sleepdisorders_ho.aspx

TEACHING STUDENTS WITH MENTAL HEALTH CONCERNS

Child Trauma Toolkit for Educators

A toolkit to provide school administrators, teachers, staff, and concerned parents with basic information about working with traumatized children in the school system.

<http://www.nctsn.org/resources/audiences/school-personnel/trauma-toolkit>

Helping the Student with ADHD in the Classroom

<http://www.nasponline.org/resources/handouts/special%20needs%20template.pdf>

The ABC's of Children's Mental Health

http://www.nasponline.org/resources/handouts/abcs_handout.pdf

TEACHING STUDENTS WITH A HISTORY OF TRAUMA

The Effects of Trauma on Schools and Learning

<http://www.nctsn.org/resources/audiences/school-personnel/effects-of-trauma>

National Child Traumatic Stress Network: Resources for School Personnel

An online resource library for school personnel including information on responding to a school crisis, school safety, the effect of trauma, and more.

<http://www.nctsn.org/resources/audiences/school-personnel>

Death and Grief: Supporting Children and Youth

http://www.nasponline.org/resources/crisis_safety/deathgrief.pdf

Facts on Traumatic Stress and Children with Developmental Disabilities

<http://www.nctsn.org/products/facts-traumatic-stress-and-children-developmental-disabilities-2004>

Identifying Seriously Traumatized Children: Tips for Parents and Educators

http://www.nasponline.org/resources/crisis_safety/psycht_general.aspx

Crisis Event Service Intervention Programs

Service intervention programs to facilitate the recovery of students, staff members, and the school environment after a crisis event.

<http://www.nctsn.org/resources/audiences/school-personnel/service-interventions>

Psychological First Aid for Schools

Psychological First Aid for Schools is an evidence-informed approach for assisting children, adolescents, adults, and families in the aftermath of a school crisis, disaster, or terrorism event.

<http://www.nctsn.org/content/psychological-first-aid-schoolspfa>

Teacher Guidelines for Helping Students after Mass Violence

http://www.nctsn.org/sites/default/files/assets/pdfs/teachers_guidelines_talk_about_mass_violence.pdf

MANAGING BEHAVIOR

Texas Behavior Support Initiative

Trainings designed for educators to provide foundational knowledge for the use of positive behavior interventions and supports for students.

<http://www.txbehaviorsupport.org/>

Center for Parent Information and Resources – Behavior at School

Resources and tools for teachers including using positive methods to solve behavior issues, information on specific disabilities, and resources on Individuals with Disabilities Education Act.

<http://www.parentcenterhub.org/repository/behavior-atschool/>

SCHOOLWIDE PLANNING, IMPLEMENTATION & EVALUATION

Center for School Mental Health – Webinar Series

An archived webinar library about school mental health programs including creating, sustaining, and funding programs, assessment and progress monitoring, meaningfully engaging culturally diverse families, and person centered planning.

<http://csmh.umaryland.edu/Resources/ArchivedWebinars/index.html>

Checklist for School Personnel to Evaluate and Implement the Mental Health Component of Your School Crisis and Emergency Plan

<http://www.nctsn.org/products/checklist-school-personnel-evaluate-and-implement-mental-health-component-your-school-crisis>

Trauma-informed Schools and Anti-bullying Webinars

A series of webinars focuses on partnering with schools to enhance mental health and trauma-informed services including the impact of traumatic events and the benefits of providing trauma-informed mental health services and IEPs in schools.

<http://learn.nctsn.org/course/index.php?categoryid=39>

Building Capacity to Reduce Bullying - Workshop Summary

A summary of a workshop conducted by the Board on Children, Youth, and Families of the Institute of Medicine (IOM) and the National Research Council (NRC) on conceptual models, interventions, and protective factors for bullying prevention.

<http://www.iom.edu/Reports/2014/Building-Capacity-to-Reduce-Bullying.aspx>

Children’s Safety Network Bullying Prevention Resource Guide

This resource guide provides links to organizations, programs, publications, and resources focused on bullying prevention.

<http://www.childrendefsafetynetwork.org/resource/bullying-prevention>

External links to other sites appearing here are intended to be informational and do not represent an endorsement by the Texas Department of State Health Services (DSHS). These sites may also not be accessible to people with disabilities. External email links are provided to you as a courtesy. Please be advised that you are not emailing the DSHS and DSHS policies do not apply should you choose to correspond. For information about any of the initiatives listed, contact the sponsoring organization directly. For comments or questions about this publication, contact the School Health Program at 512-776-7279 or by email at schoolhealth@dshs.state.tx.us. Copyright free. Permission granted to forward or make copies as needed.

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