

SCHOOL MENTAL HEALTH RESOURCES

TASN ATBS SCHOOL MENTAL HEALTH INITIATIVE

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Below is a compilation of resources on topics around ACEs, trauma, neuroscience, early childhood mental health, restorative justice, self-care, mindfulness, and more.

SCHOOL MENTAL HEALTH

School-Based Mental Health Professionals

School Social Workers

- American Council for School Social Work <http://www.acssw.org>
- School Social Work Association of America <http://www.sswaa.org>
- Kansas School Social Work Association <http://www.ksswa.org>

School Counselors

- American School Counselor Association <https://www.schoolcounselor.org>
- Kansas School Counselor Association <http://www.kssca.com>

School Psychologists

- National Association of School Psychologists <http://www.nasponline.org>
- Kansas Association of School Psychologists <http://www.kasp.org>

Community Mental Health Centers

- Community Mental Health Centers (KDADS)
<https://www.kdads.ks.gov/commissions/behavioral-health/consumers-and-families/services-and-programs/community-mental-health-centers>

Frameworks

- A Framework for Safe and Successful Schools
<https://www.nasponline.org/resources-and-publications/resources/school-safety-and-crisis/a-framework-for-safe-and-successful-schools>
- Interconnected Systems Framework
 - Advancing Education Effectiveness: Integrating School Mental Health and School-Wide Positive Behavior Support
http://www.pbis.org/common/cms/files/Current_Topics/Final-Monograph.pdf
 - ISF Tools, Presentations/Trainings and Resources
<http://www.midwestpbis.org/materials/interconnected-systems-framework-isf>
- KidsMatter (Australia) <http://www.kidsmatter.edu.au/primary/resources-schools>
- Strive Together <http://www.strivetgether.org/strivetgether-approach/strivetgether-framework>
- Wisconsin School Mental Health Framework
<http://www.dpi.wi.gov/sspw/mental-health/framework>
- Youth Thrive <http://www.cssp.org/reform/child-welfare/youththrive/about>

Sampling of Outcomes

- **Handle with Care** <http://www.handlewithcarewv.org/index.php>
- **Mental Health Toolkit**
<http://www.thefamilygateway.net/home/special-note-to-schools/mental-health-tool-kit/>

School Mental Health Websites

- **The Center for Health and Health Care in Schools** <http://www.healthinschools.org>
- **National Technical Assistance Center for Children's Mental Health**
<http://gucchdtacenter.georgetown.edu/>
- **UCLA School Mental Health Project** <http://www.smhp.psych.ucla.edu>
- **University of Maryland Center for School Mental Health** <https://csmh.umaryland.edu>

School-Based Health Centers

- **School-Based Health Alliance** <http://www.sbh4all.org/school-health-care/aboutsbhcs/>
- **HRSA School-Based Health Centers** <https://www.hrsa.gov/ourstories/schoolhealthcenters/>
- **Center for School, Health and Education** <http://www.schoolbasedhealthcare.org>

Evidence-Based Mental Health Intervention Registries

- **Blueprints for Healthy Youth Development** <http://www.blueprintsprograms.com/programs>
- **California Evidence-Based Clearinghouse** <http://www.cebc4cw.org>
- **SAMHSA's National Registry of Evidence-Based Programs and Practices**
<http://www.samhsa.gov/nrepp>
- **Society of Clinical Child & Adolescent Psychology Effective Child Therapy**
<http://effectivechildtherapy.org/content/professionals-educators>
- **Student Engagement Project** <http://k12engagement.unl.edu/strategies-related-behavior-discipline>
- **What Works Clearinghouse** <http://ies.ed.gov/ncee/wwc/>

INFANT, EARLY CHILDHOOD, & CHILDREN'S MENTAL HEALTH

- **Center for Child & Family Well-Being** <http://depts.washington.edu/ccfwb/>
- **Center for Early Childhood Mental Health Consultation** <http://www.ecmhc.org/index.html>
- **Center on the Social and Emotional Foundations for Early Learning** <http://csefel.vanderbilt.edu/>
- **Child Mind Institute** <http://www.childmind.org>
- **Georgetown National Technical Assistance Center for Children's Mental Health**
<http://www.gucchdtacenter.georgetown.edu>
- **Safe Schools/Healthy Students** <http://www.samhsa.gov/safe-schools-healthy-students>
- **SAMHSA's Children Mental Health** <http://www.samhsa.gov/children>
- **Technical Assistance Center on Social Emotional Intervention**
<http://challengingbehavior.fmhi.usf.edu/index.htm>

ACEs, TRAUMA & TOXIC STRESS

Resources

- **ACEs Connection Network** <http://www.acesconnection.com/g/aces-in-education>
- **ACE Interface** <http://www.aceinterface.com/index.html>
- **American Institutes for Research** <http://www.air.org/search/site/trauma>
- **Center for Youth Wellness** <http://www.centerforyouthwellness.org>
- **Centers for Disease Control & Prevention** <https://www.cdc.org/violenceprevention/acestudy/>
- **Fostering Resilience** http://www.fosteringresilience.com/7cs_professionals.php
- **Michigan Trauma Informed Care Toolkit**
http://www.michigan.gov/documents/mdch/TI_Toolkit_Resources_484512_7.pdf
- **National Child Traumatic Stress Network/School Personnel**
<http://www.nctsnet.org/resources/audiences/school-personnel>
- **SAMHSA's National Child Traumatic Stress Initiative** <http://www.samhsa.gov/child-trauma>
- **Trauma-Informed Care & Alternatives to Seclusion & Restraint** <http://www.samhsa.gov/nctic>
- **Trauma and Learning Policy Initiative** <https://www.traumasensitiveschools.org/about-tlpi/>
- **WA State ACEs Public-Private Initiative** <http://www.appi-wa.org/>

Downloadable (Free) Books

- **The Heart of Learning and Teaching: Compassion, Resiliency and Academic Success**
<http://www.k12.wa.us/compassionateschools>
- **Trauma and Learning Policy Initiative's *Helping Traumatized Children Learn* - Volumes I and II**
<https://traumasensitiveschools.org/tlpi-publications/>

Videos and Documentaries

- **Nadine Burke Harris: How Childhood Trauma Affects Health Across a Lifetime**
<http://www.centerforyouthwellness.org/news/videos>
- **Paper Tigers: One High School's Unlikely Success Story** <http://kpjrfilms.co/paper-tigers/>
- **Resilience: The Biology of Stress and the Science of Hope** <http://kpjrfilms.co/resilience/>
- **Through Our Eyes: Children, Violence and Trauma**
<http://www.ovc.gov/pubs/ThroughOurEyes/index.html>

Trauma-Sensitive/Informed School Frameworks and Models

- **Compassionate Schools: The Heart of Learning and Teaching**
<http://www.k12.wa.us/CompassionateSchools/default.aspx>
- **Neurosequential Model in Education (NME)** <http://www.childtrauma.org/nme>
- **Risking Connection** <http://www.riskingconnection.com>
- **Sanctuary Model** <http://www.sanctuaryweb.com/TheSanctuaryModel.aspx>
- **Trauma Sensitive Schools: The Flexible Framework**
<https://traumasensitiveschools.org/trauma-and-learning/the-flexible-framework/>
- **TraumaSmart** <http://traumasmart.org>
- **UCSF HEARTS Program: Healthy Environments and Response to Trauma in Schools**
http://coe.ucsf.edu/coe/spotlight/ucsf_hearts.html

ADULT SEL, SELF-CARE & MINDFULNESS

- **CARE for Teachers** <http://www.care4teachers.com/>
- **The Emotional Intelligence Network** <http://eq.org/learn/courses/inspired/>
- **Harvard Center on the Developing Child/Adult Capabilities**
<http://developingchild.harvard.edu/resourcetag/adult-capabilities>
- **Improving Adult-Student Relationships Toolkit**
<http://www.sai-iowa.org/Improving%20Adult-Student%20Relationships.pdf>
- **Safe Supportive Learning Relationships**
<http://safesupportivelearning.ed.gov/topic-research/engagement/relationships>
- **UC Berkeley Greater Good Science Center** <http://greatergood.berkeley.edu/education>
- **UCLA Center for School Mental Health: Understanding and Minimizing Staff Burnout**
<http://smhp.psych.ucla.edu/pdfdocs/burnout/burn1.pdf>
- **Yale Center for Emotional Intelligence** <http://ei.yale.edu/>

CLASSROOM BRAIN-BASED STRATEGIES

- **Brain-Based Learning** <http://www.edutopia.org/article/brain-based-learning-resources>
- **GoNoodle** <https://www.gonoodle.com>
- **Ideal Classroom** <http://www.kidsenabled.org/articles/classroom/ideal-classroom>
- **Movement** <http://www.edutopia.org/blog/move-body-grow-brain-donna-wilson>

CULTURAL COMPETENCE

- **CrossCultural Developmental Education Services** <http://www.crosscultured.com>
- **EdChange** <http://www.edchange.org/multicultural/index.html>
- **Inclusive Schools Network** <http://inclusiveschools.org/about-isn/>
- **National Center for Cultural Competence**
<http://nccc.georgetown.edu/resources/publicationstitle.html>
- **Ruby Payne (poverty)** <http://www.ahaprocess.com>
- **Safe Supportive Learning Cultural & Linguistic Competence**
<https://safesupportivelearning.edu.gov/topic-research/engagement/cultural-linguistic-competence>
- **Teaching for Change** <http://www.teachingforchange.org>
- **Teaching Diverse Learners**
<https://www.brown.edu/academics/education-alliance/teaching-diverse-learners>
- **Teaching Tolerance** <http://www.tolerance.org/classroom-resources>

HEALTHY RELATIONSHIPS

- **Dating Matters: Strategies to Promote Healthy Team Relationships**
https://www.cdc.gov/violenceprevention/pdf/dm_overview-a.pdf
- **Evidence-Based & Practice-Informed Prevention Approaches to Adolescent Dating Abuse, Sexual Assault, and Stalking**
<http://idvsa.org/wp-content/uploads/2013/01/Curriculum-Review-of-Evidence-Based-and-Practiced-Informed-Prevention-Approaches-to-Adolescent-Dating-Abuse-Sexual-Assault-and-Stalking.pdf>
- **How to Talk to Teens About Dating Violence**
<https://www.futureswithoutviolence.org/talk-teen-dating-violence/>
- **Office of Adolescent Health HHS Teen Pregnancy Prevention Program**
http://www.hhs.gov/ash/oah/oah-initiatives/teen_pregnancy/db/tpp-searchable.html
- **Relationship Smarts PLUS 3.0 Relationships & Romance for Teens**
<http://www.dibbleinstitute.org/love-u2-relationship-smarts-plus-new/>
- **Youth.gov** <http://youth.gov/youth-topics/teen-dating-violence/prevention>

MINDFULNESS FOR STUDENTS

- **Kids Matter Mindfulness** <http://www.kidsmatter.ed.au/mental-health-matters/mindfulness>
- **Mindful Schools** <http://www.mindfulschools.org>
- **Mindfulness in Schools Program (MiSP)** <http://www.mindfulnessinschools.org>
- **MindUp from The Hawn Foundation** <http://www.thehawnfoundation.org/mindup>
- **Wellness Works in Schools** <http://www.wellnessworksinschools.com>

NEUROSCIENCE

- **BrainFacts.org** <http://www.brainfacts.org/educators>
- **Harvard University Center on the Developing Child**
<http://developingchild.harvard.edu/science/key-concepts>
- **Resources on Learning and the Brain**
<http://www.edutopia.org/article/brain-based-learning-resources>
- **UW Educational Neuroscience Lab** <http://website.education.wisc.edu/edneurolab/>

PERSON-CENTERED PLANNING

- **I'm Determined** <http://www.imdetermined.org>
- **National Wraparound Initiative** <http://www.nwi.pdx.edu>
- **RENEW**

RESTORATIVE JUSTICE

- **Center for Restorative Justice and Peacemaking** <http://www.suffolk.edu/college/centers/14521.php>
- **Centre for Justice and Reconciliation** <http://restorativejustice.org>
- **Inclusive Solutions** <http://inclusive-solutions.com/problem-solving>
- **International Institute for Restorative Justice Practices** <http://www.iirp.edu/>
- **Living Justice Press** <http://www.livingjusticepress.org>
- **Real Restitution** <http://www.realrestitution.com>
- **Transforming Conflict** <http://www.transformingconflict.org/>

SOCIAL AND EMOTIONAL LEARNING

- **Collaborative for Academic, Social, and Emotional Learning (CASEL)** <http://casel.org>
- **Greater Good Science Center** <http://greatergood.berkeley.edu/resources#education>
- **National School Climate Center** <http://www.schoolclimate.org>

SYSTEMS OF CARE

- **Georgetown University Center for Child and Human Development Toolkit for Expanding the System of Care Approach** <http://gucchd.georgetown.edu/products/ToolkitSOC.html>
- **SAMHSA Comprehensive Community Mental Health Services for Children with SED**
http://www.samhsa.gov/sites/default/files/programs_campaigns/nittta/2015-report-to-congress.pdf
- **SAMHSA-HRSA Integrated Care Models**
<http://www.integration.samhsa.gov/integrated-care-models#bmb=1>
- **SAMHSA's Systems of Care Series (Resources)**
<http://store.samhsa.gov/list/series?name=Systems-of-Care-and-Sistemas-de-Cuidado&sortBy=3&ascending=false&sortByValue=3&size=20&pageNumber=1>

GENERAL RESEARCH

- **Center for Parent Information and Resources** <http://www.parentcenterhub.org>
- **Child Trends** <http://www.childtrends.org>
- **Child Welfare Information Gateway** <https://www.childwelfare.gov/>
- **Early Intervention Foundation** <http://www.eif.org.uk/>
- **National Center for Children in Poverty** <http://nccp.org/about.html>
- **TASN ATBS Lending Library** <http://www.kansasasd.com/library.php>
- **TASN ATBS SMHI Goodreads Account**
<http://www.goodreads.com/user/show/58663900-tasn-atbs-school-mental-health-initiative>