

Resources for Schools

Compiled by Mental Health Recovery Board Serving Warren and Clinton Counties - 11/5/2020

Self-Care:

- [Free Webinar Series for Educators](#) – Live (and Archived for future viewing)

Topics include:

- Educator Wellbeing 101: Practical Tips to Help you S.O.A.R. – Archived
- Interrupt Unhelpful Habits Through Mindfulness Practices That Work – 11/12/2020
- Build Educator Resilience Through Self- Compassion and Gratitude – 12/11/2020

Time
Sensitive
→

Sponsored by Northwest Mental Health Technology Transfer Center and Northwest PBIS Network, Presented by WellEducator

- [Teacher Well-Being Workbook](#) by Medstar Georgetown Center for Well-being in School Environments
- [Self-Care Starter Kit](#) by University of Buffalo School of Social Work
- [Support for Teachers Affected by Trauma \(STAT\)](#) – 5 module, self-paced course for teachers and school administrators which explores the concepts of secondary trauma, risk factors associated with susceptibility to STS, the impact of STS across multiple life domains, and tangible self-care skills. Created by a collaborative from USC School of Social Work, RAND Corporation, University of Montana and UCLA Center for Health Services and Society.
- [Compassion Resilience – School Toolkit](#) - Set of exercises for use for increasing teacher and school resilience in the face of adversity. Created by the Wisconsin Department of Public Instruction, Wisconsin Initiative for Stigma Elimination (WISE) and Rogers in Health.

Student Anxiety:

Webinar Series: Anxiety & School –

- [Identifying Anxiety and What To Do About It](#) – Archived
- [Anxiety in the Classroom: Managing Anxiety During COVID](#) – Archived

Sponsored by Northwest Mental Health Technology Transfer Center

Resources for Schools

Complied by Mental Health Recovery Board Serving Warren and Clinton Counties - 11/5/2020

Trauma Informed Care:



- Ohio Trauma-Informed Schools Conference
9 am – 3 pm – November 7, 2020 (if registered by November 7, participants will have access to view all recorded breakout sessions for 7 days following the conference. Continuing education credit given for education, social work, counseling, nursing, psychology and chemical dependency for live and archived sessions)

Sponsored by Ohio Department of Education and Ohio Department of Mental Health and Addiction Services

- Webinars:
 - [Address Racial Stress and Trauma](#): 12/2/2020, 3-4 pm
 - [Trauma Responsive Care for Younger Students](#): 1/6/2021, 3-4 pm
Sponsored by the National Center for School Mental health and the Mental Health Technology Transfer Center Network
- [Addressing Race and Trauma in the Classroom: A Resource for Educators](#)
- [Cultural Responsiveness to Racial Trauma](#) - Infographic
Developed by the National Child Traumatic Stress Network



School Mental Health:

[25th Annual Conference on Advancing School Mental Health](#)

Over 250 free on-demand sessions in the following tracks:

- School Climate and Universal Mental Health Promotion
- Prevention and Early Intervention
- Mental Health Intervention and Treatment
- Implementation Science and Practice
- Education-Mental Health Integration and Collaboration
- Youth and Family Partnerships in Mental Health
- Cultural Responsiveness and Equity
- Advocacy and Policy
- Financing and Sustainability

Resources for Schools

Complied by Mental Health Recovery Board Serving Warren and Clinton Counties - 11/5/2020

Mental Health Training:

Time
Sensitive
→

- NAMI of Southwest Ohio will be hosting a virtual training for parents of middle school and high school students called "[Ending the Silence.](#)" Parents will learn about mental health warning signs, facts and statistics, and how to work with school staff– 11/18/2020, 6-7:30 pm

Time
Sensitive
→

- Columbia-Suicide Severity Rating Scale Screener (CSSR-S) Resources and Safety Planning – 11/17, 9:00 am-12:30 pm
This training is recommended for any school personnel, Teachers, Administrators, Guidance Counselors, Psychologists, Social Workers, Clinical Counselors, Nurses, Mental Health Providers, Resource Officers, Hope Squad Leaders, Juvenile Justice Professionals. Information covered will include: how to complete the screening tool, when to send a youth to the Emergency Department, alternative interventions, and how to complete a safety plan. Sponsored by Cincinnati Children's Hospital.
- The Ohio Mental Health First Aid Collaborative, with funding support from Ohio Department of Mental Health and Addiction Services, is offering free, virtual Mental Health First Aid trainings for individuals who work with adolescents and transition-age youth, older adults, minority populations and faith and spiritual communities. Click [HERE](#) for more information and to schedule a class. The Collaborative, which includes Mental Health America of Northern Kentucky and Southwest Ohio; Miami University's Center for School-Based Mental Health Programs and Discovery Center for Evaluation, Research, and Professional Learning; Mental Health America of Ohio; The Ohio Mental Health Network for School Success; as well as support from regional and national MHFA experts, also released an [informational video](#). Hosted by OhioMHAS Director Lori Criss, the video provides information on eligible participants and an overview of the class.

Student Competition:

Time
Sensitive
→

The Ohio Suicide Prevention Foundation, in partnership with WNCI 97.9, is sponsoring a [video contest](#) to promote the [Be Present Ohio initiative](#). Ohio teens and young adults are encouraged to participate by sending a video explaining why mental health is important to them, and describing a time they were present for a friend for a chance to be part of a virtual

Resources for Schools

Compiled by Mental Health Recovery Board Serving Warren and Clinton Counties - 11/5/2020

performance by *Why Don't We* on Nov. 19. The deadline to enter is midnight on Nov. 15. For more information, please email Keiko.talley@ohiospf.org.

Disclaimer:

These Resources are compiled by Mental Health Recovery Board Serving Warren and Clinton Counties as a service for professionals and the community. The aim is to give wide coverage to resources, training and news as well as a variety of views and opinions on aspects related to trauma. MHRB does not necessarily endorse the opinions or views put forth in these publications, and neither guarantees the accuracy of the information provided by external sources/links nor accepts responsibility or liability for any consequences arising from the use of such data.