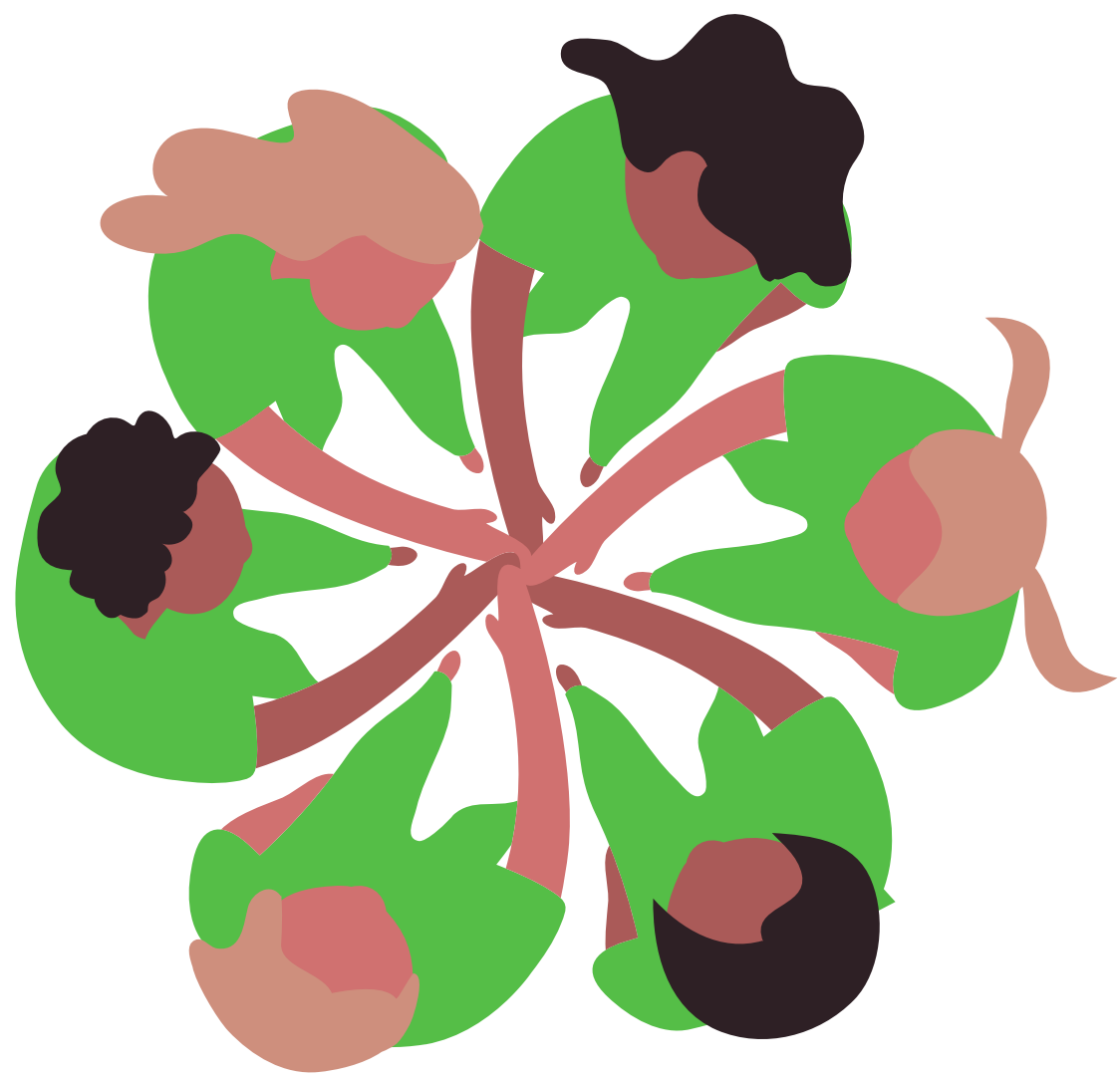


# CREATING A CONTINUUM OF SCHOOL-BASED MENTAL HEALTH SUPPORTS

Designing and implementing a strong, accessible mental health support system at our schools inclusive of both preventative and treatment interventions is essential to promoting student resilience. Here are some ideas and local community organizations to help you get started or strengthen your efforts.



## PREVENTION STRATEGIES

- Promoting social and emotional learning competency, symptom and resource education for school staff, parents and students
- School-based mental health professionals such as psychologists, social workers, & counselors.
- Early identification of students with mental health risk factors
- Assessing mental health of the entire student community and school climate.
- Ongoing, evidence-based, peer to peer programs

## TARGETED INTERVENTIONS

- Case management, home visits and resource referral
- Collaborating with behavioral health and mental health providers to offer school-based support services such as vital skills, case management or individual, family or group therapy.

# COMMUNITY RESOURCES

## Social and Emotional Learning

KOI Education partners with:

- Educators and organizations to deliver high quality evidence-based practices and services that result in positive academic, behavioral, and social achievements in the education community.

## Prevention Workshops and Resource Education

Teen Lifeline provides services such as:

- A national crisis hotline serving youth
- High School and middle school workshops addressing bullying, stress, coping and grief.
- Participate in the AZ School ID Initiative
- Safe TALK and Asist suicide prevention training

## Prevention Workshops and Resource Education

notMykid offers preventative and intervention resources including:

- Youth prevention for grades 5-12
- Faculty and parent education addressing substance use prevention; drug trends; mental health issues affecting K-12 children; navigating internet safety; body image; healthy relationships
- SafeTalk, ASIST and Mental Health First Aid suicide alertness training
- Early intervention for families
- Outpatient and peer support

## Evidence-based Peer to Peer Program

Bring Change to Mind High School is a free, evidence-based, student-led club program that provides teens with a platform to promote mental health education, advocacy, career paths, and resource sharing.

- Each club has access to a \$500 grant, free subscription to the Headspace App, a promotional kit with branded goodies, online resource portal, invitation to free annual mental health summit, ongoing BC2M staff support.

## School-Based Services

Touchstone's School Based Services (SBS) provides:

- Comprehensive behavioral services for youth and their families through a collaboration with the school district.
- SBS aids youth in addressing behavioral and mental health concerns and brings together the family and the school to best support students.
- To schedule an initial appointment, you are welcome to call 602.618.9815

## Research, Assessment & Data Collection

Authentic Connections fosters resilience and improves well-being in school communities using data and insights to promote student resilience.

- AC works directly with schools to assess the mental health of their community and provide recommendations to improve well-being.
- To support schools in the months ahead, AC is offering the first administration of our Student Resilience Survey (SRS) at no charge. The SRS is a targeted survey, specifically assessing measures of student mental health and modifiable aspects of school climate.

[Click Here to Get Started](#)

## Youth Therapy Stipend

The Laloboy Foundation provides:

- Free stipends for low-income youth to have access to counseling sessions. If you are interested, email [laloboyfoundation@gmail.com](mailto:laloboyfoundation@gmail.com)

## PPE Support

MediDent provides PPE and testing supplies to schools at an affordable cost. Check out their price sheet [here](#).