

Administrators, School Counselors, & Other Mental Health Professionals Pathway

- Designed for building or district administrators, school counselors, and other mental health professionals such as school psychologists and social workers.
- Best for people who want a high-level overview of student mental health supports, especially those who are tasked with providing professional development or technical assistance to classroom teachers.

Recommended Videos

Module 2: Teaching Mental Health Literacy and Reducing Stigma

- [Bringing Mental Health to Classroom](#) (04:27)
- [Addressing Stigmatizing Language](#) (01:11)

Module 3: Fostering Social Emotional Competencies and Well-Being

- [Self-Awareness](#) (04:11)
- [Self-Management](#) (04:33)
- [Promoting Self-Regulation](#) (02:31)
- [Responsible Decision-Making](#) (03:55)
- [Relationship Skills](#) (03:37)
- [Identifying Feelings](#) (02:15)
- [Social Awareness](#) (04:00)

Module 4: Understanding and Supporting Students Experiencing Adversity and Distress

- [How do teachers make students feel comfortable approaching them?](#) (01:40)
- [Supporting Students in Distress](#) (01:33)

Module 5: The Impact of Trauma and Adversity on Learning and Behavior

- [TED Talk: How childhood trauma affects health across a lifetime](#) (16:03)
- [Adverse Childhood Experiences \(ACEs\)](#) (02:21)
- [Impact of Trauma on Brain and Learning](#) (03:55)
- [Identifying Student Adversity and Trauma](#) (01:28)
- [Creating Trust and Transparency](#) (01:34)
- [Creating Peer Support in the Classroom](#) (03:07)
- [Creating Student Collaboration](#) (02:35)

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- [Creating Empowerment, Voice, and Choice](#) (03:32)
- [Creating a Culturally Inclusive Classroom](#) (01:14)

Module 6: Classroom Strategies to Support Students Experiencing Distress

- [Noticing Student Distress](#) (01:14)
- [Teacher Feelings when Encountering Student Distress](#) (02:30)
- [Emotion Regulation Strategies](#) (00:42)
- [De-escalation](#) (01:22)
- [Substance Use Strategies](#) (01:58)

Recommended Text Resources

Module 1: Creating Safe and Supportive Classrooms

- [Key Terms](#) (contains key terms and definitions for all modules)
- [Building Trauma Sensitive Schools](#)
- [Guide to Active Listening](#)
- [Restorative Circles](#)
- [Restorative Conference Facilitator Script](#)
- [National Drug and Alcohol IQ Challenge](#)
- [School Safety](#)
- [Strategies for Classroom Safety](#)

Module 2: Teaching Mental Health Literacy and Reducing Stigma

- [Demystifying the Mind](#)
- [The Mental Health and High School Curriculum Guide](#)
- [School-Based Activities Toolkit](#)
- [Youth Mental Health First Aid](#)
- [Addressing the Mental Health Needs of Racial and Ethnic Minority Youth: a Guide for Practitioners](#)
- [Strengthening Resilience: Promoting Positive School Mental Health Among Indigenous Youth](#)
- [Mental Health Research: Latino Community and School Issues](#)
- [Mental Health Research: Issues Facing Latino Kids](#)

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- [Creating Mental Health Bulletin Boards](#)
- [Everyday Mental Health Classroom Resource](#)
- [Language Matters](#)
- [Replacing Stigmatizing Language](#)
- [A Systematic Review of a Common Idiom of Distress](#)
- [Words and Phrases to Avoid](#)
- [Starburst Identity Chart](#)
- [Bring Change 2 Mind](#)
- [Children’s Mental Health Matters!](#)
- [Make It OK](#)
- [Mental Health Week: “Be Kind to Your Mind”](#)
- [9 Truths About Eating Disorders](#)

Module 3: Fostering Social Emotional Competencies and Well-Being

- [Reunite, Renew, and Thrive: Social and Emotional Learning \(SEL\) Roadmap for Reopening School](#)
- [SEL Competencies and Practices](#)
- [Habits of Mind](#)
- [SEL Activities by Grade Level](#)
- [SEL High School Resources](#)
- [Key Elements of SEL Implementation](#)
- [Adult SEL Self-Assessment](#)

Module 4: Understanding and Supporting Students Experiencing Adversity and Distress

- [Children’s Mental Health Disorder Fact Sheet for the Classroom](#)
- [Eating Disorders among Athletes](#)
- [Eating disorders in adolescent and young adult males: prevalence, diagnosis, and treatment strategies](#)
- [Recognizing Anxiety in Youth Webinar and Resource Document](#)
- [Warning Signs and Symptoms](#)
- [Tips for Starting Mental Health Conversations](#)

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Module 5: The Impact of Trauma and Adversity on Learning and Behavior

- [ACES Facts](#)
- [About Child Trauma](#)
- [Childhood Traumatic Grief: Information for School Personnel](#)
- [Complex Trauma: Facts for Educators](#)
- [Toxic Stress 101](#)
- [Types of Trauma](#)
- [HEART Framework: Healing Ethno And Racial Trauma Framework](#)
- [Learning for Justice Anti-Bias Framework](#)
- [Building Trauma Sensitive Schools](#)
- [Creating, Supporting, and Sustaining Trauma-Informed Schools](#)
- [Guidance for a Trauma-Informed Approach](#)
- [Integrating a Trauma-Informed Approach in PBIS](#)
- [Principles of a Trauma-Informed Approach](#)
- [Suggestions for Educators](#)
- [Trauma Responsive Schools Theory of Change Toolkit: National Edition](#)

Module 6: Classroom Strategies to Support Students Experiencing Distress

- [Preventing Suicide: The Role of High School Mental Health Providers](#)
- [Prevention Technology Transfer Center \(PTTC\) Network](#)
- [Prevention Matters: Proven Programs to Help Schools Address Substance Use](#)
- [Substance Use Prevention Curriculum Do's and Don'ts](#)
- [Substance Use Prevention: Evidence-Based Practices to Promote Agency in Middle School Students](#)
- [Nurturing My Mental & Emotional Health](#)