When it comes to education, educational neuroscience is making it clear that adversity, trauma, and stress have significant effects on a child's social, emotional, and cognitive development. Simply stated, stressed brains do not learn the same as brains that feel safe, can emotional regulate, and feel connection. However, due to the fact that these indicators either go unrecognized or there is a lack of knowledge about their effects on learning and behavior, children and youth with mental health issues are often identified or mislabeled as having behavior, discipline, and/or learning issues in a school setting (Harris, Lieberman, & Marans, 2007).

The following is a list of resources to help aide schools and their community partners as they work to address the emotional and mental health of their children and youth.

SCHOOL MENTAL HEALTH

School-Based Mental Health Professionals

- School Counselors
  - American School Counselor Association (ASCA)
    https://www.schoolcounselor.org
  - Indiana School Counselor Association (ISCA)
    http://www.indianaschoolcounselor.org/

- School Social Workers
  - American Council for School Social Work
    http://www.acssw.org
  - School Social Work Association of America (SSWA)
    http://www.sswaa.org
  - Indiana School Social Work Association (INSSWA)
    http://www.insswa.org/

- School Psychologists
  - National Association of School Psychologists (NASP)
    http://www.nasponline.org
  - Indiana Association of School Psychologists (IASP)
    http://www.iasponline.org/

- Community Mental Health Centers (CMHCs)

Indiana School Mental Health Initiative at Indiana Resource Center for Autism
Indiana Institute on Disability and Community, Indiana University – Bloomington
1905 N. Range Road, Bloomington, IN 47408

website.org

(812) 855-6508

jcgauss@indiana.edu

- o Indiana Council of Community Mental Health Centers (ICCMHC), Inc.
  https://www.iccmhc.org/providers
- o Indiana Resource Center for Autism (IRCA): CMHC Access Point Contacts
  https://www.iidc.indiana.edu/styles/iidc/defiles/IRCA/CMHWAccessList.pdf

Frameworks

- The Comprehensive Behavioral Health Model (CBHM)
  The CBHM was developed by Boston Public Schools Behavioral Health Service department with Boston Children's Hospital in order to provide a multi-tiered system to students with high quality behavioral and mental health support.
  - o http://cbhmboston.com/what-is-cbhm/
  - o http://cbhmboston.com/trainings-2/

- The Wisconsin School Mental Health Framework
  Integrates school mental health with positive behavioral interventions and supports.
  - o https://dpi.wi.gov/sspw/mental-health/framework

- Interconnected Systems Framework (ISF)
  ISF represents an interconnection of Positive Behavioral Interventions and Supports (PBIS) and School Mental Health (SMH) systems to improve educational outcomes for all children and youth, especially those with or at risk of developing mental health challenges.
  - o https://www.pbis.org/school/school-mental-health/interconnected-systems

- A Framework for Safe and Successful Schools
  A joint statement that provides policy recommendations and best practices for creating safe and successful schools.
  - o https://www.nasponline.org/resources-and-publications/resources/school-safety-and-crisis/a-framework-for-safe-and-successful-schools

- Youth Thrive
  A research-informed framework on positive youth development, resilience, neuroscience, stress and impact of trauma on brain development to improve the well-being outcomes of all youth (ages 9-26).
  - o http://www.cssp.org/reform/child-welfare/youththrive/about

- Safe Schools/Healthy Students (SS/HS)
  SS/HS is a framework used to prevent youth violence and substance use in schools and communities, and promotes and improves student access to mental health services
  - o http://www.healthysafechildren.org/sshs-framework

- Red Flags National: A Framework and Tool Kit for Mental Health Education
  Red Flags supports mental health education is a universal prevention strategy with a three-pronged objective: the engagement of the entire school community, the nurture of sound mental health habits and appropriate and timely intervention in the event of mental illness.
  - o http://www.redflags.org/

Workshops, Trainings and School Assemblies

- Mental Health Training Intervention for Health Providers in Schools (MH-TIPS)
  The Mental Health Training Intervention for Health Providers in Schools (MH-TIPS) is an in-service training and a free online training for school health providers aimed at enhancing their competence in managing the needs of students with or at risk for emotional and behavioral difficulties that interfere with learning.
  - o https://mdbehavioralhealth.com/training
  - o http://csmh.umaryland.edu/Current-Initiatives/MH-TIPS/#d.en.104282

- National Association for School Psychologists (NASP): Online Learning Center
  The NASP Online Learning Center is a collection of audio and video workshops on a variety of mental and behavioral health topics. Prices range from $35 to $120 for most workshops.
  - o https://nasp.inreachce.com/

Indiana School Mental Health Initiative at Indiana Resource Center for Autism
Indiana Institute on Disability and Community, Indiana University – Bloomington
1905 N. Range Road, Bloomington, IN 47408

website.org
(812) 855-6508
jcgauss@indiana.edu

- The ANCOR/NADD Dual-Diagnoses Webinar Series
  The American Network of Community Options and Resources (ANCOR) and NADD (An association for persons with developmental disorders and mental health needs) presents six-part webinar series that covers topics ranging from relaxation training for individuals with IDD to supporting psychological resilience in staff.
    - http://thenadd.org/webinar

- Youth Mental Health First AID USA
  Youth Mental Health First Aid is designed to teach parents, family members, caregivers, teachers, school staff, peers, neighbors, health and human services workers, and other caring citizens how to help an adolescent (age 12-18) who is experiencing a mental health or addictions challenge or is in crisis.
    - https://www.mentalhealthfirstaid.org/cs/take-a-course/course-types/youth/
    - http://www.namiindiana.org/education-support/youthmhfa

- Get Schooled Tour
  A one hour, high energy program/assembly for middle school and high school students that combines live music, interactive polling and compelling video to motivate students in to a local System of Care (SOC).
    - http://www.getschooledtour.com/?gclid=COyAw9LjwNICFYa4wAodY3MOwA

- Parents Meeting the Challenge
  An 8-session program for parents and primary caregivers of children and adolescents with serious emotional disorders.
    - http://www.naminh.org/we-educate/family-education/parents-meeting-challenge

- Cognitive Behavioral Intervention for Trauma in Schools (CBITS)
  CBITS is a school-based, group and individual intervention used to reduce symptoms of PTSD, depression, and behavioral problems. CBITS offers both online and in-person training.
    - http://cbitsprogram.org/

- Trauma Focused Cognitive Behavioral Therapy (TF-CBT)
  TF-CBT is highly effective at improving youth with posttraumatic stress disorder (PTSD) symptoms and diagnosis, as well as anxiety, depression, and cognitive behavioral problems.
    - https://tfcbt.org/about-tfcbt/

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

- SAMSHA School and Campus Health
  https://www.samhsa.gov/school-campus-health/information

- Mental Health America: Back to School
  http://www.mentalhealthamerica.net/back-school

- The Kennedy Forum
  https://thekennedyforum-dot-org.s3.amazonaws.com/documents/7/attachments/Education_Five_Pillars.pdf?1472449871

School-Based Health Centers

Indiana School Mental Health Initiative at Indiana Resource Center for Autism
Indiana Institute on Disability and Community, Indiana University – Bloomington
1905 N. Range Road, Bloomington, IN 47408

website.org
(812) 855-6508
jcgauss@indiana.edu

- 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

- Indiana School Health Network
  http://www.ckfindiana.org/about/ishn/about-ishn

- Indiana Rural Health Association's (IRHA) Rural School Clinic Network
  http://www.indianaruralhealth.org/services/irscn/indiana-rural-schools-clinic-network/?back=Services

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/

- Collaborative for Academic, Social, and Emotional Learning's (CASEL) Program Guide to Effective Social and Emotional Programs
  http://www.casel.org/guide/

INFANT, EARLY CHILDHOOD & CHILDREN'S MENTAL HEALTH

- Infancy Onwards
  An Indiana Association for Infant and Toddler Mental Health that whose goal is to advance the conditions, which provide an early start toward optimal mental health.
  - https://www.iaitmh.org/

- The Sunny Start: Healthy Bodies, Healthy Minds initiative
  A comprehensive, collaborative, statewide effort to implement a strategic plan to support a coordinated system of resources and supports for young children from birth through age five and their families in Indiana.
  - http://www.state.in.us/isdh/21190.htm

- Center for Early Childhood Mental Health Consultation
  Provide resources for mental health consultants, Head Start program administrators, Head Start staff, training and technical assistance providers, and families. They also provide information on the Georgetown Model of Early Childhood and Mental Health Consultation (https://www.ecmhc.org/documents/FCC_SB%20ECMHC%20Manual.pdf)
  - http://www.ecmhc.org/index.html

Indiana School Mental Health Initiative at Indiana Resource Center for Autism
Indiana Institute on Disability and Community, Indiana University – Bloomington
1905 N. Range Road, Bloomington, IN 47408

website.org
(812) 855-6508
jcgauss@indiana.edu

- Center for Child and Family Well-Being
  The CCFW-Being provides knowledge and research promotes the positive development and well-being of children and families
  - http://depts.washington.edu/ccfwb/

- Center on the Social and Emotional Foundations for Early Learning
  The CSEFEL is a training and technical assistance center that aims to promote young children's social and emotional development and prevent challenging behavior.
  - http://csefel.vanderbilt.edu/

- Child Mind Institute
  A non-for-profit that provides information on child mental health and learning disabilities. Through their website, teachers and families can search for specific concerns and disorders and check out specific resource guides.
  - http://www.childmind.org

- Georgetown National Technical Assistance Center for Children's Mental Health
  The National Technical Assistance Center for Children's Mental Health at Georgetown University provides a number of resources including publications, webinars and other online presentations to a broad audience
  - http://www.gucchdtacenter.georgetown.edu

- SAMHSA's Children Mental Health
  The Substance Abuse and Mental Health Services Administration seeks to raise awareness about the importance of children's mental health by providing resources and presenting public service announcements.
  - http://www.samhsa.gov/children

- Technical Assistance Center on Social Emotional Intervention
  The Technical Assistance Center on Social Emotional Intervention for Young Children (TACSEI) takes research on social-emotional outcomes for young children with, or at risk for, delays or disabilities and creates free products and resources.
  - http://challengingbehavior.fmhi.usf.edu/index.htm

- Indiana Federation of Families for Children's Mental Health
  IFFCMH is a statewide program run by caregivers and former caregivers of children with mental health needs. They provide support to schools, child-serving providers, government agencies, and law enforcement and courts.
  - http://www.indianafamilies.org/resources.html

CHILDREN WITH DISABILITIES & MENTAL HEALTH NEEDS

- NADD: An Association for Persons with Developmental Disabilities and Mental Health Needs
  http://thenadd.org/

- AAIDD Online Learning Course: Understanding Dual Diagnosis
  https://aaidd.org/education/education-archive/2017/01/16/default-calendar/understanding-dual-diagnosis-intellectual-disability-and-mental-health#.WLcMaBIrI1g

- Autism Speaks: Treatment for Associated Psychiatric Conditions
  https://www.autismspeaks.org/what-autism/treatment/treatment-associated-psychiatric-conditions

- University of South Florida's Guidebook on Mental Health Issues Affecting Individuals with Autism Spectrum Disorder
  http://card-usf.fmhi.usf.edu/docs/resources/CARD_ASDMH_Brochure092109.pdf

- LDA: Related Disorders of a Learning Disability: What You Should Know
  https://ldaamerica.org/what-you-should-know-about-related-disorders-of-learning-disability/

- Intellectual Disability and Mental Health: A Training Manual in Dual Diagnosis
  https://www.amazon.com/Intellectual-Disability-Mental-Health-Diagnosis/dp/1572560703

- Diagnostic Manual—Intellectual Disability (DM-ID): A Clinical Guide for Diagnosis of Mental Disorders in Persons with Intellectual Disability
  https://www.amazon.com/Diagnostic-Manual-Intellectual-Disability-DM-ID/dp/1572561262

Indiana School Mental Health Initiative at Indiana Resource Center for Autism
Indiana Institute on Disability and Community, Indiana University – Bloomington
1905 N. Range Road, Bloomington, IN 47408

website.org
(812) 855-6508
jcgauss@indiana.edu

ADVERSE CHILDHOOD EXPERIENCES (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 (AIR)
  http://www.air.org/search/site/trauma

- Center for Youth Wellness
  http://www.centerforyouthwellness.org

- Centers for Disease Control (CDC) & Prevention: ACE Study
  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/

- The National Technical Assistance Center for Children's Mental Health
  https://gucchdtacenter.georgetown.edu/TraumaInformedCare.html

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
  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

- LookUp Indiana Video to Reduce Mental Health Stigma in Schools
  https://www.youtube.com/watch?v=dFokp3iczKw

- Aces Primer
  http://kpjrfilms.co/resilience/bonus-content/

Trauma-Sensitive/Informed School Framework 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/

- Trauma Smart
  http://traumasmart.org

- UCSF HEARTS Program: Healthy Environments and Response to Trauma in Schools http://coe.ucsf.edu/coe/spotlight/ucsf_hearts.html

ADULTS, PARENTS & TEACHER'S SELF CARE

- Indiana Adult Mental Health Habilitation (AMHH) services program
  http://www.in.gov/fssa/dmha/2876.htm

- Indiana Mental Health Service Providers for Adults
  http://www.in.gov/fssa/dmha/4446.htm

- National Alliance of Mental Illness (NAMI) and NAMI Indiana
  - www.nami.org
  - http://www.namiindiana.org/

- 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/

CULTURAL COMPETENCE

- EdChange
  http://www.edchange.org/multicultural

- Inclusive Schools Network
  http://inclusiveschools.org

- National Center for Cultural Competence
  https://nccc.georgetown.edu

- Safe Supportive Learning Cultural & Linguistic Competence
  https://safesupportivelearning.ed.gov/topic-research/engagement/cultural-linguistic-competence

- Teaching for Change
  http://www.teachingforchange.org/

- Teaching Diverse Learners (ELL)
  https://www.brown.edu/academics/education-alliance/teaching-diverse-learners

- Teaching Tolerance
  http://www.tolerance.org/classroom-resources

- PBIS Indiana: Culturally Responsive Practices
  http://www.indiana.edu/~pbisin/components/?nav2=Culturally_Responsive_Practice

- APA Multicultural Guidelines for Psychologists
  http://www.apa.org/pi/oema/resources/policy/multicultural-guidelines.aspx

- The Equity Project: Resource Directory
  http://www.indiana.edu/~equityiu/resource-directory/

- Center for Education and Lifelong Learning
  https://www.iidc.indiana.edu/pages/cell

TEENS & 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-teens-teen-dating-violence/

- Office of Adolescent Health HHS Teen Pregnancy Prevention Program
  https://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

LGBTQ+ AND MENTAL HEALTH

- NAMI: LGBTQ
  https://www.nami.org/Find-Support/LGBTQ

- Association for Lesbian, Gay, Bisexual, Transgender Issues in Counseling
  http://www.algbtic.org/

- GSA Network
  https://gsanetwork.org/about-us

- LGBT National Help Center
  http://www.glbtnationalhelpcenter.org/

- The Trevor Project
  http://www.thetrevorproject.org/

- GLSEN
  https://www.glsen.org/

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

- Mind Up from The Hawn Foundation
  http://www.thehawnfoundation.org/mindup

- Wellness Works in Schools
  http://www.wellnessworksinschools.com

- Inner Kids
  http://www.susankaisergreenland.com/inner-kids-1/

NEUROSCIENCE

- Dr. Lori Desautels: Professor at Butler University
  - https://www.edutopia.org/users/dr-lori-desautels
  - http://revelationineducation.com/
  - https://www.presencelearning.com/resources/content-library/brain-aligned-strategies-lori-desautels/

- 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

- SAMHSA's Person- and Family-Centered Care and Peer Support
  https://www.samhsa.gov/section-223/care-coordination/person-family-centered

- I'm Determined
  http://www.imdetermined.org

- It's My Choice
  http://mn.gov/mnddc//extra/publications/choice/Its_My_Choice.pdf

- National Wraparound Initiative
  http://www.nwi.pdx.edu

- Person-Center Planning Process Tool-kit
  http://supporteddecisionmaking.org/legal-resource/person-centered-planning-process

RESTORATIVE JUSTICE

- Center for Restorative Justice and Peacemaking
  http://www.suffolk.edu/college/centers/14521.php

- 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-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

- IRCA: Education and Systems of Care
  https://www.iidc.indiana.edu/pages/system-of-care

- Indiana's System of Care (IN SOC)
  http://www.in.gov/fssa/dmha/2754.htm

- Southeastern Indiana Systems of Care
  http://www.onecommunityonefamily.org/

- Indiana's System of Care Conference
  https://www.facebook.com/insocc/

- Lutheran Foundation's Mental Health Resource Website: LookUp Indiana
  https://lookupindiana.org/

- Georgetown University Center for Child and Human Development Toolkit for Expanding the System of Care Approach
  http://gucchd.georgetown.edu/products/ToolkitSOC.html

- Technical Assistance Center The National for Children's Mental Health: SOC Modules
  https://gucchdtacenter.georgetown.edu/the-soc-approach.html

- SAMHSA
  - Comprehensive Community Mental Health Services for Children with SED
    http://store.samhsa.gov/product/The-Comprehensive-Community-Mental-Health-Services-for-Children-with-Serious-Emotional-Disturbances/PEP15-CMHI2012-2013

  - Integrated Care Models
    http://www.integration.samhsa.gov/integrated-care-models#bmb=1

  - Systems of Care Series (Resources)
    http://store.samhsa.gov/list/series?name=Systems-of-Care-and-Sistemas-de-Cuidado&sort-By=3&ascending=false&sortByValue=3&size=20&pageNumber=1

GENERAL RESEARCH

- IRCA: Mental Health Survey
  https://www.iidc.indiana.edu/pages/mental-health-survey

- Center for Disease Control (CDC) and Prevention: Children's Mental Health
  https://www.cdc.gov/childrensmentalhealth/index.html

- National Institute of Mental Health (NIMH)
  https://www.nimh.nih.gov

- 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 (EIF)
  http://www.eif.org.uk/

- National Center for Children in Poverty (NCCP)
  http://nccp.org/about.html