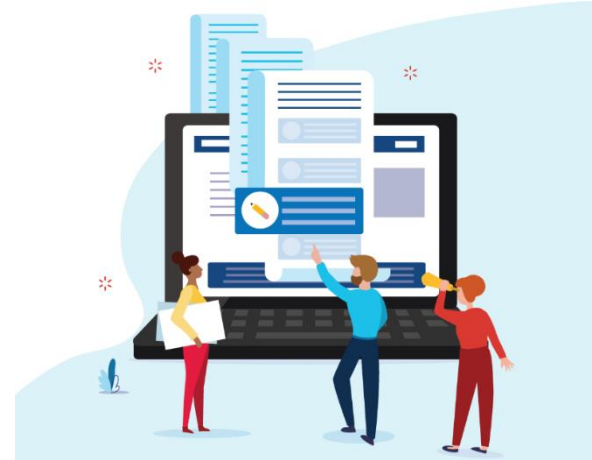


K-12 Student Mental Health Resources and Support

Wednesday, May 29, 2024

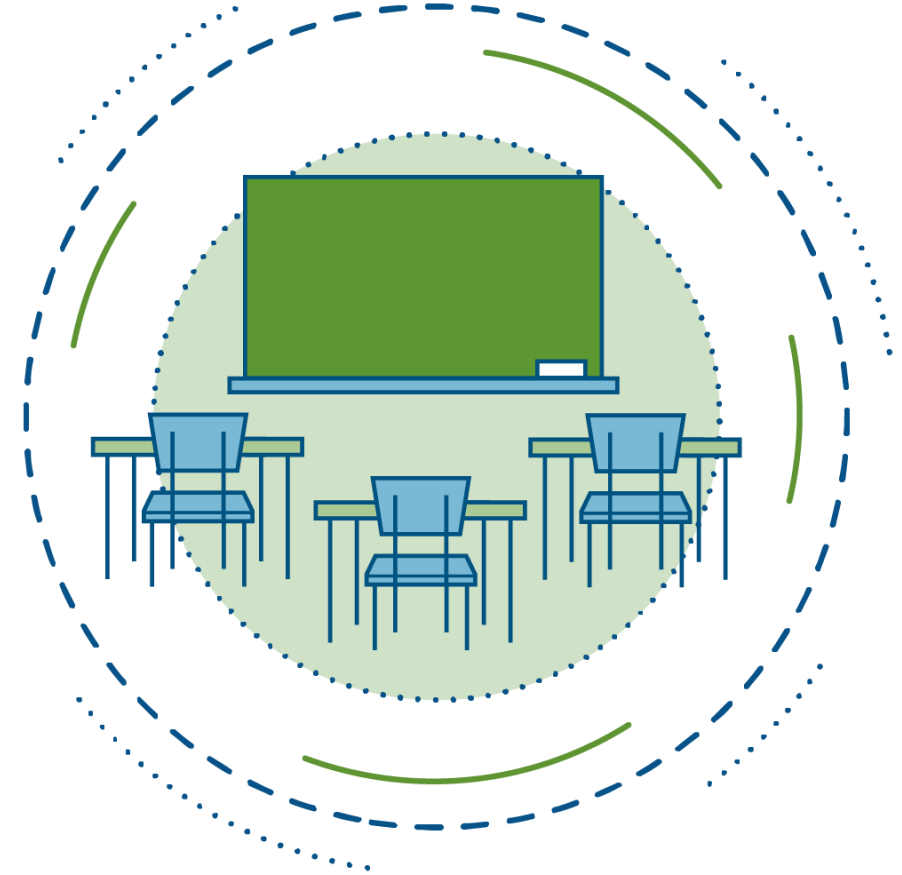
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SAMHSA
Substance Abuse and Mental Health
Services Administration



Agenda

- Objectives
- Speaker Introductions
- Panel Discussion
- [SchoolSafety.gov](https://www.schoolsafety.gov)
- Closure



Objectives

The purpose of this training is to:

- provide examples of practical implementation of federal funding,
- showcase effective models for school-based mental health programs and services,
- and provide overviews of mental health and wellness resources available to schools.



Featured Speakers



Nancy Kelly

Director, Division of Children and School Mental Health
Center for Mental Health Services
Substance Abuse and Mental Health Services Administration



Ashley Sepeter

Coordinator, Michigan Project AWARE
Michigan Department of Education



Dr. Margaret A. Sedor

Nationally Certified School Psychologist
Suicide Prevention & Wellbeing Coordinator Sweetwater
Union High School District



Ryan Streeter

Program Manager, Product & Training
School Safety Task Force
Cybersecurity and Infrastructure Security Agency



Speaker Panel Resource Highlights

- [988 Suicide & Crisis Hotline](#)
- [Center of Excellence on Social Media and Mental Wellbeing](#)
- [Center of Excellence on Social Media and Youth Mental Health](#)
- [The Mental Health Technology Transfer Center](#)
- [SAMHSA Store: Publications and Digital Products](#)
- [National Association of School Psychologists | NASPonline.org](#)
- [National Association of School Psychologists PREPaRE Training Curriculum](#)
- [National Center for School Mental Health | University of Maryland School of Medicine](#)
- [National Center on Safe Supportive Learning Environments | School Climate and Social-Emotional Learning](#)

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Mental Health Topic Page | SchoolSafety.gov

This page contains important information, key strategies to consider, and featured resources to support schools and districts regarding the topic of mental health.

Users can filter resources by the following subtopics:

- [At Risk Children](#)
- [Conduct Issues](#)
- [School Based Mental Health Services](#)
- [Substance Use](#)
- [Suicide Management](#)
- [Training, Partnership, and Capacity Building](#)

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About Topics Tools and Resources Search

Home > Mental Health

Mental Health

Make schools safer by improving access to mental health services.

Students often come to school with complex physical and [mental health](#) concerns or social service needs. Access to mental health services helps to create a positive school climate, prevents worsening of mental health conditions, and leads to better outcomes for students.

Subtopics

- Bullying and Cyberbullying
- Cybersecurity
- Emergency Planning
- Infectious Diseases and Public Health
- Mental Health**
- School Climate
- Targeted Violence
- Threat Assessment and Reporting

Mental health challenges... According to the [National Institute of Mental Health](#), up to 1 in 5 children experience a mental disorder in early childhood, although many do not receive treatment until years later.

By supporting students with mental health challenges, schools can improve their academic and behavioral outcomes.

Filter Resources

Action

- Prevent
- Protect and Mitigate
- Respond and Recover

Subtopic

- At Risk Children
- Conduct Issues
- School Based Mental Health Services
- Substance Use
- Suicide Management
- Training, Partnership, and Capacity Building

All Mental Health Resources

The federal government identified additional resources that highlight strategies for school safety. Use these resources to learn more about mental health.

SURVEY

CDC Data on Youth Mental Health Threats During COVID-19
Department of Health and Human Services, March 2022

These data and analyses shine additional light on the mental health of U.S. high school students during the COVID-19 pandemic and tips for the school community to promote school connectedness.

WEBPAGE

Responding to COVID-19: Anxiety & Return to Work/School
Department of Health and Human Services, 2021

Returning to school or work in this current phase of COVID is perhaps less isolating, but still a time of stress and anxiety. This webpage includes resources developed by the Mental Health Technology Transfer Center Network and other

Mental Health Issue Brief

- Shares mental health strategies and resources for K-12 schools to support and promote student mental health
- Includes available guides, tools, trainings, and programs that schools and school districts can use to implement mental health programs and initiatives within their community

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Mental Health Resources

Promote better student outcomes and foster safer schools through mental health programs and support.

Mental health is an important part of a child's overall health and well-being that affects how children think, feel, and act. It can play a role in how children handle stress, relate to others, and make healthy choices. Mental health disorders without early diagnosis and treatment can cause problems that can continue into adulthood.

Youth mental health is shaped by a combination of factors, including individual factors like genetics, and community factors like school climate. According to recent surveys, young people show alarming increases in the prevalence of anxiety, depression, and other behavioral health challenges that have consistently increased over the past decade.

Schools are critical partners in supporting the mental health and well-being of students. In addition to education, they provide opportunities for social, mental health, and physical health services that can help protect against negative outcomes. Schools can also serve as communities of support, enabling students to develop relationships with supportive adults and peers and helping youth find purpose and belonging.

By supporting students who are experiencing mental health challenges, schools can help foster a sense of safety and support, prevent worsening of mental health conditions, and create better outcomes. There are several strategies educators, school staff, and school districts can implement to support the mental health of all students, including:

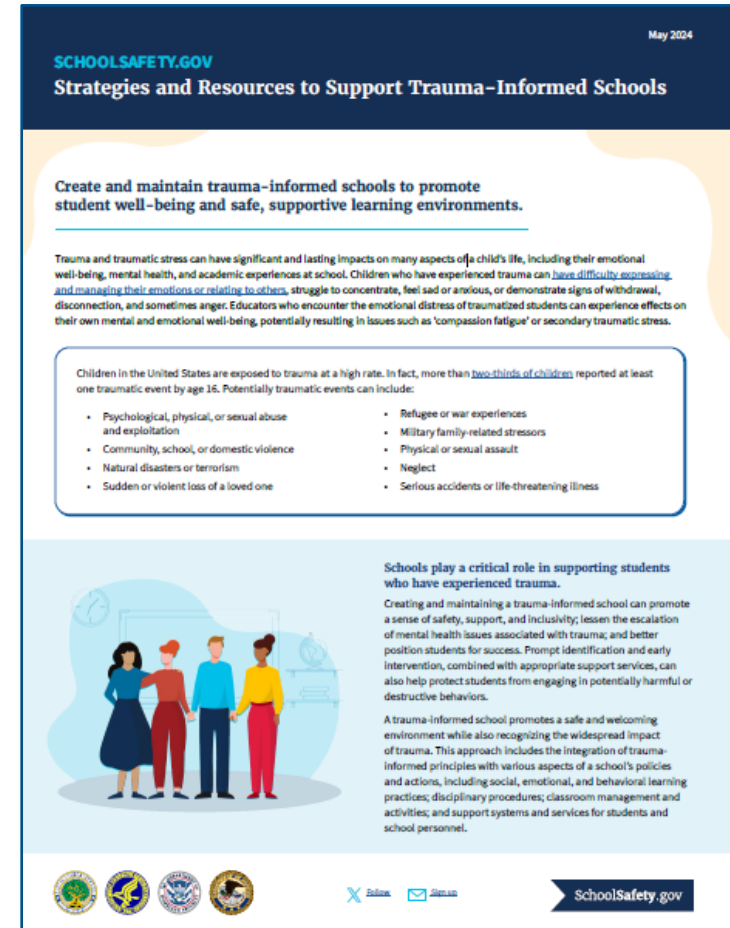
Provide Access to Comprehensive School-Based Mental Health Services

School mental health programming includes an array of services that address prevention, early intervention, and treatment needs of students to facilitate well-being and positive healthy youth development. Comprehensive school-based programs incorporate a team of licensed behavioral health professionals that provide on-site therapy services. School-based mental health services and tele-health programs also allow mental health needs to be addressed without removing students from the learning environment.

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Trauma-Informed Schools Issue Brief

- Describes the **impact of trauma and traumatic stress on a child's life**
- Focuses on **strategies and resources to build and maintain trauma-informed schools that promote student well-being and safe, supportive learning environments**



Contact Information and Questions

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- [@SchoolSafetyGov](https://twitter.com/SchoolSafetyGov)

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Key Resource Links

- [Substance Abuse and Mental Health Services Administration](#)
- [SAMHSA Grants Dashboard](#)
- [Project AWARE](#)
- [SchoolSafety.gov](https://www.schoolsafety.gov)



Questions, feedback, or ideas?
Please contact SchoolSafety@hq.dhs.gov

