

# MENTAL HEALTH BULLETIN

## Resources and Trainings on Mental Health



### Supporting Student Mental Health: Resources to Prepare Educators

The Mental Health Technology Transfer Center (MHTTC) Network and the National Center for School Mental Health at the University of Maryland School of Medicine collaborated on an environmental scan and needs assessment of available educator mental health literacy training and resources. They have prepared a document which:

- ◊ Describes the role of educators in supporting student mental health
- ◊ Explains the core components of mental health literacy
- ◊ Provides an annotated list of existing resources and trainings

[Supporting Student Mental Health: Resources to Prepare Educators](#) is available for download from the MHTTC Products and Resources Catalog.

### Trauma-Informed School Strategies During Covid-19

[The National Child Traumatic Stress Network \(NCTSN\)](#) provides trauma-informed school strategies in response to COVID-19. The NCTSN provides information on the physical and emotional well-being of staff, creating a trauma-informed learning environment, identifying and assessing traumatic stress, addressing and treating traumatic stress, trauma education and awareness, partnerships with students and families, cultural responsiveness, emergency management and crisis response, and school discipline policies and practices.

Visit NCTSN's website for this and a variety of other resources.



#### Event:

Monthly Mental Health Assistance Allocation Plan meeting | **November 11th, 2:00 p.m.**

#### Contact information:

[Martha.Rodriguez@fldoe.org](mailto:Martha.Rodriguez@fldoe.org)

Phone: 850-245-0063

### Responding to Family Violence during COVID-19

Substance Abuse and Mental Health Services Administration's (SAMHSA) [Intimate Partner Violence and Child Abuse Considerations During COVID-19](#) resource provides important considerations and additional resources to help families and communities address intimate partner violence and child abuse health concerns.

[Preventing and Responding to Family Violence During COVID-19 Series](#) | MHTTC Network in partnership with the NCTSN. This series uses case examples and dialogue between experts from NCTSN to address critical questions that mental health providers are facing during the COVID-19 pandemic.



### Free Online Training

#### [National Center for School Mental Health \(NCSMH\)](#)

The mission of the NCSMH is to strengthen policies and programs in school mental health to improve learning and promote success for America's youth. The center has resources, training and information on various topics including the following:

#### [Telemental Health 101 Webinar](#)

This 47-minute training, conducted by Jennifer Cox, LCSW-C, Director of the University of Maryland School Mental Health Program, provides an overview to help prepare school mental health clinicians to use telemental health to provide services and supports to students and families.

#### [Learning Center for Child and Adolescent Trauma](#)

An online resource for professionals and families who want to learn more about child traumatic stress. The primary sections of the Learning Center include: Continuing Education, Military Families, Psychological First Aid, Service Systems, Special Populations, and Clinical Training.

The courses available include webinars, e-learning courses and training curricula. In addition, many of the courses on the Learning Center web site provide professionals with continuing education (CE) credit. New users can create a free account online by visiting <https://learn.nctsn.org/register>.

For more information about programs available for CE's, visit <https://learn.nctsn.org/cecredit>.



*In Collaboration With...*



FLORIDA DEPARTMENT OF EDUCATION