



# CENTER FOR RURAL SCHOOL HEALTH & EDUCATION

## Behavioral Health Solutions for Rural Schools Resources

### Week 1: Trauma-Informed Care

Evidence-based Resources	
<a href="#">Mental Health Colorado</a>	Advocates for Coloradans experiencing mental health or substance use disorder.
<a href="#">Adverse Childhood Experiences Study</a>	Assesses associations between childhood maltreatment and later-life health and well-being.
<a href="#">Colorado's School Safety Resource Center</a>	Provides resources and training to foster safe and secure learning environments.
<a href="#">CBITS E-Book</a>	Free Cognitive Behavioral Intervention for Trauma in Schools eBook.
<a href="#">National Child Traumatic Stress Network</a>	Offers online training modules, handouts and videos specific to trauma-informed care in schools.
<a href="#">Creating, Supporting, and Sustaining Trauma-Informed Schools: A System Framework</a>	A system framework to help schools working towards being a trauma-informed school.
<a href="#">Psychological First Aid for Schools</a>	Free download manual guide with core actions and handouts.
<a href="#">Child Trauma Toolkit for Educators</a>	Free download toolkit for educators from NCTSN.
<a href="#">Secondary Traumatic Stress Resources</a>	NCTSN website link for secondary traumatic stress.
<a href="#">Trauma and Learning Policy Initiative</a>	Online training video modules and a learning community.
<a href="#">Resilient Futures</a>	Provide trainings for promoting trauma-informed schools.
<a href="#">Treatment and Services Adaptation Center</a>	Promotes trauma-informed school systems providing prevention and early intervention strategies.
<a href="#">Devereux Student Strengths Assessment (DESSA)</a>	Student strengths assessment.

<a href="#">Trauma-Sensitive Schools Handout</a>	Packet to build trauma-sensitive schools.
<a href="#">Trauma Committee Professional Development Training</a>	Professional development training.
<a href="#">School Crisis Guide</a>	National Education Association school crisis guide.
<a href="#">Guidance for Trauma Screening</a>	Guidance for trauma screening in schools.
<b>Other Resources</b>	
<a href="#">Trauma Informed Care Didactic PPT</a>	PowerPoint of the didactic presentation.
<a href="#">Behavior Intervention Monitoring Assessment System (BIMAS)</a>	Link to buy the BIMAS.

## Week 2: Suicide

<b>Evidence-based Resources</b>	
<a href="#">MindWise Innovations</a>	Equips schools with tools to help address mental health issues, substance use, and suicide risk.
<a href="#">Rural School-Based Programming for Suicide Prevention</a>	Provides resources and toolkits for preventing suicides for school-based programming.
<a href="#">CDC's Youth Risk Behavior Survey Data</a>	Gives data on Colorado data for youth risk behavior.
<b>Other Resources</b>	
<a href="#">Suicide Prevention Didactic PPT</a>	PowerPoint of the didactic presentation.

## Week 3: Self-Harm

<b>Evidence-based Resources</b>	
<a href="#">Rocky Mountain Crisis Center</a>	Nonprofit organization providing crisis line, online, and text services to individuals in crisis.
<a href="#">I Hurt Myself Today</a>	Information on self-injury.
<a href="#">HB19-1120 Youth Mental Health Education and Suicide Prevention</a>	Summary of bill on youth mental health education and suicide prevention.
<a href="#">After a Suicide: A Toolkit for Schools</a>	Toolkit for schools. Grief resources and trainings for grieving children and families, including school and community toolkit.

<p><a href="#">The National Center for Grieving Children &amp; Families</a>  <a href="#">Helping Children Cope with Violence and Trauma: A School-Based Program that Works</a></p>	<p>Free download for a school-based program helping children cope with violence and trauma.</p>
<p><b>Other Resources</b></p>	
<p><a href="#">Self-Harm Didactic PPT</a>  <a href="#">Suicide in Schools: A Practitioner's Guide to Multi-level Prevention, Assessment, Intervention, and Postvention (School-Based Practice in Action)</a></p>	<p>PowerPoint of the didactic presentation.  Link to purchase guide.</p>

#### Week 4: Depression and Anxiety

<p><b>Evidence-based Resources</b></p>	
<p><a href="#">Mental Health Screening Tools</a>  <a href="#">Appropriate and Inappropriate Activities for School Counselors (ASCA)</a>  <a href="#">Recognized ASCA Model Program (RAMP)</a>  <a href="#">National Depression Screening Day</a>  <a href="#">Capturing Kids Hearts</a>  <a href="#">Life Skills Curriculum</a>  <a href="#">Second Step</a>  <a href="#">Coping Cat</a>  <a href="#">Mindful Schools</a>  <a href="#">PESI</a></p>	<p>Free mental health screening tools in English and some Spanish available.  List of activities for school counselors.  American School Counselor Association model program.  Link to provide online screenings through MindWise.  An integrated solution for educators in need of tools and techniques to help students.  Free life skills curriculum for Overcoming Obstacles for schools.  SEL program to create supportive and successful learning environments in schools.  Cognitive-behavioral treatment program for children with anxiety ages 7-13.  Offers mindfulness programs specifically for schools.  Seminars, online learning, and educational products for behavioral health.</p>
<p><b>Other Resources</b></p>	
<p><a href="#">Depression &amp; Anxiety Didactic PPT</a></p>	<p>PowerPoint of the didactic presentation.</p>

<a href="#">BASC-3 Behavioral and Emotional Screening System</a>	Link to purchase BASC-3.
<a href="#">Dinosaur School (Incredible Years)</a>	Link to purchase curriculum for preschool, kindergarten, and primary schools in English and Spanish.
<a href="#">Restorative Circles in Schools</a>	Link to purchase a guide to build community and enhance learning.

## Week 5: School-Community Partnerships

Evidence-based Resources	
<a href="#">Communities that Care</a>	Youth substance abuse prevention program through CDPHE.
<a href="#">Mountain Family Center</a>	Provides services to Grand County.
<a href="#">Mindsprings</a>	Provides behavioral health services to Colorado’s western slope.
<a href="#">Grand County Rural Health Network</a>	Advocates for the support of health in Grand County.
Funding Resources	
<a href="#">School Health Professional Grants</a>	CDE grant funds to eligible education providers to enhance presence of school health professionals.
<a href="#">Daniel's Fund</a>	Provides funding for K-12 education reform and early childhood education.
<a href="#">The Kerr Foundation</a>	Grant to support institutions that provide new/enhanced opportunities for youth.
<a href="#">Caring for Colorado Foundation Grants</a>	Grant to projects enhancing health equity, well-being, and opportunity for children and youth.
<a href="#">Amplifying Health Advocacy</a>	Grant to support health advocates across Colorado.
<a href="#">Community Mental Health Solutions</a>	Funding to support a range of programs/projects to address health challenges in low-income Colorado communities.
Other Resources	
<a href="#">Colorado Department of Education Regional Offices</a>	Contact information for regional CDE offices.
<a href="#">CDE Professional Development</a>	Upcoming opportunities for professional development.
<a href="#">Colorado School Safety Resource Center</a>	Events and trainings to support safe and positive Colorado schools.
<a href="#">Rural Training Staff</a>	Colorado school safety training consultants.

## Week 6: Bullying

Evidence-based Resources	
<a href="#">Bullying Prevention PBIS</a>	Schoolwide bully prevention and Positive Behavioral Interventions & Supports initiative.
<a href="#">Second Step Bullying Prevention Unit</a>	Schoolwide bullying prevention unit.
<a href="#">Olweus Bullying Prevention Program</a>	Schoolwide bullying prevention program.
Other Resources	
<a href="#">Bullying Didactic PPT</a>	PowerPoint of the didactic presentation.
<a href="#">Colorado Department of Education</a>	CDE contact for Bullying Prevention and Education Grant Coordinator.

## Week 7: School Disengagement and Resiliency

Evidence-based Resources	
<a href="#">Trends in High School Dropout and Completion Rates</a>	Trends in high school dropout and completion rates report.
<a href="#">Colorado Graduation Rate</a>	Colorado graduation rate dashboard from CDE.
<a href="#">Positive Youth Development</a>	Promoting positive youth development mini-guide from CDE.
<a href="#">Positive Youth Development: Assessments for Ages 10 and up</a>	Assessment for positive youth development.
<a href="#">Positive Youth Development Research 4-H</a>	4-H positive youth development research.
<a href="#">Developmental Assets Framework</a>	Developmental Assets framework in English and Spanish for use with children, youth, and families.
<a href="#">Free Assessments in English and Spanish</a>	Free downloadable developmental assets in English, Spanish, and other languages.
<a href="#">The Incredible Years</a>	Variety of programs for working with students.
<a href="#">Strengthening Families</a>	Program to increase family strengths, enhance child development, and reduce likelihood of child abuse.
Other Resources	
<a href="#">School Disengagement &amp; Resilience Didactic PPT</a>	PowerPoint of the didactic presentation.