

Resource Guide

For Immediate Help

MHA Screening

Online screening at mhascreening.org is one of the quickest and easiest ways to determine if you're experiencing symptoms of a mental health condition. Our screens are free, confidential, and scientifically validated.

988 Suicide & Crisis Lifeline

The Lifeline provides 24/7, free, and confidential support to people in distress – you don't need to be suicidal to reach out. Call 1-800-273-8255 to be connected with a crisis counselor. Crisis counselors who speak Spanish are available at 1-888-628-9454.

988 Textline

When you text 988, you will complete a short survey letting the crisis counselor know a little about your situation. You will be connected with a trained crisis counselor in a crisis center who will answer the text, provide support, and share resources if needed.

Crisis Text Line

If you prefer texting to talking on the phone, text MHA to 741-741 to be connected with a crisis counselor who will help you get through your big emotions.

Domestic Violence Hotline

If you're experiencing domestic violence, looking for resources or information, or are questioning unhealthy aspects of your relationship, call 1-800-799-7233 or go to thehotline.org to virtually chat with an advocate.

Childhelp National Child Abuse Hotline

If you or a child you know is being hurt or doesn't feel safe at home, you can call or text 1-800-4-A-CHILD (1-800-422-4453) or start an online chat at childhelp.org to reach a crisis counselor. They can help you figure out next steps to work through what is happening and stay safe.

The Trevor Project

The Trevor Project is the leading national organization providing crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender, queer and questioning youth. Trained counselors are available 24/7 to youth in crisis, feeling suicidal, or in need of a safe and judgment-free person to talk to. Call 1-866- 488-7386, text START to 678-678, or start an online chat at thetrevorproject.org/get-help.

Trans Lifeline

Dial 877-565-8860 for US and 877-330-6366 for Canada. Trans Lifeline's Hotline is a peer support service run by trans people, for trans and questioning callers.

StrongHearts Native Helpline

Call 1-844-762-8483. The StrongHearts Native Helpline is a confidential and anonymous culturally appropriate domestic violence and dating violence helpline for Native Americans, available every day from 7 am-10 pm CT.

The Partnership for Drug-Free Kids Helpline

Call 1-855-378-4373 if you are having difficulty accessing support for your family, or a loved one struggling with addiction faces care or treatment challenges, the Partnership for Drug-free Kids' specialists can guide you. Support is available in English and Spanish, from 9 am-midnight ET weekdays and noon-5 pm ET on weekends.

Caregiver Help Desk

Contact Caregiver Action Network's Care Support Team by dialing 855-227-3640. Staffed by caregiving experts, the Help Desk helps you find the right information you need to help you navigate your complex caregiving challenges. Caregiving experts are available 8 am-7 pm ET.

MHA Resources

Addressing the Youth Mental Health Crisis: The Urgent Need for More Education, Services, and Supports

Indicators of youth mental health and well-being indicate a growing public health crisis. Yet, public policy has been slow to respond. This report is designed to guide advocacy at the state level and begin to create a framework for federal policy. The report aims to document the alarming trends in youth mental health and the disparities in access to care; address several innovative state legislative solutions to promote school-based mental health education, supports, and services; and highlight the effect of these policies on advancing equity and the role of youth leadership in securing legislation. [Visit MHA's website to access the report.](#)

Back-to-School Toolkits

An archive of Back-to-School toolkits (like this one) from previous years can be [found on MHA's website](#). Some materials are also available in Spanish.

Screening in Schools

Providing mental health screenings in schools is one of the best ways to catch mental health problems when and where they are likely to arise. Fifty percent of individuals who struggle with a mental health condition will show symptoms during their adolescent years. Childhood brain development research indicates that puberty is especially an important time for monitoring the onset of mental illnesses, including depression, bipolar disorder, and schizophrenia. This period is when individuals are most vulnerable to poor outcomes, but also where intervention has the best chance for building resiliency and change. Mental health screenings can be implemented in schools through sharing resources with students on school posters or handouts at the nurse's office, by providing screenings and education in health or physical education classes, or as part of an extensive mental health screening and education protocol. MHA Screening is a free program designed to support schools in any district, across various levels of investment. Learn how to get started at screening.mhanational.org/mental-health-screening-in-schools.

State of Mental Health in America Report 2023

The State of Mental Health in America report is intended to provide up-to-date data and information about disparities faced by individuals with mental health challenges and serve as a tool for change. Learn more about disparities in mental health treatment for youth by [downloading the report](#).

MHA's Young Leaders Initiatives

Mental Health America's youth programs empower aspiring and established young advocates to ignite their communities and build a mentally healthy future for all. Through leadership development, policy, and research, we're cultivating the next generation of mental health leaders. Young people power all of our programs, where individuals, initiatives, and knowledge converge to transform youth mental health. We provide young leaders with the tools they need to drive change in their communities. Our programs help young people expand their reach, grow their skills, and get connected to the greater ecosystem of mental health advocacy. Learn more about MHA young leaders initiatives at mhanational.org/young-leaders.

MENTAL HEALTH AMERICA HAS LOTS MORE!

Visit mhanational.org/youth for hundreds of resources for and about young people.

Find articles, videos, DIY tools, and more for youth, caregivers, school personnel, and young adults.

[LEARN MORE](#)

Virtual Events

The Distorted Mirror: Technology's Impact on Youth Body Image

August 17, 2023 | 1 pm ET/10 am PT

Endless scrolling through feeds and photos of celebrities, influencers, friends, classmates, and strangers is all too familiar for today's youth and teens. But how are these images, fads, diets, exercise routines, get-ready-with-me videos, and so many other forms of content really influencing the body image and self-confidence of youth? With constant comparison at the tip of your fingers, technology can pose new challenges when considering disordered eating, body dysmorphia, and general mental health struggles of youth.

Register and access the recording at:

<https://mhanational.org/events/distorted-mirror-technologys-impact-youth-body-image>

Safe Spaces: How Digital Environments Can Serve Youth

September 12, 2023 | 1 PM ET/10 AM PT

Technology plays a large role in our lives, especially the lives of youth, teens, and young adults. Accepting this new reality and the importance of the digital world allows us to figure out how it can be a positive in our lives and even benefit our mental health. For many youth and young people, online communities can provide safe, inclusive, affirming environments, where they can be themselves and connect with others who are similar to them.

Register and access the recording at:

<https://mhanational.org/events/safe-spaces-how-digital-environments-can-serve-youth>

I Don't Know How to Navigate My Child's Use of Technology

September 20, 2023 | 1 PM ET/10 AM PT

Living in the digital world can be overwhelming. Between the constant use of technology and new and emerging platforms of social media to keep up with, we can be left feeling stressed. This is especially true when it comes to youth utilizing these platforms. For parents, keeping kids safe is a number one priority, and online safety needs to be at the front of our minds. This webinar will focus on providing parents with information about how youth are utilizing online spaces, what social media addictions can look like, and what adults can do to monitor safety online. We will hear from experts, parents, and young adults throughout this panel-style discussion on their experiences with youth technology use.

Register and access the recording at:

<https://mhanational.org/events/i-dont-know-how-navigate-my-childs-use-technology>

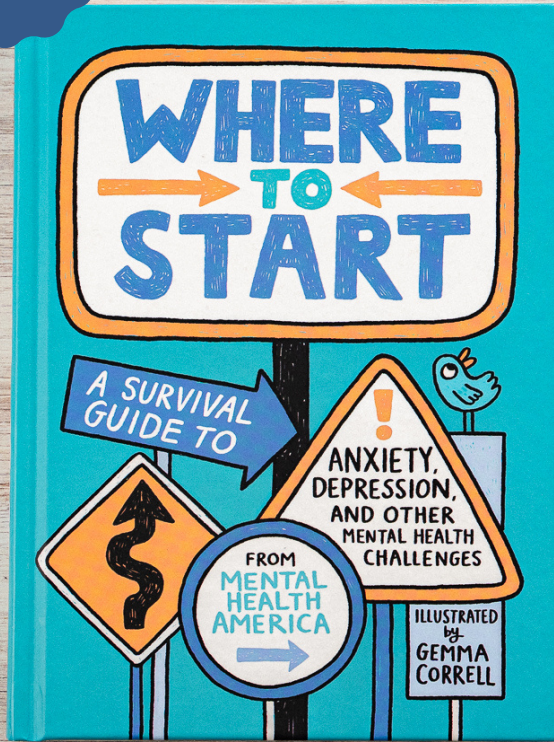
MHA will also produce a number of blogs and podcast episodes throughout the months of August and September to provide additional Back-to-School information.

Read our MHA blogs at mhanational.org/newsroom/chiming-in.

Listen to our MHA "In the Open" podcast episodes at mhanational.org/podcast.

Sign up to receive information about future MHA webinars at mhanational.org/mha-webinars.

NEW!



We wrote a book!

New from Mental Health America, *Where to Start* helps people struggling with mental health find some direction and resources.

Using a jargon-free approach, we provide information on understanding warning signs, symptoms, and options for individuals and their mental health journey.

Get your copy at today at store.mhanational.org or ask us about bulk orders for your community!



**Illustrated by our
friend and partner
Gemma Correll**

Where to Start is filled with engaging and humorous illustrations to help navigate life's struggles.

MHA Partners

The AAKOMA Project builds the consciousness of youth of color and their caregivers on the recognition and importance of mental health, empowers youth and their families to seek help and manage mental health, and influences systems and services to receive and address the needs of youth of color and their families. Learn more at aakomaproject.org.

Brightline is reinventing behavioral health care for children and families, bringing together innovative technology, virtual behavioral health services, and an integrated care team focused on supporting children across developmental stages and their families. Brightline is headquartered in Palo Alto, California, and expanding quickly to support families across the country. Learn more at helloworldbrightline.com.

The Cook Center for Human Connection brings together the best organizations, programs, and products to prevent suicide, provide mental health support, and enhance human connections essential for people to thrive. The Cook Center has created My Life is Worth Living, an educational animated series that includes five powerful stories told over 20 episodes. In each episode, relatable teen characters wrestle with challenges that are all too familiar for many viewers and discover strategies to cope when it feels like their own thoughts are against them. Learn more at mylifeworthliving.org. The Cook Center has also created parentguidance.org a free resource that helps parents find answers to help their child(ren). Its content is led by therapists who provide trusted and specialized courses, professional support, and a safe community of parents helping each other. It includes a free "ask a therapist" feature.

Human Rights Campaign (HRC) Foundation's Welcoming Schools is the most comprehensive bias-based bullying prevention program in the nation to provide LGBTQ+ and gender-inclusive professional development training, lesson plans, booklists and resources specifically designed for educators and youth-serving professionals. The program uses an intersectional, anti-racist lens dedicated to actionable policies and practices. It uplifts school communities with tools to embrace family diversity, create LGBTQ+ and gender-inclusive schools, prevent bias-based bullying, and support transgender and non-binary students. Learn more at welcomingschools.org.

imi is a series of guides designed with and for LGBTQ+ teens to help explore and affirm their identity. Guides are free, backed by science, and help teens learn practical methods to cope with sexual and gender minority stress in ways that are helpful, relevant, inclusive and joyful. Learn more at imi.guide.

The Mental Health Collaborative works to build resilient communities through mental health education and awareness. Mental Health Collaborative programs decrease stigma, increase knowledge, and give people the skills they need to flourish. Programs focus on increasing mental health literacy in school, community, and organizational settings. Learn more at mentalhealthcollaborative.org.

The National School Boards Association (NSBA) is a federation of state associations and the U.S. territory of the Virgin Islands that represent locally elected school board officials, serving approximately 51 million public school students. Working with and through state association members, NSBA advocates for equity and excellence in public education through school board leadership. Learn more at nsba.org.

On Our Sleeves Movement for Children's Mental Health envisions a world where mental health is part of the upbringing of every child. They are on a mission to give free, expert-created resources to all U.S. communities so everyone can understand and promote mental health for children. Since its inception in 2018, they have supported millions of people each year with evidence-informed resources to promote mental health and wellness. Learn more at onoursleeves.org.

Project Heal works to break down systemic, health care, and financial barriers to eating disorder healing. Project Heal's goal is to change the system and, in the meantime, provide life-saving support to people with eating disorders who the system fails. Learn more at theprojectheal.org.

Continued on following page.

Q Chat Space provides live, chat-based discussion groups for LGBTQ+ and questioning teens ages 13 to 19. It is not a forum, and there is no video or audio. Everyone is chatting during the same pre-scheduled time. Q Chat Space chats are facilitated by experienced staff and volunteers from youth programs at LGBTQ+ centers across the U.S. Q Chat Space facilitators are not mental health professionals. Learn more at qchatspace.org.

Teen Talk App is a free, safe, and anonymous space where teens can freely speak to their peers about everyday issues and their overall mental health. Teen Advisors are trained to support their peers through a wide range of experiences, including anxiety, depression, relationships, family issues, school, and more. Teen Advisors are supervised by licensed mental health professionals. Learn more at teentalkapp.com.

WithAll aims to serve millions of people with simple, accessible resources that work to reduce the risk of eating disorders through upstream prevention and help people break through practical barriers in pursuing recovery. Learn more at withall.org.

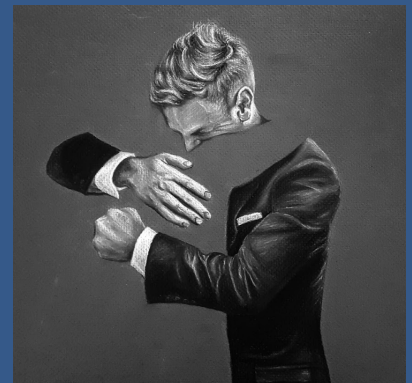
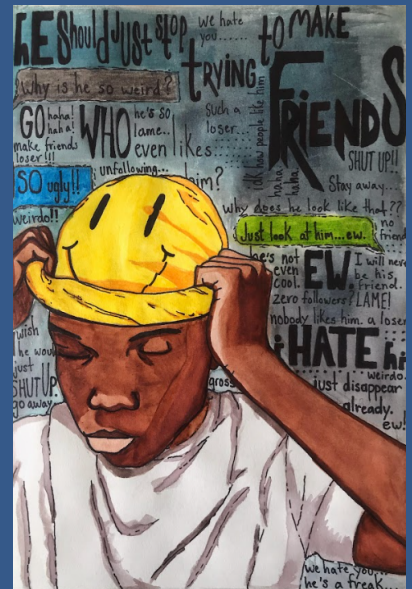
EXPRESSIONS

The Expressions Challenge by Walgreens program initially launched in 2009, is about guiding students to make better life choices for their overall health and well-being. There is no means of expression more personal or self-revelatory than art. Teens are encouraged to use their voice through art, creative writing, spoken word and multimedia to communicate their perspective on topics that impact them and their peers including mental health challenges, cyber-bullying, self-esteem, gender identity, body image, the COVID-19 pandemic, social justice, equity and more. High School Teens from all 50 states, the District of Columbia, Puerto Rico and the U.S. Virgin Islands, participate in Expressions for the opportunity to creatively express themselves for a chance to win up to \$2000.

Expressions was created for the unprecedented times we are living in today. Now, more than ever, teens need an outlet to express themselves and find their voice. Students have never received such unlimited access to information and the power to communicate this information globally. We believe the peer-to-peer messages students are sending via Expressions Challenge by Walgreens are extraordinary and being heard loud and clear around the world.

The Walgreens Expressions Challenge Contest includes digital and social engagement, Influencer partnerships, participation in virtual events, educator engagement, organization engagement and in-store visual communication, all designed to build awareness of a digital Expressions Challenge contest for high school teens. The 2024 contest will be open for submissions from January 3, 2024 – March 30, 2024.

For more about the Expressions by Walgreens, visit www.expressionschallenge.com



MHA Affiliate Programs

FLORIDA – Mental Health America of Southeast Florida

Mental Health America of Southeast Florida provides **HOPE Sunshine Clubs**. HOPE stands for "Helping Overcome Problems Effectively." Clubs host after-school meetings for students in local middle and high schools with a sponsor trained by Mental Health America of Southeast Florida. Members develop new skills as they learn to support each other. Florida Initiative for Suicide Prevention provides support and a curriculum to sponsors on subjects such as bullying, substance abuse prevention, dating violence, and coping skills. The club can also develop their own activities based on the member's needs and creative input.

Listen to Children is a mentoring program that pairs trained volunteers with children in need of additional support to engage in active listening sessions. Children benefit from an ongoing supportive relationship with a caring nonjudgmental friend who is not an "authority figure." Parents and caretakers identify children projected to benefit from this prevention program and must sign consent for the child to participate. This program is not recommended for children with severe behavioral issues. Volunteers undergo training with Mental Health America of Southeast Florida and must pass a screening process that includes Level 2 FBI FDLE Security Clearance. Children dealing with stressful situations or social issues can better focus when they have listeners to talk with and trust.

FLORIDA – Tampa Bay Thrives

Started by the Tampa Bay Lightning and Florida Blue, **Strike the Stigma** brings community partners together with high school students on a day highlighting practical ways to take care of their mental health.

HAWAII – MHA Hawaii

The **Youth Suicide & Bullying Prevention** program is an evidence-informed curriculum aimed to increase knowledge and understanding of bullying and suicide, identify risk factors and warning signs, and provide skills and resources to help prevent or intervene. This training can be done virtually with safety guidelines and is approved to meet the Hawaii State Act 270 requirement.

Become a Defender Training follows the model of bullying prevention developed for their original YSBP curriculum. This interactive training was created to introduce older elementary students to the subject of bullying, how to prevent it, and how to talk about dealing with difficult emotions positively in fun ways specifically tailored for this age group. This training can be done virtually with safety guidelines.

Training for Trainers – Youth Suicide and Bullying Prevention (YSBP) is a workshop allowing participants to be introduced to and unpack the YSBP curriculum, explore recommended best practices for working with youth in bullying and suicide prevention, and practice facilitating the YSBP Training. Participants who complete the T4T Workshop are then certified YSBP Trainers who are qualified to deliver trainings to youth in their communities with the necessary training materials. This training can be done virtually.

Self-Care for Youth is designed to teach youth tools to help them feel stronger, more hopeful, and able to cope with stress. It is ideal for high school-aged youth and young adults who want to learn tools to take care of their mental health and wellness.

KANSAS – Mental Health America of the Heartland

Mental Health America of the Heartland (MHAH) has partnered with PAXIS Institute and Kansas Department for Aging and Disability Services to present **PAX Good Behavior Game (GBG)** to elementary school personnel and PAX Tools to parents and caregivers in Kansas. These trainings focus on increasing positive behavior and building emotional skills. The GBG training consists of a set of research-based, trauma-informed strategies based on behavioral science, neuroscience, and cultural wisdom that improve behavior, academic performance, and a host of lifetime outcomes for children. PAX Tools Workshop utilizes evidence-based Kernels for use with children in the home. These strategies promote the development of self-regulation, reduce conflict and decrease problematic behavior, and improve relationships. MHAH is also offering PAX Partners training for those who want to support, sustain, and expand PAX implementation in elementary schools.

KENTUCKY – MHA Kentucky

Youth Mental Health First Aid teaches you how to identify, understand, and respond to signs of mental illness and substance use disorders in youth. This seven-hour training gives adults who work with youth the skills they need to reach out and provide initial support to children and adolescents (ages 6-18) who may be developing a mental health or substance use problem and help connect them with the appropriate care.

MASSACHUSETTS – Massachusetts Association for Mental Health

The Massachusetts Association for Mental Health (MAMH) has curated **mental health education resources** for students and families on its [website](#). Understanding and maintaining your mental health is a lifelong process that is essential to health and well-being. The webpage includes videos, articles, activities, apps, and more to empower students K-12 to take charge of their own mental health. Resources are organized by grade level (K-4, 5-8, 9-12).

Network of Care Massachusetts is an [online tool](#) that helps users find information about resources in their communities for people of all ages with mental health and substance use needs. Network of Care Massachusetts is designed to serve individuals at risk for or living with mental health and/or substance use conditions, their families and friends, care coordinators, district and school staff, and other staff at provider organizations and state agencies. The Culturally Responsive Behavioral Health Resource Hub contains information on online support groups, local and national organizations, therapist directories, culturally responsive clinics and programs, and wellness resources for Black, Latinx, Asian, and people of color. Finding a provider, support group, or community space where individuals feel safe and supported is extremely important to mental health and well-being.

MINNESOTA – Mental Health Minnesota

We Can RELATE provides peer support to teens and young adults who are struggling with their mental health. The service is delivered via online chat, which can be accessed through the MHM website, Instagram, and Facebook. The service is staffed by trained volunteers, who are young adults (ages 18-25) who have also faced mental health concerns and can relate to what teens and young adults are going through. Visit mentalhealthmn.org to learn more.

The **"I'm Here to Listen"** campaign works to foster an environment within schools that allows students to feel comfortable opening up about their mental health. The "I'm Here to Listen" stickers can be placed on classroom doors, whiteboards, lockers, laptops, water bottles, or anywhere a student could see. The hope is to start conversations and decrease stigma surrounding mental health by identifying students, teachers, and staff willing to listen and provide support. Order stickers and posters at mentalhealthmn.org.

MISSOURI – Mental Health America of Eastern Missouri

The goal of Mental Health America of Eastern Missouri's **Student Wellness Program (SWP)** is to enhance every young person's learning and living by offering students, families, and schools the insight, language, knowledge, and support in understanding the necessity of and need for mental health in a child's education. To achieve this goal, the Student Wellness Program provides mental wellness screenings in partner schools and offers customized referrals to trusted mental health practitioners and follow-up case management for students and families.

NEW JERSEY – Mental Health Association of Essex and Morris, Inc.

Beginning September 2023, the **New Jersey Statewide Student Support Services Morris/Sussex Hub** will provide prevention programming and brief clinical intervention to students, families, and school faculty of Morris and Sussex counties. The HUB will offer a tiered menu of evidence-based prevention and intervention strategies that can be deployed in high-need districts. Resources and targeted support through the HUB will focus on promoting positive mental health; teaching and strengthening social, emotional and behavioral skills; and supporting a positive school climate and staff well-being. The HUB will consider the needs of the entire family in the context of serving individual students and serve as a connector to existing supports through the Children's System of Care and other state and local resources.

NEW JERSEY – Mental Health Association of Monmouth County

The **Family Crisis Intervention Unit** stabilizes youth (ages 10–17) in crisis and encourages positive development through connections to community resources, interpersonal relationships, and academic success. The program is available 24/7 and may be provided in the family's home. Services include but are not limited to: crisis intervention, stabilization, and short-term family treatment. Licensed clinicians assess behaviors and prevent involvement with the juvenile justice system. When all resources have been exhausted and the child's difficult behavior persists, the Family Crisis Intervention Unit may request court involvement.

Youth Mental Health First Aid (YMHA) teaches how to identify, understand, and respond to signs of mental health and substance use challenges among children and adolescents (ages 6–18). It covers common signs and symptoms of mental health challenges in this age group, including anxiety, depression, eating disorders, and ADHD; common signs and symptoms of substance use challenges; how to interact with a child or adolescent in crisis and connect them with help; content on trauma, substance use, self-care; and the impact of social media and bullying.

The **Parent Child Conflict Resolution (WRAP)** program's licensed clinicians provide free in-home counseling and case management to children with behavioral difficulties, with a focus on improved academic performance and reduced family conflict that prevents involvement with the juvenile justice system. Intensive services include but are not limited to: trauma-informed counseling for individuals and families, comprehensive assessment, community linkage, case management, and referrals for other resources and services as needed. Clinicians have specializations in sand tray therapy and certifications in mindfulness and yoga. Youth ages 10–17 are eligible to receive up to 16 weeks of in-home counseling and case management. Referrals are made through Monmouth County schools and the Mental Health Association of Monmouth County's Family Crisis Intervention Unit.

Lifelines is a three-part, evidence-based suicide prevention program that builds competent communities and educates Monmouth County schools on assessing youth and adult suicide risk.

NEW YORK – Mental Health Advocates of Western New York

Credentialed **Youth Peer Advocates** use their own lived experience to connect with at-risk youth through peer-led support groups, educational trainings, and one-on-one non-crisis support for youth and young adults ages 13-26.

JustTellOne.org is a peer-to-peer prevention and early intervention awareness campaign targeted to teens and young adults and focuses on depression, suicide, alcohol, and drug abuse. Its mission is to give youth the tools, language, and confidence to start the conversation about their mental or behavioral health issues.

Basic Emotional Skills Training (BEST) is a classroom-based program that helps students in pre-K through second grade develop healthy social and emotional skills.

OKLAHOMA – MHA Oklahoma

The **Student Mental Health Screening** program offers a free and voluntary adolescent screening tool that assesses physical and emotional well-being. It is a proactive step designed to ensure Tulsa and Oklahoma City students' safety and get them help when they need it. The young people who participate in Student Mental Health Screening are sixth- through 12th-graders who have expressed interest in the screening and have parental permission. Teens review the results in a conversation with a licensed clinician. If the screening indicates a need for further evaluation, the clinician makes contact with parents and, typically, refers the teen to appropriate community resources for further evaluation. Student Mental Health Screening staff continue to follow-up with teens and parents to ensure they receive appropriate resources.

PENNSYLVANIA – Mental Health America of Lancaster County

MHA of Lancaster County provides **school advocacy** where they can act as your educational advocate for the special education system by supporting you through the IEP/504 process. They can educate and empower you to advocate for your child and help facilitate conversations with the school to support your child. This can include reviewing plans, advising on next steps, and attending meetings.

TEXAS – Mental Health America of Greater Dallas

The **WHO© (We Help Ourselves) Program** is a series of research-based curricula that are formed on sensitive, non-threatening content and methodology. The WHO Program has allowed school counselors, child advocates, nurses, teachers, case workers, and volunteers to present WHO in classroom or group settings for ages pre-K through 12th grades. Follow-up activities and evaluation instruments are also included in WHO Program materials. WHO teaches anti-bullying and anti-victimization strategies to build resiliency in kids.

TEXAS – Mental Health America of Greater Houston

The **Center for School Behavioral Health Youth Art Showcase** is an annual celebration and awareness event highlighting youth voices and experiences in conversations about mental health. Greater Houston area students ages 5-20 are invited to submit visual art in the following forms: collage, drawings, mixed media, mosaics, needlework, paint, photography, and 3D. The goals of the Youth Art Showcase include promoting art as a healthy means of coping and expression, increase conversations about mental health, and decrease mental health stigma.

The **Youth Advisory Board** provides a space for the voices of youth to improve policies, practices, and programs that support youth mental and behavioral health throughout the region.

Mental Health America of Greater Houston has partnered with **Child-Friendly Cities Initiative Mental Health Committee** to develop student mental health educational materials.

TENNESSEE – Mental Health Association of East Tennessee

Mental Health 101 is an early intervention program for middle and high school students across Tennessee. Mental Health Association staff visit more than 160 schools annually, serving over 34,000 students in the academic year. Outcome data show gains in demonstrable knowledge of mental illness signs and symptoms, symptom duration, suicidal behaviors, and how to intervene.

VIRGINIA – Mental Health Association of Fauquier County

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 (ages 12-18) who is experiencing a mental health or addiction challenge or is in crisis. The class is two hours online and six hours in person.

Teen Mental Health First Aid teaches high school students how to identify, understand, and respond to signs of mental illnesses and substance use disorders among their friends and peers. The training gives students the skills to have supportive conversations with their friends and get a responsible and trusted adult to take over as necessary. It is designed to be delivered in schools or community sites in three interactive classroom sessions of 90 minutes each or six sessions of 45 minutes each.

Parent Research Institute Drug Education Survey (PRIDE) is one of the largest surveys of adolescent drug usage. It has been in use since 1982 and utilized by hundreds of school systems across all 50 states. Over 14 million students have taken the survey. It surveys: the frequency of drug and alcohol use, time of first use, where drugs are used, when drugs are used, mental health issues, anxiety, depression, suicidal thoughts, protective factors, and risk factors. The MHAFC presents the findings to the community.

Every three years, the Mental Health Association hosts a **Community Dialogue for Youth Voices**. This all-day program invites teams of students from all middle and high schools within Fauquier and Rappahannock counties together to learn about mental health issues. They present the latest findings from the PRIDE Survey from the previous fall and allow students to create plans to address a mental health or substance use issue within their own school. The teams take the ideas they develop at the dialogue back to their schools to work on creating a healthier environment for all students.

VIRGINIA – Mental Health America of Fredericksburg

MHA of Fredericksburg provides **suicide prevention education** by partnering with local schools and youth groups across the region to present an evidence-based curriculum proven to reduce the occurrence of self-harm and suicide ideation.

Support services are available through a contract with local licensed mental health providers to provide in-school therapy sessions for middle school and high schoolers who are identified to be at risk for suicide. There is also a drop-in psychoeducational group for teens with a focus on mental health-related issues.

WISCONSIN – Mental Health America Lakeshore

The **Resilient Classroom Program** is rooted in evidence-based practices, which are effective within classrooms. It's an awareness-based self-regulation framework that establishes protective factors in youth and educators.

The **Student Ambassador Program** allows student ambassadors to play an important role in supporting each other and their mental health.

The **Resilient Classroom Project Educator Training** consists of a four-hour workshop on resilience and implementing resilient practices in the classroom. The second component is in-class learning, which includes 10 video lessons, 10 video practices, and classroom discussions for each lesson. The videos are designed for students K-5. This course can be completed online. Videos are provided for educators and support staff to implement the curriculum after completion of the course.