



OHA Mental Health Resources for Schools

Fran Pearson, SB Mental Health
Jill Baker, Suicide Prevention

OACOA March 10, 2021



SAFETY EXIT

It's okay to ask for help

COVID-19 has changed our lives, and it can feel difficult for anyone. There's support for you and the people you love.

Use this page as a tool to help make sense of what you're going through and to learn more about what resources and support can help you, your loved ones, and the communities you live and work in.



Need to talk? The Safe + Strong Helpline is here for you. Call 1-800-923-HELP (4357).

Resiliency, Hope, and Wellness in Schools



Treatment and Services Adaptation Center
Resiliency, Hope, and Wellness in Schools



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Mental Health Professionals

Education Professionals

Parents

QUICK TIPS



A Trauma-Informed School

2:53



Administer Psychological First Aid Early

1:20



Advantage and Disadvantage of a Group LGBTQ Identity

1:06



Materials

Coaching

Research

Training

About

Mindfulness

Cognitive Coping

Behavioral Activation

Exposure

Self-Care

Review and Wrap-Up

Suicidality and Homicidality

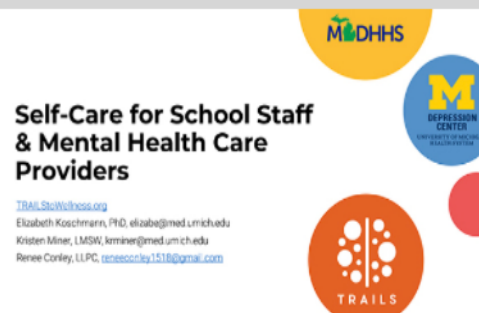
Outside Resources

COVID-19 Resources

More Materials

Social and Emotional Learning

Self-Care During COVID-19 Webinar



🕒 1:29:04

A special training for mental health care professionals and student support staff on self-care for themselves during this time of crisis.

Coping with COVID-19 (Grades 6-12)

Grades: ● 9-12 ● 6-8



COPING WITH COVID-19
Session 1 Agenda

Session 1:
Introduction and Gratitude

Manual Information Needed

Grades 6-12
Coping with COVID-19
7 Sessions

Resources Needed

Download all of the resources linked in this session at once from the online manual.

TIP:
For each session you will be given a link to several slides that provide visual and interactive supplements to the manual and other materials. Icons will direct you when there is a slide available to display.
The interactive slides may be especially helpful for delivery in a virtual format. You can choose whether to use these or not at your discretion. Details on how to use the interactive slides can be found here: [Using TRAILS Interactive Group Slides](#). We encourage you to review the slides prior to each session, to help you prepare and feel confident in your delivery.
If you are using slides, we still encourage you to browse

Our 7-session manual for leading a group on self-care and coping with COVID-19 for grades 6-12.

[View Manual](#)

Youth Suicide Prevention Programming Available at low or no cost



You can get this document in other languages, large print, braille or a format you prefer. Contact Children and Family Behavioral Health at 971-719-0265 or email chelsea.holcomb@dhaoha.state.or.us. We accept all relay calls or you can dial 711.

Suicide Prevention: Wellness and Coping Skills



May 18th & 19th 2021: Oregon Sources of Strength Elementary Coaches Training (virtual)

We are holding May 18th & 19th for an Oregon Sources of Strength Elementary Coaches training. This event will be held virtually and there will be no costs associated for registration or attending the training. If you are interested in learning more or would like to attend please fill out the interest form below.

Suicide Intervention: Warning Signs, Screening, Referral Policies and Procedures, Treatment



Suicide Postvention: Response after a suicide death





Questions? Contact Information:

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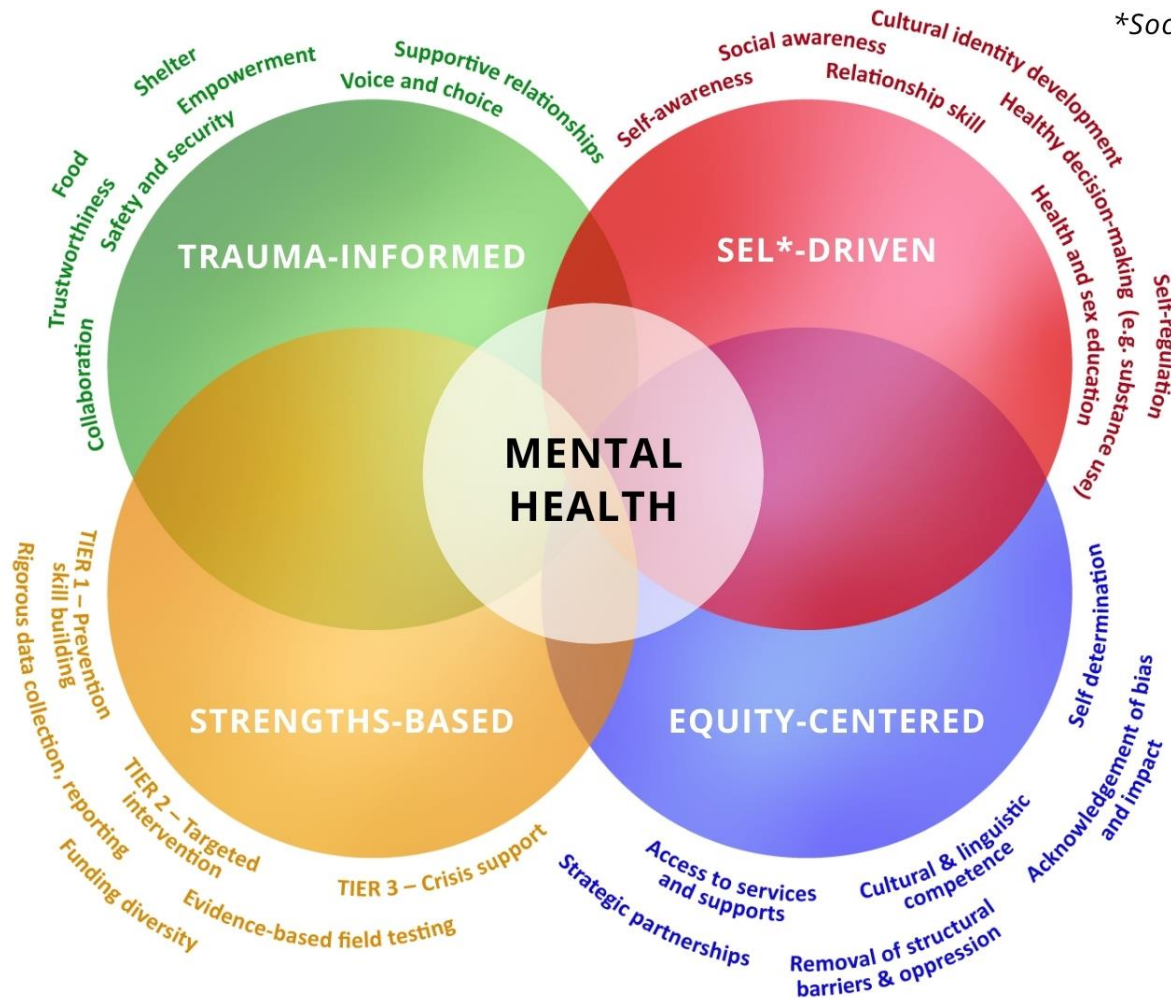




Integrated Model of Mental Health

Mental health emphasizes strengths, resilience, and enhancing social-emotional abilities

*Social-emotional learning



CONTINUUM OF CARE

Physiological needs

Safety & security

Relationships, connections, community

Purpose & self-efficacy

Self-actualization

Mental Health and Well-being

[Sign-up](#) to receive announcements and new resources!

Mental health refers to the emotional, social, cognitive, behavioral, physical and relational thriving of individuals and systems.

ODE believes that mental health is centered within a continuum of care that meets each person's needs for physical and emotional safety, security, social connection, identity, diversity and purpose.

The Safe and Inclusive Schools Team leads a number of bodies of work that focus on the prevention, intervention and response to the mental health needs of school communities. These include:

- Mental Health Toolkit
- An Integrated Model for Mental and Emotional Health
- Mental Health Guidance & Resources
- Strengthening Mental Health in Education Initiatives
- Suicide Prevention (Adi's Act)
- School Safety & Prevention System (SSPS)
- All Students Belong



Announcements



Mental Health Toolkit



Model for Mental Health



Mental Health Guidance and Resources



Strengthening Mental Health in Education



Suicide Prevention (Adi's Act)



School Safety & Prevention System (SSPS)



All Students Belong



Key components of the Toolkit

Leading from Strength to Promote Mental Health

1. Strengths-based strategies
2. Addressing Traumatic Stress
3. Elevating Student Voice
4. Centering Equity, Racial Equity and Anti-Racism
5. Promoting Inclusive School Environments
6. Multi-tiered Systems of Support