

Resources for Educators



2021-2022

Dear Educators,

Here are resources to support mental health and social-emotional well-being for you and your students. This resource will be updated monthly. Feel free to reach out to me if there is a specific topic of interest that you would like for me to include. Thank you for all that you do!

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Mental Health Resources

- [ADDitude](#) (K-12)
 - Provides information on ADHD and its related conditions
- [Behavioral Health Education](#) (K-12)
 - A recorded training that introduces educators to common behavioral health concerns faced by students in the classroom. The presentation is divided into 26 segments (approximately 10 minutes each) on topics ranging from the signs and symptoms of depression and anxiety to transition to the classroom after hospitalization.
- [Classroom Mental Health](#) (K-12)
 - A website that aims to be a guide for teachers starting from when they notice mental health concerns or are approached by a student for support. The site addresses common concerns (e.g., Can I help? Should I help?), and provides resources for improving classroom atmosphere and exercises for teachers.
- [Classroom WISE](#) (K-12)
 - A 3-part training package that assists K-12 educators in supporting the mental health of students in the classroom. Offers evidence-based strategies and skills to engage and support students with mental health concerns in the classroom. In addition to a free online course on mental health literacy for educators and school personnel, a video library and resource collection are also available.
- [Edutopia](#) (K-12)
 - Find compassionate perspectives and evidence-based strategies to foster school environments that promote psychological well-being and support students experiencing behavioral, emotional, or social challenges.
- [Mental Health Technology Transfer Center Network](#) (K-12)
 - The purpose of the MHTTC Network is technology transfer - disseminating and implementing evidence-based practices for mental disorders into the field.
- [NAMI Ending the Silence](#) (6-12)
 - A presentation for school staff designed to be conducted by both a leader and a young adult with a mental health condition who details their experience. The presentation includes information about signs and

symptoms, approaching students, and working with families while also allowing time for questions and dialogue.

- [On Our Sleeves](#) (K-12)
 - *On Our Sleeves* is the national movement to break stigmas around children's mental health.

Social-Emotional Resources

- [CASEL](#) (K-12)
 - The Collaborative for Academic, Social, and Emotional Learning (CASEL) is a trusted source for knowledge about high-quality, evidence-based social and emotional learning (SEL).
- [Edutopia](#) (K-12)
 - Find and share resources for creating a healthy school culture by helping students develop skills to manage their emotions, resolve conflicts, and make responsible decisions.
- [EVERFI](#) (K-12)
 - EVERFI offers free digital SEL resources designed to equip students with skills like empathy, leadership, conflict resolution, self-awareness, and resilience.
- [Managing Emotions in Times of Uncertainty & Stress](#) (K-12)
 - Developed by the Yale Center for Emotional Intelligence, Managing Emotions in Times of Uncertainty & Stress will provide participants with the knowledge, skills, and strategies to understand and manage their emotions and those of their students. The 10-hour online course is designed for school staff, including teachers, paraprofessionals, counselors, principals, and non-teaching staff in preK-12 schools.
- [Teach.com](#) (K-12)
 - 95 Resources for Teaching Social and Emotional Learning to Children

Good Info Websites

- [And Next Comes L](#)
 - Hyperlexia and Autism Resources
- [Edutopia](#)
 - Evidence and practitioner-based learning strategies that empower you to improve K-12 education.
- [BPChildren](#)
 - The main focus of BPChildren is to provide information and educational resources to children with bipolar disorder, along with their family, friends and teachers.
- [Learning for Justice](#)
 - Free resources to educators—teachers, administrators, counselors and other practitioners—who work with children from kindergarten through high school. Educators can use our materials to supplement the curriculum, to inform their practices, and to create inclusive school communities where children and youth are respected, valued and welcome participants.
- [LGBTQ Resources](#)
 - [GLSEN \(Gay, Lesbian & Straight Education Network\)](#)
 - [The Trevor Project](#)
 - [Time Out Youth](#) (local agency)

Good Info Articles

- [5 SEL Check-In Activities for Your Classroom](#)
- [20 Classroom Accommodations That Target Common ADHD Challenges](#)
- [ADD vs. ADHD Symptoms: What's the Difference?](#)
- [After the ADHD Diagnosis: Experts Answer Your Top 10 Questions](#)
- [Educating the Child with Bipolar Disorder](#)
- [Morning Meetings: Cultivating a Culture of Care and Safety](#)
- [Take a Deep Breath: Teaching Kids to Control Emotions](#)

Webinars

****If unable to attend the live webinar, most will email the recorded webinar****

Welcoming All Voices in the Classroom

Tuesday, October 5th @ 4:30 pm

Register Here:

https://zoom.us/webinar/register/8016305209651/WN_CzOUJpfITEalehiyasELbw

In this webinar, Responsive Classroom consulting teachers will discuss the importance of recognizing and acknowledging cultural differences in communication that may exist between adults and students. They will also share strategies for creating a welcoming, positive classroom environment that represents all students. This webinar is appropriate for educators of students in kindergarten through 8th grade.

Social and Emotional Learning (SEL) 101

Friday, October 8th @ 11 am

Register Here:

https://zoom.us/webinar/register/3016322558322/WN_LCqDQ9pgSfmLSzBldMgu4w

What does “social and emotional learning” really mean? Whether you are new to SEL or want to learn how to explain SEL clearly to others, join us for our SEL 101.

Combating Stereotypes About Women, Men, and Children with ADHD

Tuesday, October 12th @ 1 pm

Register Here:

https://goto.webcasts.com/starthere.jsp?ei=1489289&tp_key=3d6ebedab3#register

In this webinar, experts Ned Hallowell and Sari Solden will discuss the most common stereotypes about adults and children diagnosed with ADHD and help you counter these mistaken ideas with facts, not anger. This ADHD Awareness Month, you will learn...

- Common stereotypes that hamper understanding of the condition in men and women diagnosed with hyperactive and primarily inattentive-type ADHD
- Strategies to blunt feelings of shame or guilt when others make hurtful, inaccurate statements about you or your ADHD
- How to become an “authority” on ADHD
- How to communicate with friends and families about their ADHD misconceptions

The pursuit of racial equity: Moving past engagement to changes in educator practice

Thursday, October 14th @ 3 pm

Register Here:

https://us06web.zoom.us/webinar/register/WN_bZOxrxgUQ-qc05lCxAaFYA

Changing and supporting educator practice is critical for advancing racial equity in schools, districts, and systems so that all students experience success. This webinar will focus on the strategies, resources, and tangible ideas for embedding racial equity at the classroom, school, and systems levels.

Educator Wellness Series: Leading with Wellness

Friday, October 15, 2021 @ 4 pm

Register Here:

https://us02web.zoom.us/webinar/register/1716340632433/WN_JLNV4tAHR6-05yMf-zVxew

Prioritizing wellness starts with leadership. Whether you're leading a classroom, grade team, school community, or district, your leadership can directly impact the wellbeing of the people on your team. In this webinar, learn simple, effective strategies to prioritize wellness on your team. Join us to practice these strategies together and brainstorm how you can use these strategies with your team.

Accelerate Learning with Project-Based Learning

Wednesday, October 20th @ 4 pm

Register Here:

<https://www.edweek.org/events/webinar/accelerate-learning-with-project-based-learning#pelcro-on24-form>

Join inspiring educators and district leaders as we hear about lessons learned from the past year, the key challenges they're facing for the new year, and how they continue to innovate as they ready themselves to welcome their students back to school this fall.

After attending, you'll:

- Get actionable ideas to re-engage learners this school year
- Gain insights on what best practices should be continued
- Identify strategies to implement new best practices

Casel Building Connections Ongoing Series

Building Connections is a monthly webinar series that explores how SEL connects to topics that are top of mind for your community. The webinars will take place on the third Friday of every month at 11:00 am and are free to anyone interested in social and emotional learning. If unable to attend at that time, the recorded webinar can be emailed to you.



Self-Care

Optimistic October 2021

MONDAY



TUESDAY

WEDNESDAY



THURSDAY



FRIDAY

SATURDAY

SUNDAY



4 Start your day with the most important thing on your to-do list

5 Be a realistic optimist. See life as it is, but focus on what's good

6 Remind yourself that things can change for the better

7 Look for the good in people around you today

8 Make some progress on a project or task you have been avoiding

9 Share an important goal with someone you trust

10 Take time to reflect on what you have accomplished this week

11 Avoid blaming yourself or others. Find a helpful way forward

12 Look out for positive news and reasons to be cheerful today

13 Ask for help to overcome an obstacle you are facing

14 Do something constructive to improve a difficult situation

15 Thank yourself for achieving the things you often take for granted

16 Put down your to-do list and do something fun or uplifting

17 Take a small step towards a positive change you want to see in society

18 Set hopeful but realistic goals for the week ahead

19 Identify one of your positive qualities that will be helpful in the future

20 Find joy in tackling a task you've put off for some time

21 Let go of the expectations of others and focus on what matters to you

22 Share a hopeful quote, picture or video with a friend or colleague

23 Recognise that you have a choice about what to prioritise

24 Write down three specific things that have gone well recently

25 You can't do everything! What are your three priorities this week?

26 Find a new perspective on a problem you face

27 Be kind to yourself today. Remember, progress takes time

28 Ask yourself, will this still matter a year from now?

29 Plan a fun or exciting activity to look forward to

30 Identify three things that give you hope for the future

31 Set a goal that brings a sense of purpose for the coming month



ACTION FOR HAPPINESS

Happier · Kinder · Together



50 self-care IDEAS FOR EDUCATORS

1. WRITE A HAND WRITTEN THANK YOU NOTE.
2. WRITE POSITIVE STICKY NOTES TO YOURSELF AND HIDE THEM TO FIND LATER.
3. MAKE A PLAYLIST OF HAPPY SONGS.
4. GO ON STRIKE FROM CHORES FOR A WHOLE DAY OR WEEK.
5. NOTICE AND CHANGE NEGATIVE THOUGHTS TO POSITIVE.
6. ORGANIZE A CLUTTERED SPACE.
7. LIST 3 MISTAKES AND ONE THING YOU LEARNED FROM EACH.
8. FORGIVE YOURSELF OR SOMEONE ELSE.
9. MEDITATE OR TRY NEW BREATHING EXERCISES.
10. CONNECT WITH AN OLD FRIEND.
11. GO TO THE SPA & TRY A NEW SERVICE YOU'VE NEVER DONE.
12. DANCE DURING CHORES.
13. TRY A NEW HOBBY.
14. TAKE SOCIAL MEDIA BREAKS.
15. FIND WAYS TO BELLY LAUGH. (CATCH A COMEDY SHOW)
16. DRINK PLENTY OF WATER AND TRACK IT FOR A WEEK.
17. BE EXTRA KIND TO SOMEONE WHO WASN'T NICE TO YOU.
18. BINGE WATCH A SERIES AND/OR GO OUT TO A MOVIE.
19. PLAY A BOARD GAME.
20. MAKE A BATCH OF INFUSED WATER AND SIP ALL DAY.
21. LISTEN TO A SELF-HELP PODCAST.
22. TRY SLEEPING WITH A WEIGHTED BLANKET.
23. PLANT SOMETHING NEW. GIVE IT A NAME AND NURTURE IT.
24. MAKE A LIST OF TASKS YOU'VE BEEN PUTTING OFF AND JUST DO THEM.
25. GIVE YOURSELF A MANI / PEDI WITHOUT TRYING TO BE PERFECT.
26. BUY A RANDOM MAGAZINE AND SPEND AN HOUR READING IT WITH A FUN SNACK.
27. SIT OUTSIDE. JUST SIT. THINK OF ONLY THE PRESENT. FORGET THE PAST AND FUTURE.
28. TAKE A BUBBLE BATH WITH CALMING BACKGROUND MUSIC.
29. BUY OR PICK FLOWERS TO DISPLAY AT DINNER TONIGHT.
30. TAKE A LEISURELY WALK WITHOUT A GOAL.
31. PUT ON A HOMEMADE FACE MASK.
32. MAKE HOMEMADE SOAPS.
33. TAKE A NAP WITHOUT FEELING GUILTY.
34. ORDER IN DINNER FROM SOMEWHERE NEW.
35. GET CRAFTY. THINK OUTSIDE THE BOX AND GIFT IT TO SOMEONE.
36. GO TO A PUBLIC LIBRARY AND READ FOR AN HOUR.
37. LOOK UP LOCAL VOLUNTEER OPPORTUNITIES AND SIGN UP.
38. SIT IN THE GRASS AND WATCH THE CLOUDS MOVE BY.
39. FIND SHAPES IN THE STARS.
40. SAY NO MORE OFTEN.
41. TAKE A MENTAL HEALTH DAY
42. BURN A CANDLE OR DIFFUSE SOME OILS.
43. SIP ON A FANCY DRINK IN A COFFEE SHOP.
44. GO FOR A DRIVE WITHOUT A DESTINATION. LET THE SIGHTS LEAD YOU.
45. WALK AROUND A FANCY GROCERY STORE AND TRY SOME NEW THINGS.
46. STRETCH FOR 20 MINUTES EVERY MORNING FOR A WEEK OR MONTH.
47. ASK FOR AN OLD FAMILY RECIPE AND MAKE IT.
48. WATCH THE SUNSET ALONE WHILE THINKING OF 3 BLESSINGS IN YOUR LIFE.
49. PLAN A PICNIC AND INVITE SOMEONE YOU LOVE.
50. CHALLENGE YOURSELF TO FACE A FEAR! MAKE IT FUN!



Mindful Movement Series

Tuesdays @ 2:00 pm - 2:30 pm

Register Here:

<https://uiowa.zoom.us/meeting/register/tJAlduuoqT4rHtGaE0rWbEwFyFIB46iADm16>

Mindful Movement is a 30 minute meditation space for individuals to ground themselves, release any built up tension, prepare for the week ahead, etc. The sessions will be recorded and can later be used for teachers to use as a resource whenever needed.

Caring for Ourselves as We Care for Each Other

Wednesday, October 20th @ 3 pm

Register Here:

<https://zoom.us/meeting/register/tJYuf-irrzMgH91zcZrWzniK99z01rQVI-e1>

Series Learning Objectives

- Understand the science of effective self-care practice and SEL
- Adopt one or more self-care strategy
- Consider how caring for human needs can help buffer stress from impacting health.
- Access tools to facilitate/lead this SEL content with groups in your school/district

**Segment 1A: Brain Breaks: Putting Your Mind at Ease on Wednesday, October 20, 2021
from 3pm-3:45pm ET***

Even with all our education, wisdom and professional skill, it can be difficult to get our mind to concentrate. It may feel as if our inner attention is being ruled by a pesky monkey swinging from one branch of neural networks to another, distracting us from what we want to think about. This can interfere with us showing up in the ways we want to – for ourselves, and for others. Using mindfulness practices helps us quiet the distractions and improve our ability to focus on what matters to us.

**Segment 1B: Physical Movement Without Much Effort on Wednesday, October 20, 2021
from 3:45pm-4:30pm ET***

Movement helps circulate large quantities of oxygen to cells in the brain, supporting learning and mental health. It prompts the brain to bathe itself in chemicals that support learning, focus, stability, as well as a sense of emotional vitality. You deserve to take time for physical movement and enjoy these benefits. Together, we explore how to do this without much effort and as part of our usual daily routine.

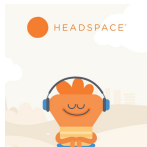
Free Apps



[Action for Happiness](#) gives you friendly 'nudges' with an action idea each day, Sends you inspiring messages to give you a boost, and Helps you connect & share ideas with like-minded people.



[Calm](#) is one of the most popular apps for meditation, relaxation, and getting some much needed shut-eye. It's also now free for educators. Teachers in K-12 classrooms can now get free access to Calm's paid subscription service and access a library chock-full of guided meditations, mindfulness exercises, and soothing tunes to keep your feeling present, blissful, or put you to bed. Through the Calm Students Initiative teachers can also opt in to receive best practices to introduce mindfulness to the classroom as well.



[Headspace](#) is a meditation and mindfulness app that offers free access to all K-12 teachers, school administrators and supporting staff.



InsightTimer

[Insight Timer](#) is an app for sleep, anxiety and stress.



[Stop, Breathe & Think](#) is an award-winning meditation app with mindfulness exercises and games built for the classroom. It's free for both educators and counselors.

Counseling Resources

Crisis Text Line: Text any message to 741741

Crisis Text Line serves anyone, in any type of crisis, providing access to free, 24/7 support and information.

Hopeline: Call (24/7) or Text (M-F 10am - 10pm): 919-231-4525 or 877-235-4525

A free and confidential crisis and suicide prevention helpline that offers crisis intervention, supportive and non-judgmental active listening, gentle and understanding discussion of crisis resolution, and referrals to appropriate community resources.

Hope4Healers: (919-226-2002)

Provides mental health and resilience support for NC health care professionals, emergency medical specialists, first responders, other staff who work in health care settings, as well as teachers and school personnel.

Hope4NC Helpline: Call 1-855-587-3463 or Text "hope"

Connects North Carolinians to mental health and resilience supports that help them cope and build resilience during times of crisis. It is available to everyone in North Carolina's 100 counties during the COVID-19 crisis. Available 24 hours per day, seven days a week to speak to a live person.

National Suicide Prevention Lifeline: 800-273-TALK (8255)

Offers free and confidential support for people in distress, prevention and crisis resources and best practices for professionals

NC Alcohol and Drug Council: 1-800-688-4232 or text 919-908-3196

If you or a loved one is struggling with alcohol or drug addiction, support is available 24 hours a day via the hotline.

Required Mental Health Trainings

Per NC State Board Of Education Policy [SHLT-003](#), all school employees must complete at least 6 hours of mental health training within the first 6 months of employment. Each employee must have training in the following areas: youth mental health, suicide prevention, substance abuse, teenage dating violence, and child abuse prevention. Click the link below to access the **5 trainings** totaling 6 hours **to be completed by February 2022**. **Please make sure to save each Certificate, as they will be required for licensure.**

[Click Here for Mental Health Trainings](#)