

CRITICAL  
**MENTAL  
HEALTH**

Challenges in Schools

[GRADES 3-12]

Helping Educators  
Recognize, Reach and Refer  
Students Prone to:

Violence

Chronic Anger

Self-Destructive Behavior

Non-Suicidal Self-Injury

Suicide



### What You Will Learn

In this information-packed seminar, you will learn to:

- » Distinguish different types of critical mental health disorders facing youth
- » Recognize predictive and contributing factors affecting mental health
- » Identify the underlying reasons for self-injurious behavior
- » Interpret the self-injurious cycle and intervention mapping

- » Integrate best practices for suicide prevention and intervention
- » Associate the connections between social media, mental health and our youth
- » Apply school-wide strategies for mental health protocol
- » Develop strategies designed to empower students to "be the difference!"

# Bring the Critical Mental Health Challenges Seminar to Your School or District!

Overlooking emotional problems in the school can lead to grave consequences for students, parents and educators. Many students experience emotional or mental health issues at some point in their academic careers. For some students, these issues can escalate into severe behaviors – behaviors that are harmful to the student and/or to others. Educators are in a unique position to help struggling students while also identifying and preventing the most severe outcomes – bullying, harassment, self-injury, violence and suicide. This seminar will help professional educators identify, reach, teach and/or refer students with serious mental health concerns.

A daunting amount of information is now available about mental health issues. The complexity of much of this information sometimes leads to misunderstandings, tentativeness, and possible mistakes in handling mental health issues with students. The presenter of this seminar will provide straight-forward insights, innovative strategies and “how-to-handle” tips for real cases in classrooms and schools. Interpreting mental health behaviors according to intensity, frequency, duration and impact will also be addressed – including what to do when a student has moved into a crisis phase. Participants will develop an understanding of critical mental health issues in a way that will help both educators and students in their classrooms and schools.



## About the Presenter

### Kaye Randall, MSW, LISW-CP

Kaye Randall is a nationally-known author and speaker who has led professional seminars throughout North America on student mental health, bullying, self-injury, depression, anxiety and anger – as well as youth leadership and student empowerment.

The former Training Director for the University of South Carolina Center for Child & Family Studies, Kaye has inspired seminar participants through her practical insights, humor and proactive strategies for helping children and adolescents. She continues to provide clinical services to both children and adolescents and has been named social worker of the year by the Council on Adoptable Children. She is co-author of *See My Pain, Creative Strategies & Activities for Helping Young People Who Self-Injure* (featured in *USA Today*), *102 Creative Strategies for Working with Depressed Children & Adolescents*, and *Mean Girls: 101½ Creative Strategies and Activities for Working with Relational Aggression*.

## Standard Agenda

- 8:30 – 10:00 Exploring Critical Mental Health Issues in Today's Classrooms**
- Our Experiences with Mental Health: The Lens We Look Through
  - Debunking Common Myths about Mental Health in Schools/Classrooms
  - Exploring Predictive/Contributing Factors for Mental Health Issues in Youth
  - Tuning Your Antennae: Recognizing Warning Signs of Frequency, Intensity and Duration
- 10:15 – 12:00 Non-Suicidal Self-Injury: Insights and Strategies for Reaching and Helping Youth**
- Exploring the Different Forms of Self-Injurious Behavior (SIB)
  - Understanding the “Why” of Self-Injury
  - Helping Youth Acknowledge and Address SIB
  - The Self-Injurious Cycle and Intervention Mapping
- 1:00 – 2:15 Suicide Awareness: You Can Make a Difference**
- What Every Educator Must Know about Suicide and Suicide Ideation
  - Risk Factors and Warning Signs
  - Critical Warning Signs Decoded
  - Social Media, Mental Health and Our Youth
  - Creative Strategies for Prevention/Intervention
  - Suicide Contagion
  - Interacting with a Student Following a Suicide Attempt
- 2:30-3:30 Building Connection: Identifying a Path to Action**
- Building a Strategic and Collaborative Approach to Mental Health
  - “Be the Difference” – Empowering Students in Promoting Connection
  - Motivating the Heart for Change!
  - Action Planning: What's Next?
- 3:30-4:00 Exploring Solutions to Cases in Your Classroom/School (Group discussion)**

**For more information or to schedule your training, contact us at:**

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