



Resource Spotlight

A resource brief to support virtual professional learning for division partner staff and families

MTSS Mental Health and Wellness Resources

This Spotlight features MTSS mental health and wellness resources, virtual learning opportunities and family supports.

RESOURCES:

- ❖ [Behavioral Health and Wellness](#)
Virginia Department of Education (VDOE) resources to help schools address the unprecedented rise in mental health and behavioral challenges facing Virginia students
- ❖ [Supporting Child & Student Social, Emotional, Behavioral, & Mental Health Needs](#)
U.S. Department of Education recommendations for addressing key challenges to providing school-based mental health support across early childhood and K-12 education
- ❖ [Universal Screening Best Practices for Social, Emotional & Behavioral Outcomes](#)
School Mental Health Collaborative implementation guide and recommendations for universal social, emotional, and behavioral screening within an MTSS framework
- ❖ [Mental Health Interconnected Systems Framework \(ISF\) Resources](#)
National Center on Positive Behavior Interventions and Supports (PBIS) Interconnected Systems Framework monograph, resources and implementation guides
- ❖ [Suicide Prevention Resources](#)
VDOE, Virginia Department of Health (VDH) and American Foundation for Suicide Prevention suicide awareness resources including how to access help during a crisis
- ❖ [Trauma Support for Schools](#)
Institute of Education Sciences (IES) Regional Educational Laboratory Program (REL) mental health intervention selection guidance, strategies, and educator resources

VIRTUAL PROFESSIONAL LEARNING OPPORTUNITIES:

- ❖ [Youth Mental Health First Aid](#)
National Council for Mental Wellbeing course on how to help an adolescent who is experiencing a mental health or addiction challenge or is in crisis
- ❖ [Learning Modules and Resource Library for School Mental Health Professionals](#)
VDOE Office of Behavioral Health and Wellness professional learning modules and resource collection for school personnel
- ❖ [Infant and Early Childhood Mental Health Consultation Resources](#)
Georgetown University Center of Excellence for Infant and Early Childhood Mental Health Consultation (IECMHC) virtual learning opportunities and resources

FAMILY SUPPORTS:

- ❖ [Teen Depression: More Than Just Moodiness;](#)
[Children and Mental Health: Is This Just a Stage?](#)
National Institute of Mental Health (NIMH) infographics and strategies to increase awareness and understanding of mental health challenges
- ❖ [Positive Parenting, Thriving Kids](#)
Child Mind Institute videos, strategies and resources to support managing big changes, stress, bullying, substance abuse and mental health challenges

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