School Mental Health Websites and Resources

Last updated 10/30/15

Alphabetical List of Websites

- Links and resources
- Brief description of each website/organization
- Detailed topic information

Index of General Topics (with corresponding websites)

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Websites and Resources

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American Academy of Child and Adolescent Psychiatry (AACAP)

http://www.aacap.org/

Between 7 and 12 Million American youth suffer from mental, behavioral, or developmental disorders at any given time. The AACAP (American Academy of Child and Adolescent Psychiatry) is the leading national professional medical association dedicated to treating and improving the quality of life for children, adolescents, and families affected by these disorders.

- Family education resources
 - Resource centers
 - http://www.aacap.org/AACAP/Families_and_Youth/Resource_Centers/Home.aspx?hkey=d603a_11b-e1fb-489c-9e91-71d3c29757e2
 - o Consumer-friendly definitions
 - o answers to FAQs
 - o clinical resources
 - o expert videos
 - o journal abstracts relevant to each disorder (anxiety, ADHD, autism, bipolar, conduct, depression, disaster, military families, ODD, etc).
- Advocacy and law information
 - Bill of Rights for Children's Mental Health Disorders and their Families
 http://www.aacap.org/App_Themes/AACAP/docs/Advocacy/policy_resources/a_bill_of_rights_for_children_with_mental_health_disorders_and_their_families_2012.pdf
- Child & Adolescent Psychiatrist Finder

American Academy of Pediatrics (AAP)

www.aap.org.

Whether you're looking for general information related to child health or for more specific guidelines concerning a pediatric issue, you've come to the right place. Here, you'll find information regarding the Academy's many programs and activities...our policies and guidelines...our publications and other child health resources...and much, much more. Best of all, you can rest assured that the information comes from the nation's leading child health experts and that we have scientific research supporting our recommendations.

- Website is more physiological health-based, but still a good resource.
- Policy Statements include a *Policy Statement: School-Based Mental Health Services*, available at: http://pediatrics.aappublications.org/content/113/6/1839.full.pdf+html
- Mental health links http://www2.aap.org/commpeds/dochs/mentalhealth/mh8ml.html#FCCCR
 - o Federal Resources
 - o Children's Mental Health and Advocacy Organizations
 - o International Organizations
 - o Special Education and School-Based Mental Health
 - Professional Organizations
 - o Academic Centers Focused on Children's Mental Health
 - o Organizations Focused on Suicide Prevention
 - Web Sites for Adolescents
 - o Child and Adolescent Health Initiatives
 - o Family-Centered, Cultural Competency Resources

Association for Positive Behavior Supports

http://www.apbs.org

The Association for Positive Behavior Support (APBS) is an international organization dedicated to promoting research-based strategies that combine applied behavior analysis and biomedical science with person-centered values and systems change to increase quality of life and decrease problem behaviors. The Association is made up of professionals, family members, trainers, consumers, researchers, and administrators who are involved and interested in positive behavior support.

Positive behavior support is a set of processes that combine information from social, behavioral, and biomedical science and applies this information at the individual and/or systems level to reduce behavioral challenges and improve quality of life. Both systems-wide and individualized interventions used in PBS are empirically documented and can be used by a wide range of support providers.

• PBS within Different Populations and Settings

Adults with Developmental Disabilities

Autism Spectrum Disorder

Children with Developmental Disabilities

Early Childhood

Emotional and Behavioral Disorders

Families and PBS

Physiological Issues & Mental Health

Schools and Districts

State-wide Planning

Traumatic Brain Injury

Bazelon Center for Mental Health Law

www.bazelon.org

Seeks to protect and advance the rights of adults and children who have mental disabilities through civil rights litigation, public advocacy, and public education. Its publications include information on school success for children with mental health care needs.

• "Policy Reporter": Newsletter of current mental health policy and litigation, listed by topic.

Center for Health and Health Care in Schools (CHHS)

www.healthinschools.org

(George Washington Univ., School of Public health & Health Services, Wash., D.C.)

A nonpartisan policy and program resource center that seeks to strengthen the well being of children through effective health programs and health care services in schools. The Center for Health and Health Care in Schools is committed to supporting the good health of children and adolescents by working with parents, teachers, health professionals and school administrators to strengthen successful school-based health programs in all communities in the U.S. Its website contains fact sheets on a variety of topics, a parent's resource area, and other information.

- Organizational and financing challenges
- Journal archives on key issues (use the search bar)
 - o immigrant and refugee children
 - o school drug testing
 - o children's health insurance
 - o school lunches
 - o HPV vaccinations
 - o eating disorders
- Educators and families

- Mental health education resources specific to administrators and teachers, parents, children, and teens
- Background info on school-based mental health

Center for Mental Health Services, SAMHSA

http://beta.samhsa.gov/about-us/who-we-are/offices-centers/cmhs

Federal agency within the Substance Abuse and Mental Health Services Administration (SAMHSA) that leads national efforts to improve prevention and mental health treatment services for all Americans. Pursues its mission by helping states improve and increase the quality and range of treatment, rehabilitation, and support services for people with mental health problems, their families, and communities. Under "Child, Adolescent and Family," provides information on ongoing programs, fact sheets, and publications. Also offers year-end reports and mental health statistics. Search this site using key words "school based mental health" to access related resources.

- Funding links state block grants http://www.samhsa.gov/grants/block-grants
- Child and Adolescent Mental Health Programs
- Mental health topics
 - o families and children
 - o disaster/trauma
 - youth violence prevention
- Professional and Research topics

Center for Mental Health in Schools at UCLA, School Mental Health Project (SMHP)

(Dept. of Psychology, Univ. of Calif.- LA)

http://smhp.psych.ucla.edu/

Created in 1986 to pursue research, practice, and training related to addressing mental health and psychosocial concerns through school-based interventions. Works closely with school districts, local and state agencies, special initiatives, and organizations and colleagues across the country. Produces reports and newsletters, and maintains a website of useful information and resources.

- Practitioner tool kit and network resources http://smhp.psych.ucla.edu
- Training and presentation resources http://smhp.psych.ucla.edu

Center for School-Based Mental Health Programs (CSBMHP)

(Dept. of Psychology, Miami University, Oxford, OH)

http://www.units.muohio.edu/csbmhp/

Focuses on mental health initiatives in the Ohio public school system with an emphasis on primary prevention, education, intervention strategies, and treatment for children and adolescents with chronic mental health disorders. Seeks to build collaborative relationships with schools and community agencies to address the mental health and school success of children and adolescents through the promotion of expanded school mental health programs and services.

Presentations and publications (for clinicians and schools)
 http://www.units.muohio.edu/csbmhp/resources/index.html

Center for School Mental Health (CSMH)

http://csmh.umaryland.edu/

(U. of Maryland, Baltimore, Dept. of Psychiatry)

Geared toward a wide array of stakeholders including frontline providers, educators, researchers, administrators, policymakers, youth, families, and advocates, the mission of the CSMH is to strengthen policies and programs in school mental health to improve learning and promote success for America's youth. Its "Resources" webpage offers numerous policy briefs, fact sheets, resource packets, articles, etc. on wide range of issues.

- Resources http://csmh.umaryland.edu/Resources/index.html
 - o Issue briefs, policy and legislation updates
 - o SMH partnership resources
 - o resource packets for clinicians
 - o system of care resources
 - o critical issues meeting notes from bi-annual CSMH mtgs
 - o CSMH newsletter, white papers
 - o free assessment lists for clinical D/Os
 - o Summary of Recognized Evidence-Based Programs
 - Issue brief on Juvenile Justice and School Reentry http://csmh.umaryland.edu/Resources/Briefs/SchoolReentryBrief.pdf

Center of Positive Behavioral Interventions and Supports (PBIS)

www.pbis.org

A federally-funded technical assistance center located at the Univ. of Oregon, serves as a major resource nationally on PBIS.

- Positive behavior supports for schools, families, communities
- PBIS training manuals
- newsletter

Child Welfare League of America (CWLA)

www.cwla.org

An association of nearly 800 public and private nonprofit agencies that assist abused and neglected children and their families each year with a range of services. It seeks to ensure safety, permanence, and well-being of children, youth, and their families by advancing public policy, defining, and promoting practice excellence. Its website includes resources for advocacy and action, and information about integrated systems of care.

Resources for Child welfare practice areas http://www.cwla.org/our-work/cwla-standards-of-excellence-for-child-welfare-services/
 See CWLA Standards of Excellence and CWLA Current Best Practice Guidelines including Best Practice Guidelines for Behavior Management

Best Practice Guidelines for Behavior Support and Intervention Training

- Conferences and trainings (free webinars with option to count as CEUs for very reasonable prices, some in \$10-20 range) http://www.cwla.org/conferences-events/conferences-trainings
- Culture and diversity info and resources http://66.227.70.18/programs/culturalcompetence/culturalabout.htm
- Nationwide Juvenile Justice Systems Integration Consultation Initiatives http://66.227.70.18/programs/juvenilejustice/

Federation of Families for Children's Mental Health (FFCMH)

www.ffcmh.org

A national family-run organization dedicated to helping children with mental health needs and their families achieve a better quality of life. It seeks to help policy-makers, agencies, and providers become more effective in delivering services and supports that foster healthy emotional development for all children.

(scroll to bottom of each web page, info is at the bottom)

- Just For Youth resources
 - o good empowerment opportunity to develop youth leaders
- Links to various family and clinician education resources https://www.ffcmh.org/resources/families-parents-caregivers

Learning Registry

www.learningregistry.org.

The U.S. Departments of Education and Defense recently announced the launch of "Learning Registry," a communication system that allows existing educational portals and online systems to publish, consume, and share important information about learning resources with each other and the public, while respecting the privacy of individual users. The Learning Registry is an open source technical system designed to facilitate the exchange of data behind the scenes, among a community of resource creators, publishers, curators, and consumers who are collaborating to broadly share resources.

Mental Health America <u>www.nmha.org</u>

(formerly the National Mental Health Association)

Dedicated to helping ALL people live mentally healthier lives. Website provides fact sheets on medications, mental health disorders, treatments, support groups, and how to pay for prescriptions. Its "Youth and Families" Fact Sheets cover school-related topics.

 Mental health topic info search by audience/population, issue, or disorder and treatment http://www.nmha.org/go/information/get-info

MilitaryFamily.com

http://militaryfamily.com/

A community website designed to provide support and guidance for military members and their families by connecting them with a system of current and relevant resources. Membership is completely free and provides full access to articles, news, forums, videos, and apps.

- Health and Wellness
- Prevention

National Alliance for the Mentally ILL (NAMI)

www.nami.org

A grassroots organization for people with mental illness and their families. Founded in 1979 it has affiliates in every state and in over 1100 local communities across the country. It educates schools about mental illness and promotes partnerships between families and schools.

- Anti-stigma info and resources http://www.nami.org/template.cfm?section=fight_stigma
- Free Education, Training and Support Programs for families and caregivers, clients, general public, and providers

http://www.nami.org/template.cfm?section=Education_Training_and_Peer_Support_Center

• MD chapter info/contact

 $\underline{http://www.nami.org/Template.cfm?Section=Your_Local_NAMI\&Template=/CustomSource/Affilia}\\ \underline{teFinder.cfm\&State=MD}$

School-Based Health Alliance

www.sbh4all.org

Committed to promoting and supporting school-based health centers to assure that all children receive high quality, comprehensive health care. A number of useful documents are available on its website.

(scroll to bottom of each web page, info is at the bottom)

- Quality Assessment and Improvement (QAI) in School Mental Health http://www.sbh4all.org/site/c.ckLQKbOVLkK6E/b.7638807/k.B458/QAI.htm
- Screening tools, Prevention and Risk assessment
 http://www.sbh4all.org/site/c.ckLQKbOVLkK6E/b.7640445/k.BCB3/Screen.htm
 - Resilience and Protective Factors
 - o Depression, Suicide, Anxiety, Behavioral Problems, Substance Use/Abuse
 - o Additional Mental Health Assessment and Screening Resources

National Association of School Psychologists (NASP)

http://www.nasponline.org/

Represents school psychology and supports school psychologists to enhance the learning and mental health of all children and youth.

- Family resources https://www.nasponline.org/resources-and-publications/families-and-educators
 - o Back to School
 - o Behavior, Crisis and Safety
 - o Diversity
 - o Health and Wellness
 - o Helping Children Cope
 - o Home and School
 - o Instruction and Curriculum
 - Mental Health
 - o Parenting
 - Resilience
- Info for educators https://www.nasponline.org/resources-and-publications/families-and-educators
- Resources for early career practitioners https://www.nasponline.org/resources-and-publications/early-career-professionals

National Association of State Mental Health Program Directors (NASMHPD)

www.nasmhpd.org

Member organization representing state executives responsible for the public mental health service delivery system in all 50 states, 4 territories, and the District of Columbia. NASMHPD operates under a cooperative agreement with the NasMHPD operates under a cooperative

- Search engine by state and group for "people in charge" of mental health and related agencies, organizations, resources (commissioners, superintendants, directors, coordinators, etc)
- Mental health links http://www.nasmhpd.org/content/mental-health-links
 - Mental Health Glossary
 - o Federal Web Sites
 - o State Mental Health Agencies
 - o CMHS Research
 - Training and Technical Assistance Centers

National Association for Children's Behavioral Health (NACBG) http://www.nacbh.org/

NACBH seeks to advance the availability and delivery of services for children with emotional or behavioral disturbances and their families. We can navigate the political system, leverage our knowledge and our connections to take quick, decisive action. When NACBH speaks for you, elected officials and policymakers listen. As a member, you'll join forces with one of the most respected industry leaders. We leverage our knowledge and connections to take quick, decisive action. Through NACBH, you can take an active role in the formulation of the policies and laws that affect how you are able to serve children and families.

- Educational Meetings http://www.nacbh.org/about_ed.htm
 - NACBH's 4-day annual meeting takes place in Washington, DC each spring, focusing on public policy issues and including a full day of scheduled appointments on Capitol Hill. Known for clear interpretation of critical national issues, timely coverage of emerging trends or threats, and updates on subjects of ongoing importance, NACBH brings the key players directly to the meeting participants for honest, and sometime controversial, discussion.

National Center on Education, Disability, and Juvenile Justice (EDJJ)

www.edjj.org

(Dept. of Special Education, Univ. of Maryland)

Examines the over-representation of youth with disabilities at-risk for contact with the courts or already in the juvenile delinquency system. Provides professional development and technical assistance, conducts research, and disseminates resources regarding: prevention, education and special education, and transition services for youth returning from JJ facilities.

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- Tools for success for teachers and administrators (research-based early identification and prevention)
- Parent rights RE: special education http://www.edjj.org/parent/
- Web links and descriptions of agencies/orgs http://www.edjj.org/links/#PREV#PREV
 - o <u>Prevention</u>
 - o Education and Special Education
 - o Research and Policy
 - Mental Health
 - o Substance Abuse Resources
 - o Juvenile Justice Organizations
 - o U.S. Department of Education Resources
 - o U. S. Department of Justice Resources
 - o E-News & Lists
- Free workshops (actual documents)

National Center for Juvenile Justice (NCJJ)

http://www.ncjj.org/

(The research division of the National Council of Juvenile and Family Court Judges)

The National Center for Juvenile Justice (NCJJ) is the oldest juvenile justice research organization in the United States, having conducted national and sub national studies on crime and delinquency since 1973. NCJJ's success for the past 36 years has been predicated on a sound understanding of empirical research within a sophisticated yet practical sensitivity to the context of practitioner settings. This unique blend of professional skill and practical experience produces scientifically-rigorous work that can be practically understood and used for improving implementation practices and the outcomes they hope to achieve.

- State by State Profiles of the Juvenile Justice System
- Juvenile Age Related Information Snapshots
- <u>Juvenile Justice Publications</u>

National Council for Community Behavioral Healthcare

www.thenationalcouncil.org

A not-for-profit association representing 1,300 organizations providing treatment and rehabilitation to help people recover from mental illnesses and addiction disorders. Its members serve nearly six million adults, children, and families, who live with their families or alone, or are in hospitals, jails, juvenile detention facilities, residential programs, foster care, or group homes.

The National Council advocates for <u>public policies</u> that ensure that people who are ill can access comprehensive healthcare services. And we offer state-of-the-science education and practice improvement resources so that services are efficient and effective.

- Trainings and development
 - Online CE courses http://www.cequick.com/myeln/thenationalcouncil/default.asp
- Consultation and referrals http://www.thenationalcouncil.org/consulting-best-practices/

National Dropout Prevent Centers

http://www.dropoutprevention.org/

Funded by OSEP to provide knowledge and promote networking for researchers, practitioners, policymakers, and families to increase opportunities for youth in at-risk situations to receive the quality education and services needed to successfully graduate from high school. The mission of the National Dropout Prevention Center/Network is to increase high school graduation rates through research and evidence-based solutions.

- Strategies and models for drop-out prevention, resources for practitioners, families/parents and students, grant resource info
- The National Dropout Prevention Center for Students with Disabilities http://www.ndpc-sd.org/

National Technical Assistance Center for Children's Mental Health

(Georgetown Univ., Center for Child and Human Development Center)

http://gucchd.georgetown.edu

Directly serves both vulnerable children and their families, and influences local, state, national and international programs and policy. This website contains resources for both professionals and families on a wide range of children's mental health topics.

- Clinical and Community Services
- Cultural and Linguistic Competence
- Developmental Disabilities
- Special Health Care Needs
- Early Childhood
- Global Health and Education
- Mental Health, Research and Evaluation
- Links to mental health agencies and resources http://gucchd.georgetown.edu/resources/

Parent Advocacy Coalition for Education Rights (PACER)

www.pacer.org

Founded in 1977, the PACER Center seeks to expand opportunities and enhance the quality of life of children and young adults with disabilities and their families, based on the concept of parents helping parents. Through more than 30 projects, PACER provides individual assistance, workshops, publications, and other resources to help families make decisions about education and other services for their child or young adult with disabilities.

- Programs for parents, professionals and children http://www.pacer.org/pandr/proglist.asp
 - ** LOTS of programs, offering a wide range of services, advocacy, education resources and information for practitioners, families, educators and consumers.

Data Trends are produced to increase the dissemination of current research findings in the area of children's mental health services. Available are summaries and news briefs with citation for the reader to retrieve the original document for further examination.

School Mental Health Connection

www.SchoolMentalHealth.org

Designed for anyone interested in school mental health, emphasizes practical information and skills based on current research, including prominent evidence-based practices, as well as lessons learned from local, state, and national initiatives.

- Outcomes of school mental health programs http://www.schoolmentalhealth.org/Resources/ESMH/ESMHoutcomes.pdf
- Resources for children, families, clinicians, educators
- Free online training courses (ie: nature and prevention of bullying, cultural competence, trauma focus CBT, childhood traumatic grief)
- CMHS Mental Health Services Locator
- A Guide to Baltimore City Public School System's Mental Health and Health Care Services http://www.schoolmentalhealth.org/Resources/ResGuide/School%20based%20services%20directory%205.pdf
- Baltimore City Directory of Community Resources

 $\frac{http://www.schoolmentalhealth.org/Resources/ResGuide/Directory\%\,20of\%\,20Baltimore\%\,20City\,\%\,20Community\%\,20Resources\%\,201.28.14.pdf$

School Psychology Resources Online

http://school-psychology.org/

This site contains information on specific disorders and conditions, other adolescent information on mental health and education issues, and links to publications and reference lists.

The Search Institute

http://www.search-institute.org

The Search Institute endeavors to advance the well being of children and adolescents through a framework of "40 Developmental Assets", which include positive experiences, qualities, relationships, and opportunities. The site also includes articles and an online newsletter.

The Search Institute® is an independent, nonprofit, nonsectarian organization committed to helping create healthy communities for every young person. Because we believe that "all kids are our kids," we create books and other materials that welcome and respect people of all races, ethnicities, cultures, genders, religions, economic backgrounds, sexual orientations, and abilities.

- Download, copy, and distribute for free (developmental assets, communities, youth-serving organizations, faith communities, parents and families, evaluation) http://www.search-institute.org/downloads
- Resources http://www.search-institute.org/resources

<u>A searchable bibliography database</u>, <u>Downloads and archives</u> of our e-newsletters, asset lists, action strategies, fact sheet, and much more! <u>Links</u> to other Search Institute friends and resources, <u>e-Cards</u> with positive youth messages

Index of General Topics

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