**All in this Together ECHO: Mental Health & Well-Being for Students, Families, and Each Other**

**Resources**

**Session 1: Maintaining wellness in the midst of distress**

* [Self-Assessment | WellMD & WellPhD | Stanford Medicine](https://wellmd.stanford.edu/self-assessment.html)
* [Burnout by Emily Nagoski, PhD, Amelia Nagoski, DMA: 9781984818324 | PenguinRandomHouse.com: Books](https://www.penguinrandomhouse.com/books/592377/burnout-by-emily-nagoski-phd-and-amelia-nagoski-dma/)
* Podcast: [Why we’re burned out and what to do about it, with Christina Maslach, PhD (apa.org)](https://www.apa.org/news/podcasts/speaking-of-psychology/burnout)
* App: [Mindfulness Coach | VA Mobile](https://mobile.va.gov/app/mindfulness-coach)

**Session 2: Trauma informed care/psychological safety for students and families**

* Values Sort Activity Online: [Values Cards Exercise | think2perform](https://www.think2perform.com/values/#start)
* Dan Siegel on Youtube:
  + [How to comfort an upset child - Dr. Dan Siegel - YouTube](https://www.youtube.com/watch?v=3BFO-NwCK08)
  + [Running a Business from Anywhere: Vivi et Margot (youtube.com)](https://www.youtube.com/watch?v=gm9CIJ74Oxw)
* Books:
  + [The Happiness Trap: How to Stop Struggling and Start Living: A Guide to ACT: Harris, Russ, Hayes PhD, Steven C.: 8580001061962: Amazon.com: Books](https://www.amazon.com/Happiness-Trap-Struggling-Start-Living/dp/1590305841/ref=asc_df_1590305841?tag=bingshoppinga-20&linkCode=df0&hvadid=80401841891188&hvnetw=o&hvqmt=e&hvbmt=be&hvdev=c&hvlocint=&hvlocphy=&hvtargid=pla-4584001427665283&psc=1)
  + [Amazon.com: Spark: The Revolutionary New Science of Exercise and the Brain (Audible Audio Edition): John J. Ratey MD, Eric Hagerman - contributor, Allan Robertson, Little, Brown Spark: Books](https://www.amazon.com/Spark-Revolutionary-Science-Exercise-Brain/dp/B08RZD6D4Z/ref=sr_1_1?crid=1GY8AFT6QO2JS&dib=eyJ2IjoiMSJ9.COpFMzKZru8y-_e6DWlJe1wO9YnbsG6RO_1hWUCLD7w6SyVU37RZu9JAHZS-tIfMVWRvpQFaGKsZxu0IHk-nBig-h7qzcFMVdtldrO2Qa1JIcpIUf7SxIZDxWXoU2iMHGTLx2GkRfqY_Ry-9PIuvlIcv5UvY-mZoAh1u3GmroUkkKL--PU8oAcW2oiGIxzZlSasz1sXm88efbL-zvbo0caxNulh7Qtpv-GsgmtDnZDg.Pf5HGxP5EkHbO1k74haALPZZT5M3oxKW9pJ7lzfEysY&dib_tag=se&keywords=Spark+book&qid=1715008635&s=books&sprefix=spark+boo%2Cstripbooks%2C150&sr=1-1)
* Fast Forward - <https://www.dhhs.nh.gov/programs-services/health-care/childrens-behavioral-health/fast-forward-new-hampshire-wraparound>
* SAP counselors: Student Assistance Program counselors who work with high risk/high needs students - <https://www.dhhs.nh.gov/programs-services/alcohol-tobacco-other-substance-misuse/student-assistance-program>
* Restorative Justice - <https://www.belknapcounty.gov/restorative-justice-court-diversion>

**Session 3: Trauma informed care/psychological safety for staff**

* Beginning DEIB Work with different groups **-** <https://www.nationalseedproject.org/images/documents/Knapsack_plus_Notes-Peggy_McIntosh.pdf>
* [‘My Empathy Felt Drained’: Educators Struggle With Compassion Fatigue | NEA](https://www.nea.org/nea-today/all-news-articles/compassion-fatigue-teachers)
* [Violence Against Educators and School Personnel: Crisis During COVID (apa.org)](https://www.apa.org/education-career/k12/violence-educators.pdf)
* [Violence, Threats Against Teachers, School Staff Could Hasten Exodus from Profession | NEA](https://www.nea.org/nea-today/all-news-articles/violence-threats-against-teachers-school-staff-could-hasten-exodus-profession)
* Resources for starting Restorative Practices
* Jon Kidde out of VT [jonkidde@GreenOmegaL3C.org](mailto:jonkidde@GreenOmegaL3C.org)
* George Conant from Maine [restorativepracticesofmaine@gmail.com](mailto:restorativepracticesofmaine@gmail.com)
* Grafton County Alternative Sentencing: Restorative Justice Panel/Diversion Program - Nicole Mitchell [nmitchell@graftoncountynh.gov](mailto:nmitchell@graftoncountynh.gov)
* Books: The Hate You Give, Chains by Laurie Halse Anderson, and The Secret Life of Bees by Sue Monk Kidd

**Session 4: Practical approaches to mental health and substance use in schools**

* National Association For Children of Addiction (NACOA) -[Home - NACoA](https://nacoa.org/)
* [Children's Program Kit - NACoA](https://nacoa.org/childrens-program-kit/)
* [Parental Addiction - Sesame Workshop](https://sesameworkshop.org/topics/parental-addiction/)
* [Parents for Healthy Schools Resources | Healthy Schools | CDC](https://www.cdc.gov/healthyschools/parentsforhealthyschools/resources.htm)
* [DBT Worksheets for Adolescents | Therapist Aid](https://www.therapistaid.com/therapy-worksheets/dbt/adolescents)
* [Motivational Interviewing for Teens and Adolescents (theraplatform.com)](https://www.theraplatform.com/blog/512/motivational-interviewing-for-teens-and-adolescents)
* [School-based harm reduction with adolescents: a pilot study | Substance Abuse Treatment, Prevention, and Policy | Full Text (biomedcentral.com)](https://substanceabusepolicy.biomedcentral.com/articles/10.1186/s13011-022-00502-1)
* Fischer, N.R. School-based harm reduction with adolescents: a pilot study. *Subst Abuse Treat Prev Policy* **17**, 79 (2022). <https://doi.org/10.1186/s13011-022-00502-1>
* Moffat BM, Haines-Saah RJ, Johnson JL. From didactic to dialogue: assessing the use of an innovative classroom resource to support decision-making about cannabis use. Drug Educ Prev Policy. 2016;24:85–95.
* Mutschler, C., Naccarato, E., Rouse, J. *et al.* Realist-informed review of motivational interviewing for adolescent health behaviors. *Syst Rev* **7**, 109 (2018). <https://doi.org/10.1186/s13643-018-0767->
* [2021 National Survey on Drug Use and Health (NSDUH) Releases (samhsa.gov)](https://www.samhsa.gov/data/release/2021-national-survey-drug-use-and-health-nsduh-releases)
* [Parents for Healthy Schools | Healthy Schools | CDC](https://www.cdc.gov/healthyschools/parentsforhealthyschools/p4hs.htm)
* [Why are youths resorting to substance and drug use?  - CHOC - Children's health hub](https://health.choc.org/why-are-youths-resorting-to-substance-and-drug-use/)

**Session 5: Tools/strategies to engage families**

* Miller, E. & Gaumer Erickson, A. S. (2023). Family engagement, attendance, and performance on statewide assessments in Kansas. Kansas Technical Assistance System Network. <https://www.ksdetasn.org/resources/3666>
* Engagement Toolkits from Attendance Works: <https://www.attendanceworks.org/resources/toolkits/integrating-attendance-into-kindergarten-transition/start-with-a-warm-welcome-and-engagement/>
* The LEAP Effect: Taking A Systemic Approach to Improving Attendance & Engagement, <https://portal.ct.gov/-/media/sde/chronic-absence/leap/the-leap-effect.pdf>
* Lamoille Restorative Center, <https://lrcvt.org/school-engagement/>

**Additional Resources:**

* May is [Mental Health Awareness Month [samhsa.gov]](https://urldefense.com/v3/__https:/www.samhsa.gov/mental-health-awareness-month__;!!Eh6P0A!TIqBM3inOIDeP_HTUJCv1zf1cig11ZSY3VyE2R1huo90lcnk9Mlnxby2IjuR2KwhYgfBbuN98VxbIevyHwQImDk$). SAMHSA has developed a robust toolkit that makes it easy for you to spread messages about the importance of mental health without having to develop your own materials.
* Building Winning Partnerships- Vermont Family Network - <https://www.vermontfamilynetwork.org/wp-content/uploads/2021/07/Building-Winning-Partnerships-Fact-Sheet.pdf>