Mental Health Issues in the School Setting

Resources

The Story of Mark

<https://www.latimes.com/archives/la-xpm-1999-feb-07-mn-5664-story.html>

Adverse Childhood Experiences

<https://www.cdc.gov/violenceprevention/aces/index.html>

<https://thrive.kaiserpermanente.org/care-near-you/northern-california/napasolano/health-resources/adverse-childhood-experiences-aces/>

<https://acestoohigh.com/got-your-ace-score/>

<https://www.ncsl.org/research/health/adverse-childhood-experiences-aces.aspx>

<https://slideplayer.com/slide/13410272/>

<https://www.psychologytoday.com/us/blog/love-and-sex-in-the-digital-age/201912/how-adverse-childhood-experiences-affect-you-adult>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7306718/#:~:text=Trauma%2Dinformed%20care%20could%20be,stressors%20unleashed%20by%20the%20pandemic>

<https://preventchildabuse.org/resources/adverse-childhood-experiences-robert-anda/>

[https://www.ajpmonline.org/article/S0749-3797(98)00017-8/fulltext](https://www.ajpmonline.org/article/S0749-3797%2898%2900017-8/fulltext)

Common mental health disorders in children and adolescents:

<https://www.cdc.gov/childrensmentalhealth/data.html>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC556080/>

Mental Health Information and Resources for Teachers

<https://www.mentalhealth.gov/talk/educators>

<https://www.samhsa.gov/sites/default/files/ready_set_go_review_mh_screening_in_schools_508.pdf>

<https://www.edsurge.com/news/2020-10-07-virtual-signs-of-serious-mental-health-problems-a-teacher-s-guide-to-protecting-students>

<https://www.mayoclinic.org/healthy-lifestyle/childrens-health/in-depth/mental-illness-in-children/art-20046577>

<https://www.cdc.gov/childrensmentalhealth/symptoms.html>

<https://www.cdc.gov/childrensmentalhealth/features/school-aged-mental-health-in-communities.html>

<https://www.publicschoolreview.com/blog/common-mental-health-problems-in-school-children-and-how-to-address-them>

How Stress Affects Children and Adolescents

<https://www.nationwidechildrens.org/family-resources-education/700childrens/2017/07/toxic-stress-how-the-bodys-response-can-harm-a-childs-development#:~:text=Toxic%20stress%20has%20the%20potential,and%20physical%20and%20mental%20health>

<https://centerforanxietydisorders.com/stress-affects-child-development/>

<https://medlineplus.gov/ency/article/002059.htm>

<https://developingchild.harvard.edu/science/key-concepts/toxic-stress/>

<https://www.camh.ca/en/health-info/mental-illness-and-addiction-index/stress#:~:text=When%20stress%20becomes%20overwhelming%20and,complaints%20such%20as%20muscle%20tension>

<https://journals.lww.com/nursingmadeincrediblyeasy/fulltext/2019/03000/toxic_stress_in_children__impact_over_a_lifetime.8.aspx>

<https://kidshealth.org/en/parents/stress.html#:~:text=While%20it's%20not%20always%20easy,effects%2C%20including%20stomachaches%20and%20headaches>

COVID Specific Articles & Resources

<https://www.apa.org/monitor/2020/09/safeguarding-mental-health>

<https://www.edweek.org/leadership/data-what-we-know-about-student-mental-health-and-the-pandemic/2021/03>

<https://www.jmir.org/2020/9/e21279/>

<https://www2.ed.gov/about/offices/list/ocr/docs/20210608-impacts-of-covid19.pdf>

<https://www.brookings.edu/blog/brown-center-chalkboard/2020/12/03/how-is-covid-19-affecting-student-learning/>

<https://www.pnas.org/content/118/17/e2022376118>

<https://namica.org/blog/impact-on-the-mental-health-of-students-during-covid-19/>

<https://www.edutopia.org/article/covid-19s-impact-students-academic-and-mental-well-being>

Teachers Can Make a Difference

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6124958/>

Four Types of Parenting

<https://www.cnbc.com/2021/06/29/child-psychologist-explains-4-types-of-parenting-and-how-to-tell-which-is-right-for-you.html>

Sample School Referral Form Free to Download

<https://www.sampleforms.com/counseling-referral-form-sample.html>

<https://www.pinterest.com/pin/171277592054441770/?autologin=true>

Exercises & Resources

<https://positivepsychology.com/optimism-tools-exercises-examples/>

<https://www.edutopia.org/article/tips-teaching-realistic-optimism>

<https://www.scholastic.com/teachers/lesson-plans/teaching-content/teacher-made-activities-teaching-responsibility/>

<https://growkidsminds.com/gkm003-teaching-responsibility/>

<https://schools.cms.k12.nc.us/beverlywoodsES/Documents/ResponsibilityOctober2015.pdf>

<https://positivepsychology.com/leadership-activities/>

<https://educationtothecore.com/2021/01/18-games-for-teaching-emotions-and-self-regulation/>

<https://www.todaysparent.com/family/activities/simple-games-that-teach-your-kid-self-regulation/>

<https://www.edutopia.org/article/making-prosocial-behavior-contagious>

[https://www.teacherspayteachers.com/Browse/Search:prosocial%20behavior](https://www.teacherspayteachers.com/Browse/Search%3Aprosocial%20behavior)

God’s Love Letter

<https://www.youtube.com/watch?v=ZsBhvSMQUk4>

Exercises for Positivity & Optimism

-Optimistic self-talk

-Focus on effort rather than results

-Write stories about happy memories

-Reframe negative statements to positive possibilities

-List things they can do to make things better

-Make a list of things that make them grateful (Gratitude List)

-Look for opportunities to be nice to others

-”Show me your friends and I will show you your future”

-Focus on the positive things

Teaching Responsibility in the Classroom

-Model responsibility

-Give students classroom jobs that rotate

-Have the best thing of the day start at the time you want them to arrive

-Provide structure so the students know what to do

-Have clear consequences

-Institute the token economy system

Exercises to Teach Leadership Skills

-Make different students leaders for different activities.

-Divide students into groups to build the largest tower with something.

-Divide students into groups and blindfold one student then others on the team have to direct him through the obstacle course.

-Play charades or other group guessing games.

-Divide in groups and have them make an article of clothing.

Exercises in Self-Regulation

-Red Light - Green Light

-Manikin in the window or strike a pose

-No talking

-Talking where you begin each sentence particular letter

-No negative talk for 30 minutes or hop on one leg for 15 seconds

-Talk only in a whisper for the next hour

-Write in cursive for an hour

-Simon Says

-Game where you say adjectives about a cat but you have to use an adjective that starts with the next letter in the alphabet from the person before you and you have to answer within the 4/4 rhythm of clapping

Exercises to Promote Prosocial Behaviors

-Collaborative learning exercises

-Team sports

-Skits

-Warm fuzzies

-Teach the language of compassion

-Make a card game of funny questions the students take turns choosing and answering

-Make a card game that asks students when did you feel (insert feeling word)

-Divide students into teams and play a trivia style game about etiquette or polite communication rules

Exercises to Build Empathy

-Divide students into pairs and have them take turn being blindfolded for an hour or so (must include a meal)

-Draw a picture from the vantage point of another student in the room

-Make up a story of another student’s existence in another culture or on another planet

-Get paint swatches and have the students say which color they think matches a specific object in the room then see if they all chose the same swatch

-Show the class pictures of optical illusions and have them write down what they see (Some see an old woman and others a candlestick)

-Have them write a story about a day in the life of their mom or dad when they were in their grade

What can I do for a near instant fix for stress?

* Yawn
* Laugh
* Get a 30 second hug
* Pet or play with your dog or cat
* Hum
* Go play in the dirt
* Make a list of 5 things you are grateful for right now
* Go outside for at least 20 minutes
* Listen to music that gives you chills or tingles