

KDE Training for School Mental Health and Supporting Positive Climate and Culture

KDE's Division of Student Success provides a variety of trainings that can support school mental health efforts and promote a positive school climate and culture. For more information and the scheduling of any of these courses, contact Deborah Sauber at deborah.sauber@education.ky.gov, or 502-564-4772, extension 4043.

- ❖ [Youth Mental Health First Aid](#) (YHMFA) is a free 6-hour course that teaches how to identify, understand, and respond to signs of addiction and mental illness. It explains the unique risk factors and warning signs of mental health problems in adolescents ages 12-18 and emphasizes the importance of early intervention.
- ❖ [Positive Behavioral Interventions and Supports, and Interconnected Systems Framework](#) includes a series of trainings designed to improve discipline and school climate, and to reduce the number of restraints, seclusions, and out of school suspensions.
- ❖ [Sources of Strength](#) is designed to prevent suicide and violence by using peer leaders to enhance protective factors at the school population level.
- ❖ [Olweus Bullying Prevention](#) is a research and evidence-based program designed to reduce bullying and improve school climate.
- ❖ [Trauma-Informed Practices for Educators](#) is a strengths-based framework grounded in an understanding of and responsiveness to the impact of trauma. It emphasizes physical, psychological, and emotional safety for everyone and creates opportunities for survivors to rebuild a sense of control and empowerment.
- ❖ Thirty years of research has demonstrated the power of [mindfulness](#) to improve mental, emotional, and physical well-being. When applied in the classroom, simple practices can help students experience more inner space and meaning in their lives, and connect on deeper levels to themselves, each other, and educational staff.
- ❖ [Resilience Strategies for Educators: Techniques for Self-Care and Peer Support](#) is a training developed by the Readiness and Emergency Management for Schools (REMS) TA Center in partnership with the U.S. Department of Education's (ED) Office of Safe and Healthy Students to assist educators to better understand resilience strategies that can be used to increase their ability to work more effectively with students impacted by stress, loss, and trauma brought on by community or family violence, natural and man-made disasters, and economic hardship.

