

## **Solutions for Kentucky Educators: One Hour of Professional Development**

### **Option #1**

**A) Watch the newly released 40-minute recorded training: **Support, Control, and Structure: Self-Care for Educators****

Course Description: This training supports the social-emotional health of educators. Course topics include: Returning to School, dealing with ourselves first, Avoiding Fear-Based Teaching, Re-establishing Connections with Fellow Staff and Faculty, Trauma-Informed Interventions and Practices for Regular Self-Care.

Available by registering at: [training registration](#) and going to the online event page. Download the workbook and watch the video. When you have finished watching the video, complete the training evaluation at: [evaluation](#) and request a certificate, which will be sent to the email you provide.

**B) Complete the 10-minute online training, **Navigating Back to School, A Trauma Informed Return to Learn Model for ALL Members of the School Community** for your grade level (choose from Elementary School Faculty or Staff or Middle and High School Faculty and Staff).**

Course Description: Through a combination of instructional material, video clips, and activities this training provides the opportunity to recognize the impact COVID-19 has had on you, accept that the foreseeable future will be one of uncertainty, and prepare to move forward in the new learning climate with strategies that incorporate principles of social emotional learning.

Available after August 5<sup>th</sup> by registering at: [SPTS University](#) and selecting Navigating Back to School. Complete online training and post-assessment to get a certificate that you can download immediately.

**C) Spend at least 10 minutes reviewing your school's policies and procedures.**

### **Option #2**

Complete the newly updated and released 60-minute online training, **Making Educators Partners in Youth Suicide Prevention, Act on FACTS.**

Course Description: Educators are in a critical but limited role to listen to vulnerable youth, observe warning signs for suicide, and refer or connect students to resources. This self-paced and comprehensive training helps educators understand this important role. Through the use of role-plays, the training embraces school culture and presents real-life scenarios for youth suicide prevention methods. Survivors of suicide loss share their personal stories, while many mental health experts give detailed accounts regarding at-risk populations, warning signs, risk factors, and what the referral process means for educators, counselors and members of the school community.

Available by registering at: [SPTS University](#) and selecting Making Educators Partners in Youth Suicide Prevention, Act on FACTS. Complete the online training and post-assessment to get a certificate that you can download immediately.



For more information or to request support related to suicide prevention for students or staff, please contact Beck Whipple at [beck.whipple@ky.gov](mailto:beck.whipple@ky.gov) or 502-782-4548.