



SELFCARE AND MENTAL HEALTH RESOURCES

ADULT SUPPORT

Safe and Supportive Learning, Building Trauma Sensitive Schools (for all educators) – see Chapter 2 on Self-Care (includes self-care assessments):

School leaders can use these handouts to build trauma-sensitive schools, lead training, or use as part of ongoing professional development. Chapter 2 includes worksheets to identify indirect or secondary trauma while supporting students, as well as tools to build resiliency among staff.

https://safesupportivelearning.ed.gov/sites/default/files/TSS_Building_Handout_Packet_ALL.pdf

Professional Quality of Life – Caring for Yourself in the Face of Difficult Work:

Dr. Beth Hudnall Stamm developed this revised “pocket card” about caring for yourself in the face of difficult work for the current COVID-19 health crisis. *(Please credit authors when sharing.)*

<https://proqol.org/>

Professional Quality of Life – Scale for measuring effect of helping others on burnout and fatigue:

The ProQOL is the most commonly used measure of the negative and positive effects of helping others who experience suffering and trauma. The ProQOL has sub-scales for compassion satisfaction, burnout and compassion fatigue.

https://proqol.org/ProQol_Test.html

Support & Referral Helpline

In response to COVID-19, OMHSAS announced a statewide Support & Referral Helpline, staffed by skilled and compassionate caseworkers who are available 24/7 to counsel Pennsylvanians struggling with anxiety and other challenging emotions due to the COVID-19 emergency and refer them to community-based resources that can further help to meet individual needs. The toll-free, round-the-clock support line is available at 1-855-284-2494. For TTY, dial 724-631-5600

<https://www.dhs.pa.gov/providers/Providers/Pages/Coronavirus-Citizen-Resources.aspx>

Prevent Suicide PA

By county, available contact information is provided for crisis, the Suicide Prevention Task Force, local chapter of AFSP, and other local mental health/suicide prevention resources

<https://www.preventsuicidepa.org/task-force-county-init/>

EDUCATOR SUPPORT

Pennsylvania's Model Trauma-Informed Approach Plan

To help educators and other school personnel understand how trauma can affect students in order to more effectively meet their needs, many schools and communities across the country – and here in Pennsylvania – have implemented a Trauma-Informed Approach to Education. This guide will support school leaders in implementing trauma-informed approaches in Pennsylvania schools.

<https://www.pccd.pa.gov/schoolsafety/Documents/Model%20Trauma-Informed%20Approach%20Plan%20-%20Guidelines%20for%20School%20Entities.pdf>

Reachout.com: Developing a self-care plan:

A self-care plan can help you enhance your health and wellbeing, manage your stress, and maintain professionalism as a worker with young people. Learn to identify activities and practices that support your wellbeing as a professional and help you to sustain positive self-care in the long-term.

<https://schools.au.reachout.com/articles/developing-a-self-care-plan>

Starting Strong Webinar Series Webinar – Supporting the Mental Health of Professional Staff

Mental health support plays a critical role for professional and support staff in an educational environment, especially through the lens of the COVID crisis. Expert panelists will discuss approaches for district leaders to understand and support positive mental health practices.

<https://www.mypsba.org/>

Leading in a New Landscape: Spring Webinar Series Webinar – Leading Through Crisis- What Have We Learned?

In this webinar, a panel of school directors and superintendents from across the commonwealth, will share their stories about the challenges they are facing during this pandemic crisis, how they are reacting to and overcoming these challenges, and any lessons they have learned along the way. Participants will be provided the opportunity to submit questions prior to the start of the program for our panelists to review and provide perspective on how their districts are weathering the COVID-19 crisis.

<https://www.mypsba.org/>

Compassion Resilience Toolkit

This is for schools looking to do more ongoing work around self-care for both individuals and the system. There are videos, exercises, and activities for educators and school leaders to engage in.

<https://compassionresiliencetoolkit.org/schools/a-toolkit-for-schools/>

Center on Great Teachers and Leaders

This includes a self-assessment and planning tool, with links to several other great resources at the end

<https://gtlcenter.org/sites/default/files/Educator-Resilience-Trauma-Informed-Self-Care-Self-Assessment.pdf>

STUDENT SUPPORT

PSBA has several training and professional development webinars related to supporting student mental health. The following are available on [myPSBA.org](https://www.mypsba.org/).

Trauma Informed Courses

Through these four courses, examine the influence and impact trauma has on students and how it affects their education.

Trauma 1 – Trauma and Its Impact

Trauma 2 – Mitigating Harm of ACE

Trauma 3 – The Role of Schools

Trauma 4 – PCCD's Model Plan

Behavioral Health and School Safety

In this course, Dr. Perri Rosen will discuss how behavioral health interconnects with school safety and security. Dr. Rosen is the Project Director in the Pennsylvania Office of Mental Health and Substance Abuse in the Bureau of Children's Behavioral Health. Her focus is on addressing and preventing youth suicide and developing awareness and support for healthy school climate and positive behavioral health resources for children.

Behavioral Health and School Safety 2

In this course, Dr. Rosen provides positive recommendations to support our student's behavioral health needs and improve school climate for students which includes the necessary support staff (counselors, psychologists, nurses, and social workers), multi-tiered systems of supports (MTSS), School-wide Positive Behavior Interventions and Supports, Student Assistance Program Services (SAP), and considerations for Universal Behavioral Health Screening.

Childhood Brain Development

In this course, Attorney Zee briefly explains the biology of the impact of trauma on the brain and brain development; how adverse childhood experiences and stress have negative repercussion not only on student learning, but also the overall health of students; and finally, how the harm of trauma can be mitigated.

Webcast – Suicide Prevention and Awareness

In this exclusive webcast for members, the presenters:

- Discuss recent school safety and security measures include a relevant focus on Suicide Awareness and Prevention
- Learn about important policy and legislative updates, including trauma informed approaches, threat assessments, and the vital impact that an educated and prepared school community can have for its students

Coronavirus Webinar Series: Prepare. Don't Panic. Responding to the Coronavirus (COVID-19)

Presenter: Raghavendra Tirupathi, MD, FACP – Medical Director, Keystone Infectious Diseases; Chair, Infection Prevention, Wellspan Chambersburg & Waynesboro Hospital and member of the Pennsylvania Medical Society

SUPPORT FOR MULTIPLE GROUPS

Crisis Text Line

Reach out to a Crisis Counselor for mental health support specifically related to coronavirus. There are resources specific to students, parents, healthcare workers (school nurses), and supporting financial stress and concerns.

<https://www.crisistextline.org/topics/get-help-coronavirus/#dealing-with-coronavirus-1>

Department of Human Services (DHS) Coronavirus Resources for Citizens

Find mental health resources, emergency assistance, child and early education resources, employment assistance, and more through this comprehensive guide to coronavirus-related resources for PA Citizens.

<https://www.dhs.pa.gov/providers/Providers/Pages/Coronavirus-Citizen-Resources.aspx>

Mobile: (717) 303-4611

SPRC's Resources to Support Mental Health and Coping with the Coronavirus (COVID-19)

The Suicide Prevention Resource Center (SPRC) has compiled a selection of web pages and information sheets on mental health and coping with the effects of COVID-19. These resources are a selection from key organizations in the field and are categorized by audience.

<https://www.sprc.org/covid19>