

## HELPFUL WEBSITES RELATED TO SCHOOL BASED BEHAVIORAL HEALTH

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(<http://www.nccollaborative.org>)

### SCHOOL MENTAL/BEHAVIORAL HEALTH

#### **Center for Mental Health in Schools, University of California at Los Angeles (UCLA)**

<http://smhp.psych.ucla.edu/>

Operating under the auspices of the School Mental Health Project at UCLA, the national Center for Mental Health in Schools was established in 1995. Its mission and aims are to improve outcomes for young people by enhancing the field of mental health in schools. The Center engages in policy and program analysis regarding student supports and specifically school mental health. The guiding principles and frameworks for the work of the Center emphasize ensuring (1) mental health is understood in terms of psychosocial problems as well as disorders and in terms of strengths as well as deficits, (2) the roles of schools, communities, and homes are enhanced and pursued jointly, (3) equity considerations are confronted, (4) the marginalization and fragmentation of policy, organizations, and daily practice are countered, and (5) the challenges of evidence-based strategies and achieving results are addressed.

#### **Center for School Mental Health, University of Maryland-Baltimore**

<http://csmh.umaryland.edu/>

The mission of the Center for School Mental Health Analysis and Action (CSMHA) is to strengthen policies and programs in school mental health to improve learning and promote success for America's youth. Through participation in and development of a broad and growing Community of Practice, the CSMHA analyzes diverse sources of information, develops and disseminates policy briefs, and promotes the utilization of knowledge and actions to advance successful and innovative mental health policies and programs in schools. The center works with a wide range of stakeholders invested in integrated approaches to reduce barriers to student learning, including families, youth, educators, mental health and other child system staff, advocates, legislators, researchers and government officials. It hosts national and regional conferences to advance research, policy, and practice related to mental health in schools.

#### **Center for School-based Mental Health Program, Miami University (Ohio)**

<http://www.units.muohio.edu/csbmhp/>

In existence since 1998, the Center for School-Based Mental Health Programs at Miami University operates within the Department of Psychology. Faculty, graduate students and community partners are involved in research, consultation, and clinical service initiatives. An important goal of the Center is to build collaborative relationships with schools and community agencies to address the mental health and school success of children and adolescents through the promotion of expanded school mental health programs and services. The intent is to promote the development and implementation of effective programs to enhance healthy psychological development of school-age students and reduce mental health barriers to learning. As a university-based Center, CSBMHP is committed to ongoing applied research, pre-service education of future clinicians, in-service training of educators and mental health professionals, and direct clinical and consultative service.

#### **Center for the Advancement of Mental Health in Schools, University of Missouri- Columbia**

<http://www.schoolmentalhealth.missouri.edu>

The Center for the Advancement for Mental Health Practices in Schools was established through a partnership between the Missouri Department of Mental Health and the University of Missouri - Columbia Department of Educational, School and Counseling Psychology, to assist schools and mental health services in developing partnerships around school mental health, to highlight best practices in school mental health, and to focus on the shift in the priorities of federal and state agencies pertaining to policy, practice and research concerning child and adolescent mental health. The center recognizes prevention

as a fundamental element in supporting the nation's youth in facing developmental challenges, psychosocial issues, and environmental stressors within the school system and community.

### **Collaborative for Academic and Social, Emotional Learning**

<http://www.casel.org>

The Collaborative for Academic and Social, Emotional Learning (CASEL) seeks to enhance children's success in school and life by promoting coordinated, evidence-based social, emotional, and academic learning as an essential part of education from preschool through high school. It synthesizes the latest empirical findings and theoretical developments and provides scientific leadership to foster progress in social and emotional learning (SEL) research and practice.

### **Center for Social and Emotional Education**

<http://www.csee.net/>

The Center for Social and Emotional Education is an organization that helps schools integrate crucial social and emotional learning with academic instruction to enhance student performance, prevent dropouts, reduce violence, and develop healthy and positively engaged adults.

### **Elimination of Barriers Initiative**

<http://www.allmentalhealth.samhsa.gov/>

The Substance Abuse and Mental Health Services Administration provides helpful information on its national Elimination of Barriers Initiative. Part of this initiative was the development of a curriculum guide on mental health for training educators. (<http://www.allmentalhealth.samhsa.gov/schools.html>).

### **SchoolMentalHealth.org**

<http://www.schoolmentalhealth.org/>

SchoolMentalHealth.org is designed for use by anyone who is interested in school mental health. This site offers school mental health resources not only for clinicians, but also for educators, administrators, parents/caregivers, families, and students. The resources on this site emphasize practical information and skills based on current research, including prominent evidence-based practices, as well as lessons learned from local, state, and national initiatives.

### **SharedWork.org**

<http://www.sharedwork.org/>

The IDEA Partnership Communities of Practice are focused on advancing policy and practice in four key areas: (a) the intersections of the No Child Left Behind Act and the Individuals with Disabilities Education Improvement Act (IDEA); (b) school behavioral health services; (c) interagency transition, and (d) teacher quality. As partner organizations work together and with States, districts, local sites and individuals, they form Communities of Practice whose members learn from each other and take action together in coordinated ways. The SharedWork.org website is designed to support and facilitate the shared work that occurs among individuals, organizations and agencies at the local, district, state, and national levels.

### **South Carolina Department of Mental Health School-based Services**

<http://www.state.sc.us/dmh/schoolbased/school.htm>

### **Texas Department of State Health School-based Services: Back to School: Advancing School-Based Mental Health Care in Texas**

<http://www.dshs.state.tx.us/mhservices/schoolBased.shtm>

This website "identifies steps that communities can take without additional resources. The plan targets the major areas that can be addressed at the local and state levels to move the system forward in significant ways."

## **CHILD MENTAL HEALTH**

### **AboutOurKids.org**

<http://www.aboutourkids.org/>

This is the website of The New York University Child Study Center. It is dedicated to advancing the field

of child mental health through evidence-based practice, science and education. The Center's research initiatives advance understanding of the causes and treatments of child and adolescent psychiatric disorders, and these findings are then integrated into our clinical care to provide state-of-the-art service.

#### **Center for Effective Collaboration and Practice**

<http://cecp.air.org/>

The mission of the Center for Effective Collaboration and Practice is to support and promote a reoriented national preparedness to foster the development and the adjustment of children with or at risk of developing serious emotional disturbance. To achieve that goal, the Center is dedicated to a policy of collaboration at Federal, state, and local levels that contributes to and facilitates the production, exchange, and use of knowledge about effective practices.

#### **Center for the Promotion of Mental Health in Juvenile Justice**

<http://www.promotementalhealth.org/>

The Center for the Promotion of Mental Health in Juvenile Justice at Columbia University is dedicated to providing expert guidance to juvenile justice settings regarding best practices for mental health assessment and referral.

#### **Committee for Children**

<http://www.cfchildren.org/>

Committee for Children, a nonprofit organization, develops award-winning classroom programs that focus on the topics of youth violence, bullying, child abuse, personal safety, and emergent literacy. Its programs take a unique approach that is based on extensive research to help children succeed in school and in life.

#### **Research and Training Center for Children's Mental Health**

<http://rtckids.fmhi.usf.edu/>

The Research and Training Center for Children's Mental Health at the University of South Florida works to strengthen the empirical foundation for effective systems of care, and improve services for children with serious emotional or behavioral disorders and their families. The Center addresses this mission through an integrated set of research, training, consultation, and dissemination activities.

#### **Research and Training Center on Family Support and Children's Mental Health**

<http://rtc.pdx.edu/>

The Research and Training Center on Family Support and Children's Mental Health is dedicated to promoting effective community-based, culturally competent, family-centered services for families and their children who are, or may be affected by mental, emotional or behavioral disorders. This goal is accomplished through collaborative research partnerships with family members, service providers, policy makers, and other concerned persons.

#### **Technical Assistance Partnership for Child and Family Mental Health**

<http://www.tpartnership.org/>

The Technical Assistance Partnership for Child and Family Mental Health (TA Partnership) operates under contract with the federal Center for Mental Health Services to provide technical assistance to system of care communities funded by the Comprehensive Community Mental Health Services for Children and Their Families Program. It models the family-professional relationship that is an essential value in the Partnership's work. Families must share a leadership role in planning, implementing, and evaluating systems of care in their community. The Partnership offers a staff of family members and professionals with extensive practice experience, grounded in an organization with vast research experience.

### **SCHOOL HEALTH and CHILD HEALTHCARE**

#### **American School Health Association**

<http://www.ashaweb.org>

#### **California healthy Kids Resource Center**

<http://www.californiahealthykids.org>

### **Center for Child and Family Health**

<http://www.ccfhnc.org/>

The Center for Child and Family Health (CCFH) is a consortium of programs from Duke University Medical Center, the University of North Carolina Medical Center, and North Carolina Central University. It provides:

- medical evaluations for children who are suspected of being abused or neglected,
- mental health services for children and families;
- legal and family support services, and
- educational/training services in the area of child abuse and neglect.

### **Center for Disease Control – Division of Adolescent School Health**

<http://www.cdc.gov/healthyyouth>

### **Center for Health and Health Care in Schools**

<http://www.healthinschools.org/Health-in-Schools/Health-Services/School-Based-Mental-Health.aspx>

The Center for Health and Health Care in Schools (CHHCS) is a nonpartisan policy and program resource center located at The George Washington University School of Public Health and Health Services. It was established to explore ways to strengthen the well being of children and youth through effective health programs and health care services in schools.

### **Health, Mental Health and Safety Guidelines for Schools**

<http://www.nationalguidelines.org/index.cfm>

These guidelines were developed by more than 300 health, education, and safety professionals from more than 30 different national organizations as well as by parents and other supporters. The two lead organizations are the American Academy of Pediatrics and the National Association of School Nurses.

### **NC Healthy Schools**

<http://www.nchealthyschools.org>

NC Healthy Schools focuses on improving the health of students and staff by providing coordination and resources in eight component areas of school health. They are 1) Health Education, 2) Safe Environment, 3) Mental and Social Health, 4) Staff Wellness, 5) Health Services, 6) Nutrition Services, 7) Physical Education, and 8) Family Involvement.

### **National Assembly on School-Based Health Care**

[http://www.nasbhc.org/site/c.jsJPKWPFJrH/b.2642293/k.85AC/mental\\_health.htm](http://www.nasbhc.org/site/c.jsJPKWPFJrH/b.2642293/k.85AC/mental_health.htm)

The National Assembly on School-Based Health Care is a not-for-profit membership association whose mission is to nurture interdisciplinary school-based health care. Its vision is that schools and communities work together to ensure that all children and adolescents have access to health care.

### **National Coordinating Committee on School Health and Safety**

<http://www.nationalguidelines.org/index.cfm>

The National Coordinating Committee on School Health and Safety (NCCSHS) was formed in 1994 by the Secretaries of the Department of Education (DOEd) and the Department of Health and Human Services (DHHS). Shortly following the creation of the NCCSHS, the United States Department of Agriculture (USDA) joined with the DOEd and the DHHS in its support. The NCCSHS was established in order to bring together Federal departments and national nongovernmental organizations in support of quality coordinated school health programs in our Nation's schools.

### **North Carolina Comprehensive School Health Training Center**

<http://www.ncshtc.appstate.edu/>

The North Carolina Comprehensive School Health Training Center at Appalachian State University is committed to strengthening the quality of Health Education within a coordinated school health program. The Training Center provides programs throughout the state for teachers, nurses, counselors, nutritionists, administrators, and public health educators to reduce health-risk behaviors in children and

adolescents.

### **School Nurse**

<http://www.schoolnurse.com>

This web site represents the online presence of School Health Alert, an independent, printed newsletter. Published monthly since 1986, it keeps school nurses and other interested health professionals up-to-date on the latest developments in student health services, health education and safe school environment.

## **CHILDREN (GENERAL)**

### **Center for Child and Family Policy – Duke University**

<http://www.childandfamilypolicy.duke.edu/index.php>

The **Center for Child and Family Policy** is working to solve problems facing children in contemporary society by bringing together scholars from many disciplines with policy makers and practitioners to improve the lives of children and families.

### **Center for the Improvement of Child Caring**

<http://www.ciccparenting.org/>

The Center for the Improvement of Child Caring (CICC) is one of America 's largest and most influential parenting and parenting education organizations. It is a private, non-profit community service, training and research corporation, and a major supporter and participant in a nationwide Effective Parenting Movement to improve the overall quality of child rearing and child caring in the United States .

### **Child Trends**

<http://www.childtrends.org/>

Child Trends is a nonprofit, nonpartisan research organization dedicated to improving the lives of children. It conducts research and provides science-based information to improve the decisions, programs, and policies that affect children and their families.

### **Children and Family Services Association-North Carolina**

<http://www.cfsa-nc.org/>

The Children and Family Service Association-North Carolina (CFSA-NC) is a statewide association of agencies providing a comprehensive continuum of care and treatment to children and their families. CFSA-NC represents member agencies in North Carolina by encouraging best practice quality programs for children and families and advocating for the services children and families need.

### **Gang Resistance Education and Training (G.R.E.A.T)**

<http://www.great-online.org/>

The G.R.E.A.T. Program is a school-based, law enforcement officer-instructed classroom curriculum. With prevention as its primary objective, the program is intended as an immunization against delinquency, youth violence, and gang membership.

### **Helping America 's Youth**

<http://www.helpingamericasyouth.org/>

Helping America's Youth is a nationwide effort to raise awareness about the challenges facing our youth, particularly at-risk boys, and to motivate caring adults to connect with youth in three key areas: family, school, and community.

### **National Center for Children in Poverty**

<http://nccp.org/>

The National Center for Children in Poverty (NCCP) is the nation's leading public policy center dedicated to promoting the economic security, health, and well-being of America 's low-income families and children. NCCP uses research to inform policy and practice with the goal of ensuring positive outcomes for the next generation. We promote family-oriented solutions at the state and national levels.

## **Youth Communication**

<http://www.youthcomm.org/>

Youth Communication helps teenagers develop their skills in reading, writing, thinking, and reflection, so they can acquire the information they need to make thoughtful choices about their lives. It accomplishes those goals by:

- training teens in journalism and related skills;
- publishing magazines, books and other materials written and illustrated by young people;
- encouraging teens and the adults who work with them to use our publications to stimulate reading, writing, discussion, and reflection.

## **Youthhood**

<http://www.youthhood.org/>

This website is for children and youth and their parents. It is introduced as follows:

"Hello! Hey, we're glad you made it. This site is a place for you, your friends, and other teens. It's a welcoming community for all youth and a place where all youth belong. We want you to be here. This is your place, your space."

## **PROFESSIONAL SCHOOL-RELATED ORGANIZATIONS**

### **ASCD Resources**

<http://www.ascd.org/>

ASCD provides resources on classroom management, crisis planning and management, relationship building, school connectedness, social/emotional learning, staff wellness and student wellness.

## **STUDENT SUPPORT SERVICES**

### **School Counselors**

**North Carolina School Counselors Association and  
North Carolina Counseling Association**

<http://www.nccounseling.org>

**American School Counselor Association**

<http://www.schoolcounselor.org/>

### **School Nurses**

**School Nurses Association of North Carolina**

<http://www.snanc.org/>

**National Association of School Nurses**

<http://www.nasn.org>

### **School Psychologists**

**North Carolina School Psychology Association**

<http://www.ncschoolpsy.org/>

**National Association of School Psychologists**

<http://www.nasponline.org/>

### **School Resource Officers**

**North Carolina Association of School Resource Officers**

<http://www.ncasro.org/>

**National Association of School Resource Officers**

<http://www.nasro.org/>

### **School Social Workers**

**North Carolina School Social Workers Association**

<http://www.ncsswa.org/>

**School Social Work Association of America**

<http://www.sswaa.org/>

**ADMINISTRATION**

**North Carolina Principals and Assistant Principals Association**

<http://www.ncpapa.org/>

**North Carolina Association of School Administrators**

<http://www.ncasa.net/>

**National Association of State Directors of Special Education**

<http://www.nasdse.org/>

**North Carolina School Boards Association**

<http://www.ncsba.org/>

**OTHER**

**North Carolina Alliance for Athletics, Health, Physical Education, Recreation and Dance**

<http://www.ncaahperd.org/>

**North Carolina Association of Educators**

<http://www.ncae.org/>

**North Carolina Association of Teacher Assistants**

<http://www.teacherassistants.org/>

**North Carolina Middle School Association**

<http://www.ncmsa.net/>

**ADVOCACY ORGANIZATIONS**

**Adolescent Pregnancy Prevention Coalition of North Carolina**

<http://www.appcnc.org/>

The prevention of adolescent pregnancy is the business of the Adolescent Pregnancy Prevention Coalition of North Carolina. It believes a cooperative approach between public agencies, private organizations and community volunteers can maximize prevention efforts.

**Advocacy for Children (formerly the North Carolina Child Advocacy Institute)**

<http://www.ncchild.org/>

Action for Children seeks to improve the well being of all young North Carolinians -- to make the state a better one in which to be a child and to raise children. The **mission** of Action for Children is to advocate for child well-being by educating and engaging all people across the state to ensure that our children are healthy, safe, well-educated and have every opportunity for success

**American Professional Society on the Abuse of Children**

<http://apsac.fmhi.usf.edu/>

The American Professional Society on the Abuse of Children is a national organization whose mission is to enhance the ability of professionals to respond to children and families affected by abuse and violence. APSAC tries to fulfill this mission in a number of ways, most notably through providing education and other sources of information to professionals who work in the child maltreatment and related fields.

**Disability Rights NC**

<http://www.disabilityrightsn.org/>



Disability Rights NC is a private, tax-exempt, non-profit corporation that offers legal representation to children and adults with mental illness and developmental disabilities.

### **Mental Health America (formerly National Mental Health Association)**

<http://www.mentalhealthamerica.net/>

Mental Health America (formerly known as the National Mental Health Association) is the country's leading nonprofit dedicated to helping ALL people live mentally healthier lives. With our more than 320 affiliates nationwide, we represent a growing movement of Americans who promote mental wellness for the health and well-being of the nation – everyday and in times of crisis.

### **Mental Health Association of North Carolina**

<http://www.mha-nc.org/>

MHA-NC's mission is to promote mental health, prevent mental disorders and eliminate discrimination against people with mental disorders. It accomplishes these goals through community advocacy, education, and service.

### **NAMI (National Alliance for Persons with Mental Illness)**

<http://www.nami.org/>

NAMI is the nation's largest grassroots mental health organization dedicated to improving the lives of persons living with serious mental illness and their families. It is dedicated to the eradication of mental illnesses and to the improvement of the quality of life of all whose lives are affected by these diseases.

### **NAMI NC**

<http://www.naminc.org/>

NAMI NC (formerly The North Carolina Alliance for the Mentally Ill) is a grass-roots organization providing support, education and advocacy for the families and friends of people with serious mental illness, and for persons with serious mental illness.

### **National Mental Health Consumer's Self-Help Clearinghouse**

<http://www.mhselfhelp.org/>

The Clearinghouse connects people to self-help and advocacy resources and offer expertise to and about peer-run groups and organizations that serve people who have been diagnosed with mental illnesses. It also provides the latest information on mental health and consumer/survivor issues. Included are updates on important issues, links to news sources, funding opportunities and the most recent developments in the consumer movement.

### **North Carolina Collaborative for Children and Families**

<http://www.nccollaborative.org>

The North Carolina State Collaborative for Children and Families, through a System of Care framework, provides a forum for collaboration, advocacy and action among families, public and private child and family serving agencies and community partners to improve outcomes for all children, youth and families.

### **Prevent Child Abuse North Carolina**

<http://www.preventchildabusenc.org/>

Prevent Child Abuse North Carolina (PCANC) is the North Carolina chapter of Prevent Child Abuse America . Its goals are to:

- Build a network of individuals and agencies across the state to organize child abuse prevention efforts in their communities.
- Educate individuals throughout North Carolina about what child abuse is and how they can help prevent it.
- Advocate for policies and programs that strengthen families and prevent child abuse. Ensure that child abuse prevention services are available to all.

## **NATIONAL ORGANIZATIONS**

### **Academy for Eating Disorders**



<http://www.aedweb.org/>

The Academy for Eating Disorders (AED) is an international transdisciplinary professional organization that promotes excellence in research, treatment, and prevention of eating disorders. The AED provides education, training, and a forum for collaboration and professional dialogue.

### **American Academy of Child and Adolescent Psychiatry**

<http://www.aacap.org/>

This site is designed to serve both AACAP Members, and Parents and Families. Information is provided as a public service to aid in the understanding and treatment of the developmental, behavioral, and mental disorders which affect an estimated 7 to 12 million children and adolescents at any given time in the United States. You will find information on child and adolescent psychiatry, fact sheets for parents and caregivers, AACAP membership, current research, practice guidelines, managed care information, awards and fellowship descriptions, meeting information, and much more.

### **American Association of Suicidology**

<http://www.suicidology.org/>

The goal of the American Association of Suicidology (AAS) is to understand and prevent suicide. Founded in 1968, AAS promotes research, public awareness programs, public education, and training for professionals and volunteers. In addition, AAS serves as a national clearinghouse for information on suicide.

### **American Professional Society on the Abuse of Children**

<http://www.apsac.org/>

The American Professional Society on the Abuse of Children (APSAC) seeks to improve the quality of practice provided by professionals who work in child abuse and neglect. It provides professional education that promotes effective, culturally sensitive, and interdisciplinary approaches to identification, intervention, treatment, and prevention of child abuse and neglect. It also promotes research and practice guidelines for professional practice in child maltreatment.

### **American Psychological Association**

<http://www.apa.org/>

The American Psychological Association (APA) is a scientific and professional organization that represents psychology in the United States. With more than 150,000 members, APA is the largest association of psychologists worldwide. APA strives to advance psychology as a science and profession and as a means of promoting health, education, and human welfare.

### **Anxiety Disorder Association of America**

<http://www.adaa.org/>

The Anxiety Disorders Association of America (ADAA) is the only national, non-profit membership organization dedicated to informing the public, healthcare professionals and legislators that anxiety disorders are real, serious and treatable. The ADAA promotes the early diagnosis, treatment and cure of anxiety disorders, and is committed to improving the lives of the people who suffer from them. The ADAA reaches out to clinicians, researchers and other healthcare professionals.

### **Depression and Bipolar Support Alliance**

[http://www.dbsalliance.org](http://www.dbsalliance.org/)

The **Depression and Bipolar Support Alliance** (DBSA) fosters an environment of understanding about the impact and management of these life-threatening illnesses by providing up-to-date, scientifically-based tools and information written in language the general public can understand. DBSA supports research to promote more timely diagnosis, develop more effective and tolerable treatments and discover a cure. The organization works to ensure that people living with mood disorders are treated equitably.

### **Healthy Schools Network**

<http://www.healthyschools.org/>

Healthy Schools Network, Inc. (HSN) is a national not-for-profit organization, centered on children's environmental health, and dedicated to assuring every child and school employee an environmentally

safe and healthy school. HSN promotes the development of state and national policies, regulations, and funding for school facilities environments.

### **IDEA Partnership**

<http://www.ideapartnership.org/>

The IDEA Partnership is dedicated to improving outcomes for students and youth with disabilities by joining state agencies and stakeholders through shared work and learning. It facilitates interaction and shared work across professional and family organizations around common interests. Its work allows groups to come together around the issues they care about and create initiatives that will actively engage their members.

### **International Society for Psychiatric-Mental Health Nurses**

<http://www.ispn-psych.org/>

The mission of the International Society of Psychiatric-Mental Health Nurses (ISPN) is to unite and strengthen the presence and the voice of specialty psychiatric-mental health nursing while influencing health care policy to promote equitable, evidence-based and effective treatment and care for individuals, families and communities.

## **BRANCHES OF NORTH CAROLINA STATE GOVERNMENT**

### **North Carolina Department of Health and Human Services**

<http://wch.dhhs.state.nc.us>

#### **Children and Youth Branch, Women's and Children's Health, Div. of Public Health**

<http://wch.dhhs.state.nc.us.cay.htm/>

#### **Child and Family Services, Division of Mental Health, Developmental Disabilities and Substance Abuse Services**

<http://www.dhhs.state.nc.us/mhddsas>

### **North Carolina Department of Public Instruction**

For specific programs or sections (such as Character Education, School Health Education, Parent/Community, Early Learning), go to <http://www.publicschools.org>

#### **Division of School Improvement**

<http://www.ncpublicschools.org/schoolimprovement/>

#### **Exceptional Children Division**

<http://www.ncpublicschools.org/ec/>

### **NC Healthy Schools**

<http://www.nchealthyschools.org>

NC Healthy Schools focuses on improving the health of students and staff by providing coordination and resources in eight component areas of school health. They are 1) Health Education, 2) Safe Environment, 3) Mental and Social Health, 4) Staff Wellness, 5) Health Services, 6) Nutrition Services, 7) Physical Education, and 8) Family Involvement.

#### **Positive Behavioral Interventions and Supports**

<http://www.ncpublicschools.org/positivebehavior/>

#### **Rising Achievement and Closing Gaps**

<http://www.ncpublicschools.org/racg/>

## **OTHER RESOURCES**

### **Active Minds**

<http://www.activeminds.org/>

Active Minds is the only organization working to utilize the student voice to change the conversation about mental health on college campuses. By developing and supporting chapters of a student-run mental health awareness, education, and advocacy group on campuses, the organization works to increase students' awareness of mental health issues, provide information and resources regarding mental health and mental illness, encourage students to seek help as soon as it is needed, and serve as liaison between students and the mental health community.

### **APA Help Center**

<http://www.apahelpcenter.org>

This website is provided by the American Psychological Association. It is an online resource for brochures, tips and articles on the psychological issues that affect an individual's physical and emotional well-being, as well as information about referrals.

### **ASCD Whole Child Initiative**

<http://www.wholechildeducation.org>

The Whole Child Approach: Each child, in each school, in each of our communities deserves to be healthy, safe, engaged, supported, and challenged. That's what a whole child approach to learning, teaching, and community engagement really is.

### **Bazon Center for Mental Health Law**

<http://www.bazon.org/newsroom/2006/6-7-6-WayToGo.html>

The mission of the Judge David L. Bazon Center for Mental Health Law is to protect and advance the rights of adults and children who have mental disabilities. The Center envisions an America where people who have mental illnesses or developmental disabilities exercise their own life choices and have access to the resources that enable them to participate fully in their communities.

### **Behavioral Healthcare Resource Program**

<http://bhrp.sowo.unc.edu/>

The Behavioral Healthcare Resource Program (BHRP) at the University of North Carolina in Chapel Hill can help you with training, staff development, technical assistance, and leadership consultation. This program is part of the Jordan Institute for Families in the UNC School of Social Work and acts as a bridge between a research-oriented academic setting and community professionals.

### **The Child Anxiety Network**

<http://www.childanxiety.net/>

The Child Anxiety Network is designed to provide thorough, user-friendly information about child anxiety. It is also designed to provide direction for those who are not sure where to turn when they think their child or a child they know may need professional help to cope with anxiety.

### **Eating Disorders Program – University of North Carolina at Chapel Hill**

<http://www.unceatingdisorders.org/>

The UNC Eating Disorders program offers evidence-based approaches to the treatment of eating disorders.

Our focus is primarily cognitive-behavioral—exploring the unhealthy cognitions that lead to and maintain eating disordered behaviors and assisting patients with replacing them with healthier alternatives. Families are actively involved with treatment and recovery at all levels of care.

### **Education World**

[http://www.educationworld.com/counseling/personal/at\\_risk.shtml](http://www.educationworld.com/counseling/personal/at_risk.shtml)

This section of Education World's website is "devoted to providing resources to help prevent problems in the lives of students 'At-Risk,' and to find positive and supportive ways to intervene if problems do arise.

### **Grading the States**

[http://www.nami.org/gtsTemplate.cfm?Section=Grading\\_the\\_States&Istid=676](http://www.nami.org/gtsTemplate.cfm?Section=Grading_the_States&Istid=676)

A report by the National Alliance for Persons with Mental Illness (NAMI) on America's health care system for severe mental illness.

**Jordan Institute for Families**

<http://ssw.unc.edu/jordan>

The Jordan Institute for Families of the UNC School of Social Work is engaged in a variety of research, evaluation, training, and technical assistance projects. These projects address problems that threaten to undermine some families--such as poverty, abuse, mental illness, school failure, and substance abuse--as well as challenges that confront most families—such as providing for aging family members, or the safe care for children.

**North Carolina Clearinghouse on Family and Child Well-Being**

<http://www.clearinghouseenc.org/home/>

To connect NC professionals, communities and families with training, learning resources and information needed to protect children and promote family well-being.

**KidsAid.com**

<http://www.kidsaid.com/>

KidsAid.com is a safe place for kids to help each other deal with grief and loss. It's a place to deal with feelings in our e-mail support group, to share and view artwork and stories, and for parents and kids to ask questions and find answers.

**The Melissa Institute for Violence Prevention and Treatment**

<http://www.melissainstitute.org>

The Melissa Institute is a non-profit organization dedicated to the study and prevention of violence through education, community service, research support and consultation. Its mission is to bridge the gap between research and direct application of that information to reduce the incidence of violence and to assist victims and their families.

**Mental Help Net**

<http://www.mentalhelp.net>

In September 1995, Mental Help Net was created as a free service to the worldwide mental health community of professionals and laypeople. Mental Help Net is a comprehensive source of online mental health information, news and resources. Mental Help Net seeks to advance the state of online mental health communications.

**The National Child Traumatic Stress Network**

<http://www.starrtraining.org/tlc>

The National Child Traumatic Stress Network (NCTSN) is a coalition of 54 treatment centers funded by the Center for Mental Health Services, the Substance Abuse and Mental Health Services Administration, and the US Department of Health and Human Services through a Congressional initiative, the Donald J. Cohen National Child Traumatic Stress Initiative. The Network develops and disseminates effective, evidence-based treatments; collects data for systematic study; and helps to educate professionals and the public about the effects of trauma on children.

**National Institute of Mental Health**

<http://www.nimh.nih.gov/>

The National Institute of Mental Health is the lead Federal agency for research on mental and behavioral disorders.

**National Institute of Mental Health – Publications**

<http://www.nimh.nih.gov/publicat/index.cfm>

Publications available from the National Institute for Mental Health

**National Institute on Drug Abuse**

<http://www.nida.nih.gov/>

The National Institute on Drug Abuse (NIDA) is an institute in of the National Institutes of Health that supports research on the health aspects of drug abuse and addiction. NIDA also works to ensure the

rapid and effective transfer of scientific data to policy makers, drug abuse practitioners, other health care practitioners and the general public.

### **National Institute for Trauma and Loss in Children**

<http://www.tlcinstitute.org/>

The National Institute for Trauma and Loss in Children was founded in 1990 to provide school professionals, crisis intervention teams, medical and mental health professionals, child care professionals and clinicians with trauma education, training, consultation, referral services and trauma-specific intervention programs and resource materials needed to help children, parents, families, and schools traumatized by violent or non violent trauma-inducing incidents.

### **National Youth Violence Prevention Resource Center (NYVPRC)**

<http://www.safeyouth.org/scripts/index.asp>

This website is described as a "gateway to resources for professionals, parents, youth and individuals working to prevent and end violence committed by and against young people."

### **North Carolina Evidence Based Practices Center**

<http://www.ncebpcenter.org/>

The North Carolina Evidence Based Practices Center is dedicated to the support of evidence based mental health practices, treatments, and interventions. We offer training, consultation, and other assistance to help practitioners and administrators make the changes required by ongoing mental health reforms in North Carolina . The Center provides training programs that prepare mental health clinicians and other service providers to implement the evidence based models (modalities) shown by research to be effective in treating patients with severe and persistent mental illness.

### **The Parenting Institute**

<http://www.theparentinginstitute.org/>

Several articles about child mental health are available through this website. The Parenting Institute seeks to help communities across the state identify quality parenting instructors, promote successful parenting curricula, implement successful parenting workshops, and link programs together statewide to share ideas and support (parenting network).

### **Positive Action**

[http://www.positiveaction.net/google/violence\\_prevention/](http://www.positiveaction.net/google/violence_prevention/)

The mission of the Positive Action program is to improve society by educating and motivating everyone to do positive actions that lead to success and happiness. The goals are to provide tools for individuals, schools, families and communities to use that enable them to carry out this vision.

### **President's New Freedom Commission on Mental Health**

<http://www.mentalhealthcommission.gov/reports/reports.htm>

The Commission's Final Report, Achieving the Promise: Transforming Mental Health Care in America, is available at this website. Goal Four of the document is Early Mental Health Screening, Assessment, and Referral to Services Are Common Practice. Two subsections of the goal are:

- 4.1 Promote the mental health of young children.
- 4.2 Improve and expand school mental health programs.

### **Reports of the Surgeon General, U. S. Public Health Service**

<http://www.surgeongeneral.gov/library/reports.htm>

The Surgeon General of the Public Health Service has focused the Nation's attention on important public health issues. Reports of the Surgeon General on the adverse health consequences of smoking triggered nationwide efforts to prevent tobacco use. Reports on nutrition, violence, and HIV/AIDS-to name but a few-have heightened America 's awareness of important public health issues and generated major public health initiatives. Some reports of particular interest are:

- 1988 - The Surgeon General's Letter on Child Sexual Abuse
- 1999 - Mental Health: A Report of the Surgeon General

2001 - Mental Health: Culture, Race, and Ethnicity, A Supplement to Mental Health: A Report of the Surgeon General/ Youth Violence: A Report of the Surgeon General

### **Resiliency In Action**

<http://www.resiliency.com/>

This website has a number of resources which explore resiliency factors in people's lives and how they can help overcome the difficulties of life. Resiliency In Action is a private organization that provides training, consultation and resources to help people develop the resiliency factors needed to be succeed in life.

### **Stop Bullying Now!**

<http://www.stopbullyingnow.hrsa.gov/index.asp>

This website was developed by the U.S. Health Resources Services Administration. Designed for older children and adolescents, it is also very helpful to educators.

### **Stop Sigma**

<http://www.stopstigma.samhsa.gov/>

SAMHSA's Resource Center to Address Discrimination and Stigma (ADS Center) provides practical assistance in designing and implementing anti-stigma and anti-discrimination initiatives by gathering and maintaining best practice information, policies, research, practices, and programs to counter stigma and discrimination; and actively disseminating anti-stigma/anti-discrimination information and practices to individuals, States and local communities, and public and private organizations.

### **Substance Abuse and Mental Health Services Administration – Publications**

<http://nmhicstore.samhsa.gov/publications/ordering.aspx>

List of publications offered by SAMHSA.

### **Technical Assistance Collaborative**

<http://www.tacinc.org/>

The Technical Assistance Collaborative is a national non-profit organization that works to achieve positive outcomes on behalf of people with disabilities, people who are homeless, and people with other special needs by providing state-of-the-art information, capacity building, and technical expertise to organizations and policymakers in the areas of mental health, substance abuse, human services, and affordable housing.

### **Teen Screen®**

<http://www.teenscreen.org/>

The Columbia University TeenScreen Program is a national mental health and suicide risk screening program for youth. The goal of the National TeenScreen Program is to make voluntary mental health check-ups available for all American teens. TeenScreen works by assisting communities throughout the nation with developing locally operated and sustained screening programs for youth. Screening can take place in schools, doctors' offices, clinics, youth groups, shelters, and other youth-serving organizations and settings.

### **Youth Change**

<http://www.youthchg.com/>

While this is a commercial website, it does have considerable information about helping youth with various problems.

### **Youth Suicide Prevention Programs: A Resource Guide**

<http://www.cdc.gov/ncipc/pub-res/youthsui.htm?c=421>

This website of the National Center for Injury Prevention and Control provides to the resource guide listed above. Eight different suicide prevention strategies are delineated in this guide:

- School Gatekeeper Training
- Community Gatekeeper Training
- General Suicide Education

- Screening Programs
- Peer Support Programs
- Crisis Centers and Hotlines
- Means Restriction
- Intervention After a Suicide