

School-based Mental Health Newsletter

"Grit is not just about stubborn persistence. It's also about choosing the right goals."
- Angela Duckworth

August 2024

- ❖ The school year always seems to start off with a bang, don't forget about this great resource! [Least Restrictive Behavioral Interventions \(LRBI\)](#) A School-Based Behavior Guide for Educators, Administrators, and Families.
- ❖ Trauma Informed Training Options:
 - [Classroom Wise](#)
 - USBE [Trauma-Sensitive Schools](#) Professional Development Canvas Course
 - Request Trauma Training through the [Training Portal](#)
- ❖ As you begin the new school year and enter into a change of pace, I think it is vital to think about how you are going to manage your self-care. Here are a few resources to promote resiliency through self-care:
 - Understand your wellness domains. [SAMHSA's Eight Dimensions of Wellness](#) recommends a broad approach for things people can do to help them feel better and live longer. These areas include social wellness, environmental wellness, intellectual wellness, physical wellness, emotional wellness, spiritual wellness, financial wellness and occupational wellness. The self-care plan you create should address and include activities in each of the wellness domains that you would like to focus on. You may find that you have things for one domain, a few or all of them.
 - Check out USBE sponsored Free [Resilient Educator Course](#) (qualifies for CE credits) 48 short, interactive modules. Understand your hard-wired emotional system, learn how to stay "regulated," and how to use your support system and connections that are available to help you; how to effectively transition back to resilience from a state of fight, flight, or freeze, and craft a personalized resilience plan.

Professional Learning	Organization	Dates
Virtual Creating Safety Training of Trainers Register Here Free!	Utah Office of Substance Use and Mental Health	September 6, 2024
Virtual 2024 National Summit on K-12 School Safety and Security Register Here Free!	Cybersecurity and Infrastructure Security Agency (CISA)	September 25-26, 2024
Critical Issues Facing Children and Adolescents Conference	ESI Management Group	September 12-13, 2024
2024 UVU Conference on Mental Health	Utah Valley University & Cambria Health Foundation	October 3, 2024
Ready! Resilient! Utah Early Childhood Mental Health Conference	The Children's Center Utah	November 21, 2024

Please encourage your colleagues to sign up for the listservs by visiting the [USBE School Safety and Student Services listserv webpage](#).

Feel free to reach out to me [Terrakay Bodily](#) (Terrakay.Bodily@schools.utah.gov) with any questions regarding School-based Mental Health. I also am happy to answer any questions concerning the SBMH Screening Grant and the SBMH Qualified Personnel Grant. Thanks for reading!