



CENTER FOR MENTAL HEALTH AMERICA  
OF GREATER HOUSTON  
SCHOOL BEHAVIORAL HEALTH

# WORKSHOPS FOR EDUCATORS



The Center for School Behavioral Health at Mental Health America of Greater Houston is pleased to offer three workshops for educators and individuals working with youth in the Greater Houston area to improve mental health literacy. Based on research and best practices, these lively, interactive workshops make it easy for teachers and support staff to fulfill state training mandates\* and feel more confident in identifying signs and symptoms of behavioral health concerns and guiding students to help. All trainings are interactive, skill-based, relevant, and immediately useful. Workshops can be tailored to meet the needs of educators, and can be conducted in either a small or large group setting. Internet access is required.

COURSE  
INFORMATION ON  
BACK

\* **Senate Bill (SB) 460**, passed by the 83rd Texas Legislature in 2013, requires school districts to provide teachers, administrators and staff with training in mental health intervention and suicide prevention to help them identify red flags in a child's behavior and respond effectively. **House Bill (HB) 2186**, passed by the 84th Texas Legislature in 2015, requires suicide prevention training for all new school district and open-enrollment charter school educators annually and for existing school district and open-enrollment charter school educators on a schedule adopted by the Texas Education Agency (TEA) by rule.

**50%**

Half of all lifetime cases of mental illness begin by the age of 14.

In 2013, nearly one in five high school students seriously considered suicide.

**17%**

**21%**

In 2012, more than 1 in 5 Texas children had experienced 2+ adverse childhood experiences



CENTER FOR MENTAL HEALTH AMERICA  
OF GREATER HOUSTON  
**SCHOOL BEHAVIORAL HEALTH**

## Mental Health Literacy Workshops for Educators



### YOUTH MENTAL HEALTH FIRST AID

Educators are far more likely to encounter a student experiencing a mental health crisis than any other emergency situation. Youth Mental Health First Aid teaches a 5-step action plan to help educators understand signs and symptoms of emerging mental health issues and how to connect students experiencing a mental health crisis with appropriate care. This 8-hour nationally recognized, evidence-based course certifies participants in Mental Health First Aid for 3 years.

*To accommodate the schedules of busy educators, the courses below are 1.5 - 3 hours and can be conducted in either a small or large group setting.*

### YOUTH SUICIDE PREVENTION TRAINING

Based on three SAMHSA Nationally Recognized Evidence-based Programs and Practices (NREPP) youth suicide prevention programs, this training uses video, discussion and role play to enable participants to feel comfortable identifying signs and symptoms of youth suicide and how to assist a student who may be suicidal.

### ARE THE KIDS ALL RIGHT? MENTAL HEALTH IN CHILDREN

Through activities, role play, video, and demonstrations, participants learn about signs and symptoms of student behavioral health concerns; how trauma affects learning and what to do about it; and how to appropriately respond to young people experiencing mental health issues.

**For more information or to schedule a workshop, please contact  
Betsy Blanks, Professional Development Manager, at [bblanks@mhahouston.org](mailto:bblanks@mhahouston.org)**

Follow us on social media!

