

2020-2021 MENTAL HEALTH TRANSITION RESOURCES

ADULT LEARNERS

Employee Wellness*
<https://bit.ly/2WirFjI>

Social & Emotional Needs of Students*
<https://bit.ly/30aKhmY>

Transition Series: Adults*
<https://bit.ly/39dvWdv>

Understanding DBT Steps A*
<https://bit.ly/38XvG1X>

Deep Dive into Counseling Strategies*
<https://bit.ly/2DHqOCM>

Human Trafficking: Virtual Vulnerabilities*
<https://bit.ly/2ZsaQor>

Mood & Anxiety Disorders*
<https://bit.ly/396RIFn>

The Healing of Trauma*
<https://bit.ly/38TPRxO>

**Stress, Coping, Self-Care, and How to Stay Sane
During COVID-19 and Beyond**
<https://bit.ly/3h1rfX4>

Caring for the Carer*
<https://bit.ly/3frCibC>

How Grief & Trauma Affect Kids in School*
<https://bit.ly/2OqHX5D>

Louisville ISD Back-to-School Supports
<https://bit.ly/2B3HS52>

STUDENT LEARNERS

Use of Mental Health Screeners*
<https://bit.ly/3j4nBx5>

Social & Emotional Needs of Students*
<https://bit.ly/30aKhmY>

Student Wellness*
<https://bit.ly/2WirFjI>

Building Resilience via Coronavirus Anxiety Workbook
<https://bit.ly/3fGcWa9>

Transition Series: Students*
<https://bit.ly/30HehHa>

Self-Harm & How to Help*
<https://bit.ly/38STcxi>

PARENTS & COMMUNITY

Healthy Conflict Resolution*
<https://bit.ly/2WzHAdN>

Human Trafficking Virtual Vulnerabilities*
<https://bit.ly/2ZsaQor>

Suicide Prevention, Intervention & Postvention*
<https://bit.ly/2OoJBVw>

Transition Series: Parents & Community*
<https://bit.ly/2WMC4A>

ADDITIONAL RESOURCES

<https://www.esc11.net/Page/8902>
<https://compassionresiliencetoolkit.org/schools/a-toolkit-for-schools/>
<https://sites.google.com/region10.org/r10-wellness/home?authuser=0>
<https://casel.org/wp-content/uploads/2020/07/SEL-ROADMAP.pdf>

* Videos can be found here: <https://www.esc11.net/Page/8901>