



Life Skills for Wellbeing

Georgia Project AWARE

Cheryl Benefield

Family and Community Engagement Specialist

6/15/2017

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Counselors Summer Workshops

- AWARE Overview
- Trauma and ACEs
- School Climate – Georgia Student Health Survey
- K-5 PBIS Pyramid
- Programs and Interventions
- Resources



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Georgia Department of Education

Mental Health In Schools

- Safe Schools/Healthy Students
- Local Partnerships
- Apex



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ACES



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- Physical, sexual and verbal abuse
- Physical and emotional neglect
- A family member who is:
 - depressed or diagnosed with other mental illness
 - addicted to alcohol or another substance
 - in prison
- Witnessing a mother being abused
- Losing a parent to separation, divorce or other reason

<http://www.acesconnection.com/> <https://acestoohigh.com/> <https://www.cdc.gov/violenceprevention/acestudy/>

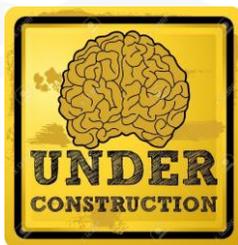
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Resiliency



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<https://sourcesofstrength.org/>

Student Health Survey



Georgia Student Health Survey 2.0

Georgia Student Health Survey 2.0

List By Year:
 2016 2015 2014 2013 2012 2011 2010 2009 2008

List By Year:
 2016 2015 2014 2013 2012 2011 2010 2009 2008

Disclaimer

Please note that all student survey data is anonymous and self-reported.

Total number of items for 2016 are: 2,706

- Statewide Results: (2)
- State Report 2016
- State Report 2016 - Elementary Schools
- System-Level Results: (373)
- School-Level Results: (2,331)

Contact Information

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Related Documents

- GSHS 2.0_Grades 6-12 Survey Questions_2016-2017
- GSHS 2.0_Grades 6-12 Survey Questions (SPANISH)_2016-2017
- GSHS 2.0 Middle and High School Survey Questions (Grades 6-12)
- GSHS II Summary Report_2007-2010
- Passive Permission Letter
- Passive Permission Letter (Spanish)

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<http://www.gadoe.org/Curriculum-Instruction-and-Assessment/Curriculum-and-Instruction/GSHS-II/Pages/GSHS-Results.aspx>



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Georgia Student Health Survey

Statewide - Elementary Schools
 2015-2016

<http://www.gadoe.org/Curriculum-Instruction-and-Assessment/Curriculum-and-Instruction/GSHS-II/GSHS%20State%20Reports/2016/State%20Report%202016%20-%20Elementary%20Schools.pdf>



Resources

Georgia Department of Education

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Programs and Interventions

- Al's Pals
- Count On Me Kids
- INSIGHTS Into Children's Temperament
- Journey of Hope: Coping with and Normalizing Emotions
- Promoting Alternative Thinking Strategies (PATHS)
- Second Step Elementary School Program
- Student Success Skills
- Support for Students Exposed to Trauma (SSET)
- Unique YOU (formerly I'm Special)



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CASEL Guide



2013
CASEL GUIDE

Effective Social and Emotional Learning Programs

Preschool and Elementary School Edition



<http://www.casel.org/wp-content/uploads/2016/01/2013-casel-guide-1.pdf>

The Wallace Foundation



The Wallace Foundation®

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KNOWLEDGE CENTER

Navigating Social and Emotional Learning from the Inside Out

Looking Inside and Across 25 Leading SEL Programs: A Practical Resource for Schools and OST Providers (Elementary School Focus)

REPORT

DOWNLOAD REPORT

[f](#) [t](#) [g](#) [in](#) [e](#) [p](#) [b](#)

<http://www.wallacefoundation.org/knowledge-center/Pages/Navigating-Social-and-Emotional-Learning-from-the-Inside-Out.aspx>

NREPP



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<https://www.samhsa.gov/nrepp>

PBIS



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<https://www.pbis.org/school>

For Educators: Mentalhealth.gov



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MentalHealth.gov
Let's talk about it.

Home | Newsroom | Español

Enter keywords here... Search →

Basics | What To Look For | Talk About Mental Health | How To Get Help

Home > Talk About Mental Health > For Educators

Test Size: A A A | Share | Get Immediate Help

Related Links

- For People with Mental Health Problems
- For Young People Looking for Help
- For Parents and Caregivers
- For Friends and Family Members
- For Educators**
- For Faith and Community Leaders
- Communities in Your Community
- Stories of Hope and Recovery

For Educators
Educators are often the first to notice mental health problems. Here are some ways you can help students and their families.

What Educators Should Know
You should know:

- The [warning signs](#) for mental health problems.
- Whom to turn to, such as the principal, school nurse, school psychiatrist or psychologist, or school social worker, if you have questions or concerns about a student's behavior.
- How to access [crisis support and other mental health services](#).

What Educators Should Look For in Student Behavior
Consult with a school counselor, nurse, or administrator and the student's parents if you observe one or more of the following behaviors:

- Feeling very sad or withdrawn for more than two weeks
- Seriously trying to harm oneself, or making plans to do so
- Sudden overexerting fear for no reason, sometimes with a racing heart or fast breathing
- Involvement in many fights or desire to badly hurt others

NATIONAL SUICIDE PREVENTION LIFELINE
1-800-273-TALK (8255)
suicideline.com

Veterans Crisis Line
1-800-273-8255
PRESS 1

<https://www.mentalhealth.gov/talk/educators/index.html>

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The Good Behavior Game



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The Good Behavior Game: An Effective Classroom Tool for Suicide Prevention

Thursday, June 8, 2017 03:00:00 PM EDT - 04:00:00 PM EDT

Convert to your time zone: <http://www.timeanddate.com/worldclock/convert.html>

TimeZone (America/New York) ▾

The Good Behavior Game (GBG), a universal classroom behavior management method, was tested in first- and second-grade classrooms in Baltimore beginning in the 1985-1986 school year. Follow-up at ages 19-21 found significantly lower rates of drug and alcohol use disorders, regular smoking, antisocial personality disorder, delinquency and incarceration for violent crimes, suicide ideation, and use of school-based services among students who had played the GBG. Several replications with shorter follow-up periods have provided similar early results. (1) Evidence shows that Good Behavior Game benefits continue to accrue. In 2008, Holly Wilcox, PhD discovered that children who played the Game were half as likely as young adults to report suicidal thoughts and about a third less likely to report a suicide attempt. As a result, the Good

ICRC-S
Injury
Control
Research
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Youth Mental Health First Aid



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Home > Take A Course > Course Types > Youth

Youth

Youth Mental Health First Aid

En Español



Youth Mental Health First Aid USA
FOR ADULTS WHO REGULARLY INTERACT WITH YOUNG PEOPLE

Youth Mental Health First Aid is designed to teach parents, family members, caregivers, teachers, school staff, peers, neighbors, health and human services workers, and other caring citizens how to help an adolescent (age 12-18) who is experiencing a mental health or addictions challenge or is in crisis. Youth Mental Health First Aid is primarily designed for adults who regularly interact with young people. The course introduces common mental health challenges for youth, reviews typical adolescent development, and teaches a 5-step action plan for how to help young people in both crisis and non-crisis situations. Topics covered include anxiety, depression, substance use, disorders in which psychosis may occur, disruptive behavior disorders (including AD/HD), and eating disorders.

Check for the purple Youth icon on course details and instructor profiles.



[FIND A COURSE](#) 

[FIND INSTRUCTOR TRAINING](#) 

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[MENTAL HEALTH FIRST AID AT WORK](#) 



"Mental Health First Aid training has taught the officer to ask his charges, "What happened?" instead of, "What's wrong with you?"
—Officer Orlando Singleton

[READ SUCCESS STORIES](#)

<https://www.mentalhealthfirstaid.org/cs/take-a-course/course-types/youth/>

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