

IN THE AFTERMATH OF 13 REASONS WHY, ONLINE SEARCHES FOR  
“HOW TO COMMIT SUICIDE” HAVE INCREASED 26%!

# Critical Mental Health

## Challenges in School

Earn up to 6 Contact Hours!

GRADES 3-12

Helping Educators  
Recognize, Reach and  
Refer Students Prone to:

- » Suicide
- » Non-Suicidal Self-Injury
- » Chronic Anger
- » Self-Destructive Behavior

## Fall 2017 Schedule

Louisville | Nov. 6, 2017      Ventura | Nov. 9, 2017

San Francisco | Nov. 10, 2017

PRESENTED BY DEVELOPMENTAL RESOURCES, A DIVISION OF ACCUTRAIN

# Critical Mental Health Challenges in School

The numbers for suicide among students continue to trend upward – to the point that many states and districts now require teachers and other educators to be trained in suicide awareness. Last year’s vastly popular Netflix series, *13 Reasons Why*, served to increase the discussion about suicide but also increased online searches on how to commit suicide by 26 percent. At the same time, non-suicidal self-injury, including cutting, has increased at an alarming rate over the past decade.

Many students experience emotional or mental health issues at some point in their academic careers. For some students, these issues can escalate into severe behaviors – behaviors that are harmful to the student and/or to others. Educators are in a unique position to identify and potentially help struggling students. This seminar will help teachers, counselors, nurses, social workers, principals and other administrators identify, reach, teach and refer students with serious mental health concerns.

A daunting amount of information is now available about mental health issues. The complexity of much of this information sometimes leads to misunderstandings, tentativeness, and possible mistakes in handling mental health issues with students.

Author, expert and acclaimed speaker Kaye Randall will address this very serious topic with straightforward insights, appropriate humor, innovative prevention strategies and “how-to-handle” tips “how-to-handle” tips for real cases in classrooms and schools. Interpreting mental health behaviors according to intensity, frequency, duration and impact will also be addressed – including what to do when a student has moved into a crisis phase.

## Learning Objectives

- Distinguish Different Types of Critical Mental Health Disorders Facing Youth
- Recognize predictive and Contributing Factors Affecting Mental Health
- Identify the Underlying Reasons for Self-Injurious Behavior
- Interpret the Self-Injurious Cycle and Intervention Mapping
- Integrate Best Practices for Suicide Prevention and Intervention
- Associate the Connections between Social Media, Mental Health and Our Youth
- Apply School-Wide Strategies for Mental Health Protocol

## Why Every Educator Needs to Understand More About Critical Mental Health Issues

1 in 7 students now reports engaging in self-injury, especially cutting. In the next hour, 144 American students, on average, will make a suicide attempt (and that number is increasing dramatically in Grades 4-8). Suicide is now the 2nd leading cause of death among young people 10-24. Teachers, counselors, nurses, social workers, coaches, principals and other administrators may be the only non-parental adults who are in a position to help students who may be struggling.

## Agenda

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**8:00 – 8:30 Registration and Check-in**

**8:30 – 10:00 Exploring Critical Mental Health Issues in Today’s Classroom: Why It Matters!**

- The Lens We Look Through
- Teachers’ Role in School Mental Health
- Risk and Protective Factors
- Child and Adolescent Development Basis
- Recognizing Warning Signs of Frequency, Intensity and Duration
- Understanding and Responding to 5 Critical Mental Health Issues

**10:15 – 12:00 Suicide Prevention: You Can Make a Difference**

- Facts and Strategies
- Risk Factors
- Warning Signs & Imminent Warning Signs
- Suicide Prevention and Intervention Protocol
- Suicide Intervention Team
- Approaching a Student: Strategies for Engagement

**12:00 – 1:00 Lunch (on your own)**

**1:00 – 2:15 Self-Injury: Insights and Strategies for Reaching and Helping Youth**

- Exploring the Different Forms of Self-Injurious Behavior (SIB)
- Understanding the “Why” of Self-Injury
- Helping Youth Acknowledge and Address SIB
- The Self-Injury Cycle
- Intervention Mapping

**2:30 – 3:30 Building Connection: Identifying a Path to Action**

- Building a Strategic and Collaborative Approach to Mental Health
- “Be the Difference” – Empowering Students in Promoting Connection
- Motivating the Heart for Change!
- Action Planning: What’s Next?

**3:30 – 4:00 Questions and Answers (Optional Attendance)**

## Who Should Attend

- Classroom Teachers
- School Counselors
- Special Education Personnel
- Social Workers (All Levels)
- Coaches
- School Psychologists
- Behaviorists
- Nurses
- Principals & Other Administrators
- Law Enforcement/SROs

## What You Will Receive

To augment the PowerPoint® presentation and hands-on activities, each participant will receive a printed handout with ideas, reproducible forms, activities and other suggested materials.

# About the Presenter

For maximum benefit, it is recommended you bring a team of 3 or more educators to this seminar.

*In case of an emergency, another equally qualified presenter will substitute.*



## Kaye Randall, MSW, LISW-CP

Kaye Randall is a nationally-known author and speaker who has led professional seminars throughout North America on student mental health, bullying, self-injury, depression, anxiety and anger — as well as youth leadership and student empowerment. The former Training Director for the University of South Carolina Center for Child & Family Studies, Kaye has inspired seminar participants through her practical insights, humor and proactive strategies for helping children and adolescents. She continues to provide clinical services to both children and adolescents and has been named social worker of the year by the Council on Adoptable Children. She is co-author of *See My Pain, Creative Strategies & Activities for Helping Young People Who Self-Injure* (featured in *USA Today*), *102 Creative Strategies for Working with Depressed Children & Adolescents*, and *Mean Girls: 101½ Creative Strategies and Activities for Working with Relational Aggression*.

## Program Information

**Program fees:** The early bird discount fee is \$149. If form is postmarked or faxed after the early bird deadline, the regular registration fee of \$179 will apply. This fee includes refreshments and handouts, but does not include meals, hotel room or parking fees.

**Group Discount:** When 3 or more people register together from the same school district or agency, each participant is entitled to a \$25 discount off their registration fee. **To receive a group discount, all participants in the group must register at the same time and have a group representative as the contact person.**

**Hotel Accommodations:** In some of the hotels where the seminar is being held, a block of sleeping rooms has been reserved at a group discount. Please reserve your hotel room early and ask for the Critical Mental Health or AccuTrain rate. Please contact hotel directly for specific reservation, cancellation and parking policies.

**Concerns or Special Accommodations:** Should you have any concerns, call us at 1-800-251-6805. If you require special accommodations due to a disability, please fax us at 757-227-6804 or email us at [pd@accutrain.com](mailto:pd@accutrain.com) at least 2 weeks prior to the seminar, and note your request on your registration form.

**Cancellation Policy:** All cancellations incur a \$20 administrative fee and must be received in writing or electronically seven days prior to seminar. **No refunds will be issued on cancellations received after that date.** Substitutions are

welcome at any time. Developmental Resources reserves the right to cancel any seminar in the event of insufficient registration, in which case a full refund will be returned. If we are forced to cancel a seminar for reasons beyond our control, it will be rescheduled for a later date. If you cannot attend on the rescheduled date, you will receive a Seminar Voucher. If for any reason the seminar is not held, AccuTrain's liability is limited to a refund of the registration fee paid

**Certificates:** Certificates of Completion for this seminar, which indicate up to 6 Contact Hours of Continuing Education, will be available upon the completion of the seminar and a course evaluation. Please note that Developmental Resources is an approved Continuing Education Provider for:

**ASWB:** Developmental Resources, #1053, is approved as a provider for social work continuing education by the Association of Social Work Boards (ASWB) [www.aswb.org](http://www.aswb.org) through the Approved Continuing Education (ACE) Program. Developmental Resources maintains responsibility for the program. ASWB Approval Period: (8/13/2016 – 8/13/2019). Social workers should contact their regulatory board to determine course approval for continuing education credits. Social workers participating in this course will receive up to 6 Clinical Social Work continuing education clock hours.

**National Board of Certified Counselors (NBCC #5602):** Developmental Resources is an NBCC-Approved Continuing Education Provider (ACEP™) and may offer NBCC-approved clock hours for events that meet NBCC requirements. The ACEP solely is responsible for all aspects of the program.

Registrations with credit cards can also be securely processed online at [www.dev-resources.com](http://www.dev-resources.com)

## Critical Mental Health Challenges Registration Form\*

\*Please remember to mark the location you will be attending.

Location	Date	Early Bird Discount Deadline
<input type="checkbox"/> Louisville, KY	(M) Nov. 6, 2017	(M) October 16, 2017
<input type="checkbox"/> Ventura, CA	(Th) Nov. 9, 2017	(Th) October 19, 2017
<input type="checkbox"/> San Francisco, CA	(F) Nov. 10, 2017	(F) October 20, 2017

Registration Fee:	Early Bird	Regular
Individual	\$ 149	\$ 179
3-9 Attendees (see above)	\$ 124	\$ 154
10-19 Attendees (see above)	\$ 109	\$ 139
Total Fee: _____		

Name (type or print) \_\_\_\_\_

Organization \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone: W(\_\_\_\_) \_\_\_\_\_ H(\_\_\_\_) \_\_\_\_\_

Position/Title: \_\_\_\_\_ Email \_\_\_\_\_

**Payment, or Purchase Order number must be received before your registration can be processed.** Please indicate method of payment:

Check (to AccuTrain)  Purchase Order # \_\_\_\_\_

MC  Visa  Disc  AMEX # \_\_\_\_\_ Exp. Date \_\_\_\_\_

Signature \_\_\_\_\_ CSC Code \_\_\_\_\_

To register, please fill out registration form and mail or fax to:

Developmental Resources | 208 Ash Ave., Suite 103 | Virginia Beach, VA 23452  
Phone: 800-251-6805 | Fax: 888-372-6061 | Email: [pd@accutrain.com](mailto:pd@accutrain.com)



Reserve Your Space Now to Take Advantage of Early Registration Discounts!

## ORLANDO

MARCH 23-25 2018

CARIBE ROYALE



**Counseling Strategies and Resources** – A platform for research-based solutions to help counselors and other educators empower students on a social-emotional level. Well-known presenters and groundbreaking practitioners focus on the creative, practical side of counseling students K-12. [www.innovativecounselors.com](http://www.innovativecounselors.com)



**School Climate & Culture Forum** – This event features practical, real-world initiatives that are successfully transforming the quality, character and personality of schools. Discover programs, assessments and tools proven to improve school culture and climate. [www.schoolclimateforum.com](http://www.schoolclimateforum.com)



**Girl Bullying & Empowerment Conference** – Now in its 12th year, this event helps educators understand the latest research, while learning proven solutions for combatting female relational aggression and proven strategies for building positive, supportive relationships among girls. [www.stopgirlbullying.com](http://www.stopgirlbullying.com)



**School Discipline Conference** – A must-attend gathering for educators focused on improving academic performance by applying the most current innovations and research to behavior intervention and classroom management. Special focus is given to supportive, non-exclusionary discipline. [www.sdiscipline.com](http://www.sdiscipline.com)

## ATLANTA

JUNE 20-23, 2018

RENAISSANCE ATLANTA WAVERLY



**At-Risk & Struggling Students Conference** – Millions of students exhibit ongoing disciplinary problems, impulsive behavior, truancy issues and have become disengaged. This event focuses on evidence-based programs and strategies educators can use to prevent dropouts and to help students succeed. [www.atriskstudentsconference.com](http://www.atriskstudentsconference.com)



**Innovative Teaching Strategies Conference** – A showcase for evidence-based and groundbreaking instructional practices from exemplary programs. This event assembles internationally recognized experts, together with practicing educators with promising, fresh approaches. [www.innovativeteach.com](http://www.innovativeteach.com)



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**Boy Brains & Engagement Conference** – Boys are more likely to be held back, suspended or expelled -- or to drop out of school altogether. This conference will help educators understand and support the unique neurochemistry of the male brain. Join us in Atlanta June 20-23, 2018. [www.boybrainsconference.com](http://www.boybrainsconference.com)

## LAS VEGAS

JULY 10-13, 2018

CAESARS PALACE



**School Climate & Culture Forum** – This event features practical, real-world initiatives that are successfully transforming the quality, character and personality of schools. Discover programs, assessments and tools proven to improve school culture and climate. [www.schoolclimateforum.com](http://www.schoolclimateforum.com)



**Wired Differently Conference** – This conference provides critical insights for reaching and teaching the 20 percent of all students who are diagnosable with a mental, emotional or behavioral issue. Particular focus is given to working with these often high-potential students in inclusive settings. [www.wireddiff.com](http://www.wireddiff.com)



**NextGen School Safety Conference** – The 2018 conference will focus on a litany of K-12 safety topics such as preventing intruder episodes, brain research & student safety, crisis management, critical error reduction psychology, student safety, social media and behavior recognition. [www.nextgenschoolsafety.com](http://www.nextgenschoolsafety.com)



**School Discipline Conference** – A must-attend gathering for educators focused on improving academic performance by applying the most current innovations and research to behavior intervention and classroom management. Special focus is given to supportive, non-exclusionary discipline. [www.sdiscipline.com](http://www.sdiscipline.com)



**Mean Girls: 101 1/2 Creative Strategies**  
\$34.95 Grades 3-12

This practical resource has 101 1/2 easy-to-use insights, strategies and worksheets for educators, counselors, parents and others working with relationally aggressive girls. The underlying causes of RA in girls are explored. Included are strategies for teaching tolerance, empathy, self-control, coping and other tools for RA girls.



**See My Pain**  
\$29.95 Grades 5-12

This book provides a description of self-injury in young people and its underlying causes. An overview of therapeutic approaches is presented along with suggestions for counselors, social workers, psychologists, teachers and parents. Sample assessment questions and activities are included.



**131/141 Creative Strategies for Reaching Children/Adolescents with Anger Problems**  
\$24.95 Grades K-8  
\$24.95 Grades 6-12

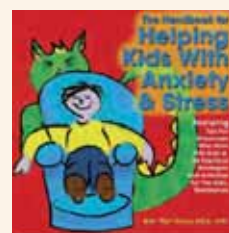
These resources will give you a unique practical collection of insights, techniques, activities and reproducible student

worksheets to help chronically angry children and adolescents. Discover strategies that best fit students with different kinds of anger problems.



**102 Creative Strategies for Working with Depressed Children and Adolescents**  
\$29.95 Grades K-12

Depression can have many harmful and even devastating effects on the lives of children and adolescents. It can derail school performance and lead to social and family troubles. It can also have harmful effects on a young person's physical health. This book is a practical resource that includes a variety of strategies (including reproducible worksheets) designed to use with elementary, middle & high school youth.



**Handbook for Helping Kids with Anxiety and Stress**  
\$24.95 Grades PK-12

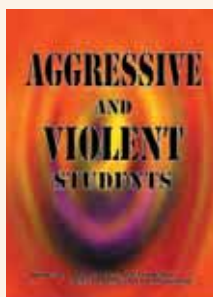
Discover a collection of practical, easy-to-follow tips and activities to help kids with fears, anxieties and phobias in this book. The first section of the book includes insights, hints and suggestions for helping professionals and parents

who are working to help kids learn to cope with their anxiety and stress.



**Mind Designs: Encouraging Self-Disclosure through Coloring Therapy**  
\$34.95 (includes CD) Grades K-12

This book and CD will provide you with a unique, powerful tool that will help facilitate deeper personal conversations with young people. The reproducible worksheets have been field-tested with children and adolescents who are experiencing trauma and/or young people with mild to severe social/emotional/behavioral challenges.



**Aggressive and Violent Students**  
\$19.95 Grades K-12

This book provides a collection of classroom and school-wide strategies for aggression and violence prevention. A reproducible School-Wide-Risk Inventory for Violence is included along with practical activities and hints that will help you in working with students who are aggressive or hostile.



**When All Else Fails**  
\$24.95 Grades K-8

Discover this realistic, practical, no-nonsense book full of fresh and unique ideas to help teachers deal with disruptive students. This resource contains poems, short stories, mottoes, affirmations, checklists and valuable reproducibles. Additionally, there is an in-depth description of the Back-Up unit – a program based on a ten-year study that helped one school decrease disciplinary problems by nearly

80 percent!



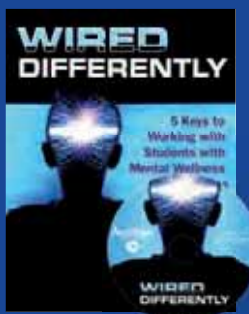
**JUST RELEASED!**  
**Preventing Suicide: You Can Make a Difference!**

Regular DVD Price \$295 – Introductory Price \$195!

Also available via AccuTrain On-Demand

Grades K-12

Suicide is one of the leading causes of death among students in North America - and the numbers are increasing, unfortunately. Surprisingly, almost half of the students who try to commit suicide will make their first attempt in elementary or middle school. Other than parents or guardians, educators provide the primary adult interaction and influence for many young people, and therefore can play a pivotal role in identifying students who may need help. Based on the popular AccuTrain seminar *Critical Mental Health Challenges*, this video program will help teachers, administrators, counselors and para-professionals feel better equipped to intervene with a student who may have lost hope. It uses a dramatized interaction to demonstrate how an educator might best handle the difficult, but critical, conversation with a troubled student.



**JUST RELEASED!**  
**Wired Differently: 5 Keys to Working with Students with Mental Wellness Challenges**

Regular DVD Price \$295 – Introductory Price \$195!

Also available via AccuTrain On-Demand

Grades K-12

Current studies show that approximately 20 percent of all students are diagnosable for a mental, emotional or behavioral health issue. This brand-new DVD/On-Demand program will help administrators, teachers, paraprofessionals and other staff understand how to support and teach this often high-potential portion of the student population – while avoiding an unmanageable classroom environment. This 20-minute video-based program employs real-life scenarios to introduce educators to 5 keys for working with students who are diagnosable for various disorders including anger disorders, ADHD, bipolar disorder, anxiety disorders, trauma (including PTSD), Asperger's and mild autism, and oppositional defiant disorder.



**Earn up to 6 Contact Hours!**

# Critical Mental Health Challenges in School

Helping Educators Recognize,  
Reach and Refer Students Prone to:

- » Suicide
- » Non-Suicidal Self-Injury
- » Chronic Anger
- » Self-Destructive Behavior

Metro Seminar Area	Dates	Seminar Hotel Location	Hotel Reservations	Early Bird Discount Deadline
Louisville, KY	November 6, 2017 Monday	Crowne Plaza Louisville Airport 830 Phillips Ln., Louisville, KY 40209	502-367-2251	October 16, 2017 Monday
Ventura, CA	November 9, 2017 Thursday	Ventura Beach Marriott 2055 Harbor Blvd., Ventura, CA 93001	805-643-6000	October 19, 2017 Thursday
San Francisco, CA	November 10, 2017 Friday	Holiday Inn Golden Gateway 1500 Van Ness Ave., San Francisco, CA 94109	415-441-4000	October 20, 2017 Friday

Please post for other  
staff members.



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