



## The School-Based Mental Health Bundle

# Every child deserves access to a qualified mental health professional

## > The SBMH Bundle from Educational Impact

Courses specially designed to support recruitment and retention efforts of effective educators, promote professional retraining of existing mental health providers, and increase the diversity and cultural and linguistic competency of school staff, especially school-based mental health services providers.

## > Courses for SBMH staff, classroom teachers, & administrators

- Trauma-Informed Schools
- Student Wellness
- SBMH Skill Builders
- Teacher Wellness
- Restorative Practices

## > Engage Your Staff

### Real Classroom Examples

Unlike other PD courses, EI brings theories and strategies to life with real classroom examples.

### Practical Learning Activities

Our courses are not sit-and-get! Learners are encouraged to reflect, collaborate, and apply knowledge throughout each course.

### Hot Topics

The EI Premium Library is always growing with courses on the most-requested topics from around the country.

### Credits & Accountability

Learners automatically earn credits and/or certificates of completion after passing EI's end-of-course assessment at 80% or better.





## School-Wide Practices

- Help for Billy
- Understanding the Language of Trauma
- Supporting Learning Communities Through Grief
- Creating a System of Care to Address Trauma in Schools
- MTSS: Tracking Behavior Data in a Multi Tiered System of Support
- Safe Spaces for All: Proactive and Emergency Safety Intervention



## SBMH Skill Builders

- SBMH Scenarios: Effective 1:1 Interactions with School-Based Mental Health Practitioners
- Communication Shifts for De-Escalation
- Circle Up for Conflict Resolution
- Using Affective Language to Connect and Build Trust



## Teacher Wellness

- 7 Keys to Teacher Wellness
- Beyond the Chocolate Stash: Staff Morale and Self Care
- Calm and Cool: The Importance of Teacher Self-Regulation



## Restorative Practices

- Bridging Differences and Transforming Culture
- Responsibility, Healing, and Hope
- Deep Dive into Circles (Elementary)
- Deep Dive into Circles (Secondary)



## Student Wellness

- Movement and Creative Arts for Healing
- Calm Rooms, Chill Zones and Zen Dens
- Helping Kids Express & Cope with Their Feelings
- Helping Kids Overcome a Negative Self-Image
- Helping Kids Learn Mindfulness
- Helping Kids Deal with Anxiety
- Helping Kids Deal with Anger
- Student Mental Health Awareness and Intervention

