Resources and References
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Online Resources

- **AOTA School Mental Health (SMH) Toolkit.** Free, downloadable information sheets on a variety of topics including depression, grieving, anxiety, obesity, etc. Web address: [http://www.aota.org/practice/children-youth/mental%20health/school-mental-health.aspx](http://www.aota.org/practice/children-youth/mental%20health/school-mental-health.aspx)

- **Every Moment Counts: Promoting Mental Health Throughout the Day.** Free, downloadable information and material on how to apply a public health approach to mental health and implement occupation-based embedded strategies and model programs. Web address: [http://www.everymomentcounts.org](http://www.everymomentcounts.org)

- **Children’s Mental Health Fact Sheets** (Minnesota Children’s Mental Health Association). Free, downloadable fact sheets on mental health conditions, the impact on function and strategies to foster successful participation in schools. Web address: [http://www.macmh.org/publications/mental-health-fact-sheets/?gclid=CNrUlb7lxs8CFQiJaQodCCMNsA](http://www.macmh.org/publications/mental-health-fact-sheets/?gclid=CNrUlb7lxs8CFQiJaQodCCMNsA)

  - **Action for Happiness.** Provides practical strategies, research, and resources committed to helping people build a happier and more caring society in their homes and communities. Ten keys for happier living backed by research are provided. Website address: [http://www.actionforhappiness.org](http://www.actionforhappiness.org)

  - **Steps to Respect** – focuses on bully prevention and friendship development; developed by Committee for Children [http://www.cfchildren.org/steps-to-respect.aspx](http://www.cfchildren.org/steps-to-respect.aspx)
  - **Eyes on Bullying Toolkit: What Can You Do?** (free downloadable) [http://www.eyesonbullying.org/pdfs/toolkit.pdf](http://www.eyesonbullying.org/pdfs/toolkit.pdf)

National Organizations

- **Caring for Every Child’s Mental Health** Substance Abuse and Mental Health Services Agency (SAMHSA) supports a comprehensive system of care approach to children’s mental health. Sponsors an annual Children’s Mental Health Awareness day every May. Web address: [http://www.samhsa.gov/children/](http://www.samhsa.gov/children/)

- **Centers for School Mental Health -- Technical Assistance Centers** In 1995, two national training and technical assistance centers focused on mental health in schools were established with partial support from the U.S. Department of Health and Human Services and the Center for Mental Health Services. One center is at UCLA and the other is at the University of Maryland at Baltimore. The web sites include information and resources on school-based mental health programs.
  - Web address: [www.smhp.psych.ucla.edu](http://www.smhp.psych.ucla.edu) (UCLA)
  - Web address: [www.csmha.umd.edu](http://www.csmha.umd.edu) (U of MD at Baltimore)
• **SchoolMentalHealth.org.** This site offers school mental health resources for clinicians, educators, administrators, parents/caregivers, families, and students. The resources included in the site emphasize practical information and skills based on current research, including prominent evidence based practices, as well as lessons learned from local, state, and national initiatives. Web address: [www.schoolmentalhealth.org](http://www.schoolmentalhealth.org)

• **National Association of State Mental Health Program Directors (NASMHPD).** Refer to the virtual resource center on the Early Intervention in Psychosis. Reliable information is provided for practitioners, policymakers, individuals, families, and communities in order to foster more widespread adoption and utilization of early intervention programming for persons at risk for (or experiencing a first episode of) psychosis. [http://www.nasmhpd.org/content/early-intervention-psychosis-eip](http://www.nasmhpd.org/content/early-intervention-psychosis-eip)

• **Positive Behavioral Interventions & Supports (PBIS)** This Technical Assistance Center on PBIS is established by the U.S. Department of Education’s Office of Special Education (OSEP) to develop, implement, and evaluate a multi-tiered approach to promoting positive behavior and academic outcomes for all students. Web address: [https://www.pbis.org](https://www.pbis.org)

• **Collaborative for Academic, Social, and Emotional Learning (CASEL)** CASEL is the nation’s leading organization expanding the development and implementation of evidence-based social and emotional learning (SEL) as an integral part of education from preschool through high school. Use this site to learn about and access research and resources on SEL. Web address: [http://www.casel.org](http://www.casel.org)

**References**


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