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TYPICAL OR TROUBLED? SCHOOL MENTAL HEALTH EDUCATION PROGRAM

Presenter

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Overview

While adolescence is a difficult time for many students, there is a real difference between "typical" youth behavior and signs of "trouble." Training teachers, administrators and coaches to recognize the difference can better their students' lives.

Mental health concerns in students are real, may be painful and, if left untreated, can have serious, life changing consequences. Early recognition, intervention and treatment of mental health concerns make a positive and lasting difference in an adolescent's life.

Background

Typical or Troubled?® was developed by the American Psychiatric Association Foundation (APAF) and recently redeveloped with input from APA members as a school-based mental health program to promote educator and staff understanding and identification of psychiatric problems in adolescent students. For more than 10 years, the program has equipped teachers, coaches and school personnel with the knowledge needed to recognize the warning signs of mental health concerns and what course of action to take in addressing potential issues. Early referral for treatment is key in preventing or lessening maladaptive outcomes. Evidence-based reviews support the implementation of school-based programs for altering negative trajectories and giving youth the greatest chance possible at a healthy future.

Certification

This train-the-trainer workshop trains participants to become certified instructors, so they can then bring training sessions into schools throughout their community. The certification process allows the APA Foundation to manage the delivery, build accountability, and validity in the delivery of the program.

The program's curriculum and method of delivery involves the mobilization of trained APA members to reach as many schools as possible. The certification process was developed to foster a partnership with local schools. Certification allows members to effectively train the staff of middle and high schools in your local community to:

- NOTICE early warning signs of mental health and other distress
- TALK with the individual about what they have noticed, and
- ACT to connect them to support services.

Registration

Online registration for this workshop is available in conjunction with the 2019 Fall Conference registration. A \$25 workshop registration fee includes lunch, training and certification. Participants may register for the workshop only but are encouraged to attend the full conference. Visit www.TheWPA.org/event/2019Fall.