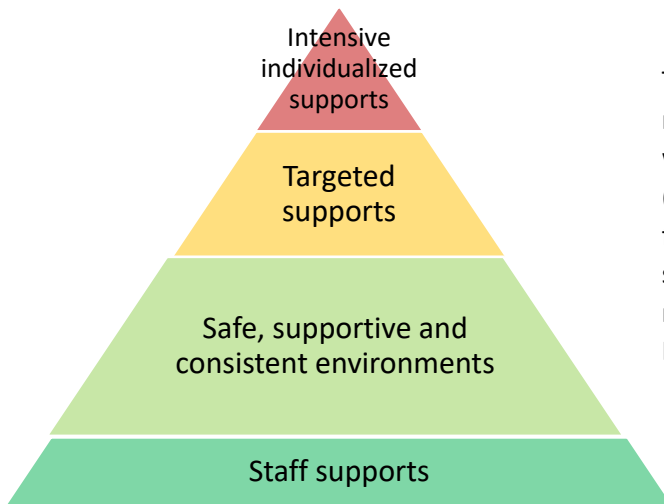




Social-Emotional and Mental Health Resource Guide
Arizona Department of Education
School Safety & Social Wellness



The recommendations for strategies and resources in this guide are presented within a Multi-Tiered System of Support (MTSS) framework. Utilizing an MTSS framework along with evidence-based strategies will result in fewer students needing services under the Targeted and Intensive levels of support.

Strategies	Resources
<ul style="list-style-type: none"> Staff care Self-regulation 	<ul style="list-style-type: none"> ADE SEL and Trauma-Sensitive Schools Series Arizona Educator Peer Support Program Resilient Arizona Crisis Counseling Program Yale Center for Emotional Intelligence Second Step SEL for Adults
<ul style="list-style-type: none"> Mental health awareness and suicide prevention training Trauma-sensitive practices Positive behavior supports Social-Emotional Learning School climate strategies Policies and systems for prevention and intervention strategies 	<ul style="list-style-type: none"> ADE Mental Health and Suicide Prevention training ADE SEL and Trauma-Sensitive Schools Series National Center for School Safety ADE MTBS Grant and Trauma Training Center on PBIS; PBISaz and Regional PLCs National Center on Safe Supportive Learning Environments CASEL Guide to Schoolwide Social and Emotional Learning Arizona Model School Safety Plan



- [National Center for Mental Health in Schools: SHAPE Assessment Tool](#)

Strategies	Resources
<ul style="list-style-type: none"> • Social-Emotional Learning for small groups • MTSS Tier 2 strategies • Referral to school counselor, social worker or psychologist 	<ul style="list-style-type: none"> • CASEL SElect Programs • Center on PBIS • National Center for Mental Health in Schools: Tier2/3

Strategies	Resources
<ul style="list-style-type: none"> • Multidisciplinary team approach for student supports • School-based behavioral threat assessment and management • Referral for outside services for behavioral/mental health • Crisis intervention • Family resources • Alternatives to exclusionary discipline • IEP or 504 interventions 	<ul style="list-style-type: none"> • National Center for Mental Health in Schools: Tier 2/3 • Prevention First: Student Assistance Center • ADE Comprehensive School Threat Assessment Guidelines • School & Behavioral Health Partnerships – <i>Coming soon</i> • Resilient Arizona Crisis Counseling Program • 211 Arizona