

THE MENTAL HEALTH ASSOCIATION
OF MONMOUTH COUNTY

An Affiliate of



TRAUMA INFORMED APPROACHES FOR RETURNING TO SCHOOL

SOCIAL EMOTIONAL SOLUTIONS FOR SCHOOLS

Three Trainings for Schools to Address Recommendations within “The Road back, Restart and Recovery Plan for Education” from the New Jersey Department of Education

The NJ Department of Education’s guidelines for restarting education have provided a blueprint for schools’ return to learn in the fall. Filling in the details of those designs, however, may seem daunting. Join us for a series of webinars that translate some of the NJDOE requirements into their practical application, especially the social-emotional parts of the plan.

This 3-part webinar series will address the following topics:

- **Support, Control, and Structure: Self-Care for Educators** A 45-minute pre-recorded training will be provided to schools that addresses staff well-being in returning to their buildings in the new climate of learning. Available July 22th.
- **Feeling Safe in an Unsafe Time:** Social Emotional Curriculum for K-8th Schools Developed under a trauma-informed and developmental lens, this pre-recorded training will provide manualized curricula for each age group (Pre-K, K-2, 3-5, 6-8). As students learn to re-connect, activities will focus on rebuilding relationships and instilling coping skills and behaviors with the goal of helping children thrive. Available August 3rd.
- **Trauma Informed Approaches to School Mental Health During COVID-19** Directed at school resource and support staff, two live webinars will address the common emotional issues and needs of youth during COVID. They will provide suggestions for development of a whole-school approach to foster a climate of wellness and resiliency and for supporting students and staff in the new changed environment of learning. Live webinar August 11 for High School Staff and August 13 for Elementary and Middle School Staff. Recordings available after.

Professional Development Hours Pending.

The webinar will be presented by **Maureen Underwood and Associates** with expert speakers from **MHA, SPTS and YMCA**

This free training is made possible by a suicide prevention grant from the Monmouth County Department of Human Services awarded to the Mental Health Association of Monmouth County in collaboration with the Society for the Prevention of Teen Suicide and the YMCA of Greater Monmouth County.



To register to receive the links to the recordings and corresponding downloadable resources as they are available, go to: <https://bit.ly/SELforschools>

To preregister to attend the live webinars on August 11th or 13th go to:
<https://bit.ly/preregAug11-13>

For more information contact marneyrohda@gmail.com