Overview

This reference guide is intended to be a resource for teachers and school staff, to support students coping with trauma. Resources included in this guide are a few key resources developed by State of Minnesota agencies, including the Minnesota Department of Education (MDE), Minnesota Department of Human Services (MDHS), Minnesota Department of Health (MDH), community partners and stakeholders. The guide focuses on five categories related to trauma-informed care and well-being promotion. These resources can be included in the curriculum of in-person, distance and hybrid learning models.

Social Emotional Learning

Reunite, Renew, and Thrive - Social and Emotional Learning (SEL) Roadmap for Reopening School

CASEL in partnership with over 40 organizations have come together to produce a Roadmap for Reopening School to support the return to school with equity-focused SEL strategies centered on relationships and built on the existing strengths of a school community. Schools—in partnerships with their communities, districts, and states—can use these four SEL Critical Practices to foster the competencies and learning environments that students and adults need to reunite, renew, and thrive.

School Mental Health Initiative

The Mental Health Technology Transfer Center Network offers numerous school mental health related virtual learning opportunities and other resources through its School Mental Health Initiative. Access to a collection of back-to-school mental health programming is available through the Network on the Responding to COVID-19: School Mental Health webpage.

Mental Health America - 2020 Back to School Toolkit

The Mental Health America - 2020 Back to School Toolkit was developed to support children who return to school experiencing feelings of loneliness after having been isolated during the stay at home and distance learning periods. Students who remain at home and learn through distance learning models may feel lonelier or more isolated as they have less interactions with their peer groups and teachers. Depression, anxiety, and fear
can also increase. Each of these can have an impact on sleep, blood pressure, risk of suicidal ideation, alcohol and drug use, all of which impact educational outcomes.

Movement

GoNoodle

GoNoodle helps teachers and parents get kids moving with short interactive activities. Desk-side movement helps kids achieve more by keeping them engaged and motivated throughout the day.

Moving Matters Toolkit

Moving Matters – A School Implementation Toolkit provides an overview of school-based strategies to increase physical activity for Minnesota’s youth. This toolkit is part of a broader partnership between MDE and MDH — the Active Schools Minnesota initiative—that affirms student health and academic achievement are inextricably linked.

Mindfulness

Headspace for Educators

Headspace is supporting educators and students in the US through the Headspace for Educators program, which currently offers free access to mindfulness and meditation resources to all K-12 teachers, administrators and supporting staff.

Psychological First Aid

Psychological First Aid (PFA) is an evidence-informed approach built on the concept of human resilience. PFA aims to reduce stress symptoms and assist in a healthy recovery following a traumatic event, public health emergency, or even a personal crisis. These short online resources and videos provide essential PFA skills and knowledge.

Compassion Fatigue Wallet Card

Substance Abuse and Mental Health Services Administration (SAMHSA) has created a Compassion Fatigue Wallet Card to support professionals in keeping track of their own behavioral health needs. The wallet card can be found with other resources on the SAMHSA Disaster Responder Stress Management webpage.

Positive Behavioral Interventions and Supports (PBIS)

PBIS World
PBIS World is a website developed to enable and empower teachers and staff to implement and carry out PBIS more autonomously. The website contains links to hundreds of interventions, supports, resources, and data collection tools, organized into the tier 1 through 3 framework. It guides users through the PBIS implementation process, starting with behavior identification and offering suggestions for interventions and data collection tools.

Community Spaces

Educating All Learners Alliance

The Educating All Learners Alliance (EALA) is a coalition of organizations committed to resource sharing and community building that supports the efforts of the education community to meet the needs of students with disabilities during the COVID-19 pandemic.

Head Space for Educators Facebook Group

Headspace has created a virtual teacher’s lounge dedicated to all things mindfulness and meditation. If you are an educator, consider this space as you take breaks and build well-being practices into your day, through the Headspace Facebook Group “Headspace for Educators.”

Crisis Support

Kognito Teacher and School Employee Mental Health Training

The Minnesota Department of Health, the Minnesota Department of Education, and Kognito have created free online mental health training to Minnesota schools. Together, we can build a statewide community of leaders who can support the mental and emotional well-being of all students. The training initiative provides free access to Kognito At-Risk for Minnesota districts and schools. Additional resources from MDE on Responding to Trauma and Tragedy are also available.

Additional Resources

- National Child Traumatic Stress Network
- MDE Social Emotional Learning Implementation Guidance
- Trauma Sensitive Schools Training Package