

The **Rethink Ed** Mental Health Suite

Rethink Ed Mental Health is an **effective and proactive** program that provides a framework for mental health, wellness instruction and knowledge, and includes professional development and K-12 student curriculum.

Rethink Ed Mental Health was developed by a team of clinical and educational experts, and is specifically designed to help school districts recognize and respond to top social, emotional, and mental health challenges while enhancing the well-being of all students and the adults who teach them.

Topics

- Anxiety
- Bullying and Violence
- Developing Healthy Identities
- Depression
- Digital Citizenship and Online Safety
- Human Trafficking
- Kindness to Animals
- Mental Wellness
- Reducing the Risk of Suicide
- Substance Use Disorders
- Trauma

On Demand Professional Development

- Engaging videos appropriate for all educators, school staff, and caregivers
- Resources include identification of symptoms and risk factors, and strategies for prevention & support
- Increase school-wide awareness and support of mental health issues

K-12 Digital Curriculum

- Grade level lessons with discussion questions and engaging activities
- Meets and exceeds most state mental health standards
- Peer to peer support strategies
- Empower students to seek help for themselves and others

The Mental Health Suite Professional Development Modules

Anxiety

An overview of anxiety, including causes, signs and symptoms, and risk factors. Educators learn about protective strategies for managing and reducing one's own anxiety, as well as strategies for promoting mental health and ways to support students who may have anxiety.

Bullying & Violence

A deeper dive into bullying and violence, including defining different types of violence and recognizing them. Educators learn strategies for helping student to protect themselves from violence (prevention) and how to address violence and seek help when it occurs (intervention).

Developing Healthy Identities

An overview of factors that support healthy identity development, including a sense of self and one's own values and needs, along with a sense of connection and validation from others. Educators learn potential risk factors that may impede the development of a positive sense of identity, as well as strategies to help students embrace their sense of self.

Depression

An overview of depression, including causes, signs and symptoms, and risk factors. Educators learn protective strategies for managing and reducing feelings of depression, as well as strategies for promoting mental health and ways to support students who may exhibit signs of depression.

Digital Citizenship & Online Safety

An overview of responsible use of technology and social media. Educators learn the importance of helping students to be safe online and strategies to teach digital citizenship and digital literacy to prevent cyberbullying.

Human Trafficking

An overview of human trafficking, including causes, signs and symptoms, and risk factors for labor and sex trafficking. Educators learn to identify and support students who may be at risk for being victims of human trafficking.

Kindness to Animals

An overview of how compassion and kindness to animals and pets demonstrates an overall concern for all living things. Educators learn how animal abuse often precedes violence towards people and provides strategies for students to love and care for animals.

Mental Wellness

An overview of mental health, including emotional, psychological, and social wellbeing. Educators gain a greater understanding of factors that impact one's mental health, as well as protective strategies to increase one's mental wellness.

Reducing the Risk of Suicide

An overview of suicide, including causes, signs and symptoms and risk factors. Educators learn protective strategies for reducing the risk of suicide, including the importance of a whole school, whole community approach to effectively reducing the risk of suicide.

Substance Use Disorders

An overview of substance misuse and substance use disorder, including causes, signs and symptoms, and risk factors. Educators learn protective strategies for reducing the risk of addiction, as well as strategies for promoting mental health and strategies for supporting students who may have or be at risk for substance use disorders.

Trauma

An overview of trauma, including causes, signs and symptoms, risk factors and post-traumatic stress disorder. Educators learn protective strategies for managing one's own trauma, preventing companion fatigue, as well as strategies to promote the mental health of all students and ways to support students who may have experienced or are experiencing trauma.

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