**IN-DISTRICT EDUCATIONAL PROGRAMS / PROFESSIONAL DEVELOPMENT**

Our team of skilled clinicians provide evidence-based programs in-district to meet the needs of students, parents and staff. Programs are offered during the school day, in-service days and evenings.

Programs can be customized to accommodate your school’s need.

**STUDENT/PARENT PROGRAMS:**

A.C.T. Program- Mental Health Awareness Suicide-Awareness

Substance Use Stress-Less Juuling/Vaping

Anxiety/Depression Bullying Relationships

Social Skills Parenting Emotional Regulation

**A.C.T. PROGRAM-MENTAL HEALTH AWARENESS**

*Learn to recognize the signs of emotional distress and what you can do for yourself and to help others.*

**STRESS LESS**

*Discussions will include lessons on why stress occurs, how to approach stress and stressful situations, education on the short- and long-term effects stress has on our minds and bodies and what to do when stress becomes too much.*

**EMOTIONAL REGULATION**

*Steps to learn how to recognize and self-regulate our emotions and behavior under certain circumstances.*

**EVERYTHING YOU NEED TO KNOW ABOUT SUBSTANCE USE AND ABUSE**

*The program will discuss current real-life issues, such as the opioid epidemic, the legalization of marijuana, and vape culture along with the difference between legal and illegal drugs, and the idea of legal substance still being illegal if not used as prescribed.*

## **PROFESSIONAL DEVELOPMENT PROGRAMS:**

## Customized programs for education professionals to include principals, supervisors, teachers, paraprofessionals, guidance counselors and administrative staff.

**A.C.T. PROGRAM- Mental Health Awareness**

## *Learn to recognize and assist with the emotional and mental health needs of students and teachers.*

**UNDERSTANDING & MANAGING UNEXPECTED BEHAVIORS (Two Part Series)**

## *Recognizing and learning how to control unexpected problematic behaviors of students.*

**POSITIVE CLASSROOM MANAGEMENT**

## *Implementing ways to create a positive teacher relationship with students in the classroom.*

**STRESS LESS**

I*dentify your stress triggers and how to approach stress and stressful situations in a productive healthy manner.*