



Mental Health Specialist Training

(Second Edition)

LOCATION: Online, Self-paced

LINDENWOOD UNIVERSITY: EW 51042- ASCA U: Mental Health Specialist Course (3 credit hours)

COURSE DESCRIPTION:

About four million 9- to 17-year-old children have a major mental health disorder resulting in significant impairment at home, at school and with peers, according to a report of the Surgeon General's Conference on Children's Mental Health. At least one in five children and adolescents has a mental health disorder, and one in 10 has a serious disorder. Mental health disorders affect students' ability to succeed in school both academically and socially.

People with mental disorders account for more than 90 percent of deaths by suicide. Most alarming, the Centers for Disease Control ranks suicide as the third leading cause of death among adolescents and young adults (ages 10-19), and for every young person who dies by suicide another 100-200 make a suicide attempt. This translates to an estimated count of three students in a typical high school who will attempt suicide each year. Due to this disturbing statistic, it's crucial that school districts have policies and procedures in place to prevent, assess the risk of, intervene in, and respond to youth suicidal behavior.

These staggering statistics underscore the importance of being cognizant of students' mental well-being. School counselors, along with other specialized instruction support personnel, are often on the forefront of identifying behaviors that could signal something more serious. School counselors should also play a key role in implementing suicide-prevention and mental-health policies that are critical to creating a safe school environment for everyone.

LEARNING OBJECTIVES:

After completing this course, you should be able to:

- Recognize the warning signs of various mental health disorders
- Describe how to address the mental health needs of students by providing direct services, accessing community resources, and working with school staff and community service providers
- Recognize when to collaborate with parents/guardians, teachers, administrators or involve outside help
- Implement suicide-prevention policies

- Identify best practices for schools to follow to protect the mental health and safety of all students

REQUIRED COURSE MATERIALS	Hours:
Module 1	
ASCA Video: 2022 ASCA@Home Opening Keynote with Dr. Vivek Murthy, 21st Surgeon General, US	0.5
ASCA Video: 2022 ASCA@Home A Word from Dr. Kathleen Ethier , Director, Division of Adolescent and School Health, National Center for HIV, Viral Hepatitis, STD, and TB Prevention, Centers for Disease Control and Prevention	0.5
Centers for Disease Control and Prevention Resource: Children’s Mental Health: Understanding an Ongoing Public Health Concern	0.25
ASCA Video: Promoting Mental Health and Well-Being in Schools: CDC’s New Action Guide for School and District Leaders	1
ASCA Video: Promote Mental Health	1
National Alliance on Mental Illness (NAMI) Video: 10 Common Warning Signs of a Mental Health Condition in Teens and Young Adults	0.25
NBC News Resource: Teens Under Pressure: Mental Health & Social Media	0.75
ASCA Position Statement: The School Counselor and Student Mental Health	0.25
ASCA Video: The School Counselor & Student Mental Health	0.5
<i>ASCA School Counselor Magazine</i> : The School Counselor’s Role in Student Mental Health	0.25
<i>ASCA School Counselor Magazine</i> : The School Counselor’s Role in Tier 3	0.25
ASCA Video: Culture and Student Mental Health	0.5
<i>ASCA School Counselor Magazine</i> : Culture and Student Mental Health	0.5
ASCA Video: Social Media and Student Mental Health	0.75
Module 2	
ASCA Position Statement: The School Counselor and Suicide Risk Assessment	0.25
ASCA Position Statement: The School Counselor and Suicide Prevention/Awareness	0.25
<i>ASCA School Counselor Magazine</i> : Recognize and Address	0.5
ASCA Video: Suicide Prevention	0.75
ASCA Video: Legal and Ethical Considerations: Suicidal Risk & Informational Gathering	1
ASCA Video: Connect SEL with Suicide Prevention	0.5
ASCA Video: Connect All Students in Suicide Prevention	1
ASCA Video: Suicide Prevention, Intervention & Community Collaboration	1
ASCA Video: The ASCA Suicide Information-Gathering Tool	1
<i>ASCA School Counselor Magazine</i> : Build a Suicide-Safer School and Community	0.5
<i>ASCA School Counselor Magazine</i> : Suicide Assessments: The Medical Profession	0.5

Affirms School Counselors Truth	
Resource: Model School District Policy on Suicide Prevention: Model Language, Commentary and Resources	2
National Alliance on Mental Illness (NAMI) Video: NAMI Ask the Expert: The AFSP & The JED Foundation	1.5
National Alliance on Mental Illness (NAMI) Video: Dear Stranger: A Journey of Youth Mental Health	1.25
ASCA Video: Non-suicidal Self Injury	1
<i>Professional School Counseling</i> Journal article: Student Non-Suicidal Self-Injury: A Protocol for School Counselors	1.25
Module 3	
National Institute on Mental Health Resource: Generalized Anxiety Disorder	0.5
National Institute on Mental Health Resource: Depression	0.5
TED Talk: Depression, the secret we share , Andrew Solomon	0.5
National Institute on Mental Health Resource: Bipolar in Children and Teens	0.5
National Institute on Mental Health Resource: Borderline Personality Disorder	0.5
National Institute on Mental Health Resource: Disruptive Mood Dysregulation Disorder	0.5
American Academy of Child and Adolescent Psychiatry Resource: Oppositional Defiant Disorder	0.25
American Academy of Child and Adolescent Psychiatry Resource: Conduct Disorder	0.25
ASCA Video: Stress Management in School Counseling	1
ASCA Video: Change the Anxiety Conversation	1
National Institute on Mental Health Resource: Social Anxiety Disorder	0.5
National Institute on Mental Health Resource: OCD	0.5
ASCA Video: Recognize Signs of OCD	0.5
TEDx Youth: Living with OCD	0.25
National Institute on Mental Health Resource: PTSD	0.25
American Academy of Child and Adolescent Psychiatry Resource: PTSD	0.25
Centers for Disease Control and Prevention Resource: Tics and Tourette’s Syndrome	0.25
Centers for Disease Control and Prevention Resource: ADHD	0.5
<i>ASCA School Counselor Magazine</i> : Boys and Body Image	0.5
National Institute on Mental Health Resource: Eating Disorders: About More than Food	0.25
Explore Dove’s Confident Me, A Free Body Confidence Curriculum	0.25
<i>ASCA School Counselor Magazine</i> : Self-Esteem in a Social Media World	0.5

Module 4	
<i>Professional School Counseling Journal</i> article: Effect of Meditation on Social/Emotional Well-Being in a High-Performing High School	1
ASCA Video: Mental Health and Nature	0.5
<i>ASCA School Counselor Magazine</i> : Nature will Nurture	0.25
ASCA Video: Elementary Mindfulness	0.5
ASCA Video: Mindfulness Bracket Activity	1
ASCA Video: Tier 1 Self-Regulation Interventions	1
ASCA Video: Group Counseling Techniques	1
ASCA Video: Implement Effective Coping Skills	1
ASCA Video: Small Groups for Angry Children	1
ASCA Video: Support Challenging Students	1
ASCA Video: Staff & Student-Led Restorative Practices	1
ASCA Video: Restorative Practice Circles	1
Explore Text, Talk, Act	0.25
ASCA Video: Trauma-Informed Practices	1
<i>Professional School Counseling Journal</i> article: Potential Stressors of Undocumented Latinx Youth: Implications and Recommendations for School Counselors	1
TEDx Grand Canyon University: How Do You Find Self Worth? , Dr. Lisa Strohman	0.25
Module 5	
<i>ASCA School Counselor Magazine</i> : Wraparound Services in Schools: Family Intervention Services	0.25
<i>ASCA School Counselor Magazine</i> : Wraparound Services in Schools: The Decatur Student Center	0.25
ASCA Video: Holistic, Collaborative Wraparound Supports	0.5
ASCA Video: Empower Parents to Believe in Counseling & Therapy	0.5
ASCA Video: Develop Upstream Supports	0.5
ASCA Video: School Counselors and Mental Health Counselors: Continuum of Care	0.5
<i>ASCA School Counselor Magazine</i> : Student Safety Plans	0.25
Suicide Prevention Resource Center Resource: After A Suicide: A Toolkit for Schools	2
<i>ASCA School Counselor Magazine</i> : Refilling Your Cup: A School Counselor Self-Care Routine	0.5
<i>ASCA School Counselor Magazine</i> : Combat Compassion Fatigue	0.5
TOTAL HOURS:	50

ASCA SCHOOL COUNSELOR PROFESSIONAL STANDARDS & COMPETENCIES:

M1; M5; M6; B-PF 2; B-PF3; B-PF 5; B-SS 5; B-SS 6

ASCA STANDARDS FOR SCHOOL COUNSELOR PREPARATION PROGRAMS (ASCA CAEP SPA)

1.3; 4.1; 4.2; 4.3; 6.2

CACREP STANDARDS

G 1.d; G 2.b; G 2.e; G 2.g; G 2.k; G 3.f