



Effective School Solutions

Reinventing K-12 Mental Health Care



East Brunswick Public Schools 2021-2022 Parent University Virtual Mental Health Learning Series

Taking a Mental Health Pulse: Student Mental Health and Academic Re-Acclimation

October 26, 2021

7PM-8PM

As students return and reacclimate to school, it is important that the caregivers in their lives understand the unique COVID related mental health responses and challenges that we all will face. This workshop will assist caregivers in understanding these challenges and identifying students in need of additional supports. Participants will receive information on specific strategies they can utilize that will help to support students throughout the re-acclimation process.

Having Hope: Youth Suicide Prevention Training for Parents/Caregivers

February 22, 2022

7PM-8PM

The good news is we can help prevent suicide: parents and caregivers are in a prime position to learn how to recognize the signs of suicide risk and go for help. This workshop helps parents and caregivers build the skills and confidence necessary to identify vulnerable youth and assist them in seeking help.

Introduction to the Trauma Attuned Model®

March 29, 2022

7PM-8PM

ESS's Trauma Attuned Model® is a relationship-based, evidence-centered approach to supporting student development, fostering student and caregiver resiliency, and ultimately promoting healthy growth and academic achievement. In this Introduction to TAM® workshop, parents and caregivers are introduced to the four key components of the model: Prevalence, Affect, Response, and Triggers (or P.A.R.T. for short).

Understanding the Language of Challenging Behaviors

April 26, 2022

7PM-8PM

How do we evaluate what a child's behavior is trying to communicate? Behavior is a form of communication which is especially important when a child has limited means of expressing themselves or has neither the developmental level or psychological capacities to "tell us" how they are doing. This workshop develops the ability to appreciate and understand the behavioral relevance and messaging of students.