

All in This Together ECHO: What's Next? Ideas into Action to Support Mental Health in Schools

January 28th – March 18th, 2025

Resource Tracking Document

The following resources, arranged by session topic, were provided during the course of this ECHO series by speakers, panelists and/or participants. They have not been formally vetted by Project ECHO or other DH staff for accuracy or quality so users should rely on their own judgement when referencing or employing them. These resources were provided during the time period of the ECHO and over time may become outdated. They are not intended to be comprehensive resources on the topics.

Please note: a more in depth summary of key course content, in the form of an infographic can be found [here](#).

Session 1 – Setting the Stage: Connecting Mental Health and Behavior

- [Data and Statistics on Children's Mental Health | Children's Mental Health | CDC](#)
- [How Anxiety Affects Teenagers - Child Mind Institute](#)
- [Depression Factsheet \(for Schools\) \(for Parents\) | Nemours KidsHealth](#)
- [Trauma-Sensitive Schools: A Whole-School Approach - Trauma Sensitive Schools](#)
- [Schools | The National Child Traumatic Stress Network](#)
- [Trauma-Informed Schools - Echo](#)
- [Fostering Resilient Learners](#)
- [Class Pass - Tier 2 PBIS - PENT](#)
- [NH's Multi-Tiered System of Support for Behavioral Health and Wellness Model \(MTSS-B\) | Department of Education](#)
- [Back to Basics: Meeting Universal Youth Needs – One Trusted Adult](#)
- [Lynn Lyons: Helping Anxious Kids and Families Manage Anxiety Disorders](#)

Session 2 – Behavioral Therapies: Techniques for the Classroom

- [DBT Skills Manual for Adolescents](#)
- [Intro to self-soothing the six senses](#) (adapted from DBT skills manual)

Session 3 – Mindfulness in the Moment

- [Dan Siegel: Name it to Tame it - YouTube](#)
- [Worry and Anxiety? Lynn Lyons Offers Perspective - Noble & Greenough School](#)

Session 4 – Sensory and Environmental Strategies

- [TikTok - Make Your Day](#) - ThatTeacherMrsLane

Session 5 – Language and Strategies for De-escalation

- [Calming & De-escalation Strategies - YouTube](#)
- [Nadine Burke Harris: How childhood trauma affects health across a lifetime | TED Talk](#)
- [How to Implement Trauma-informed Care to Build Resilience to Childhood Trauma - Child Trends – ChildTrends](#)

Session 6 – Navigating Systems, Policies, and Families

- [Parental Mental Health & Well-Being | HHS.gov](#)
- [Teachers - TalkingPoints](#)