

MENTAL HEALTH RESOURCES

NORTH DAKOTA ASSOCIATION OF SCHOOL PSYCHOLOGISTS

As an effort to support school psychologists in the state of North Dakota in supporting students, the committee of Early Career and Graduate Students has worked to compile a list of resources with a focus on Mental Health. While this list is not exhaustive, it can provide a starting point for school psychologists to refer administrators, teachers, and parents when needed. In the state of North Dakota where many schools are rural and access to mental health services in these communities are limited, prevention is a key component. Knowledge of mental health within the school setting is a start point in the step of prevention. These following resources can be accessed through hyperlinks or through a smartphone/tablet with a QR Code Reader.

“An ounce of prevention is worth a pound of cure.” –Benjamin Franklin

ANGER MANAGEMENT

FOR SUBSTANCE ABUSE AND MENTAL HEALTH CLIENTS

This is a **free** downloadable resource published by Substance Abuse and Mental Health Services Administration (SAMHSA), the QR Code will bring you to the [Curriculum Manual](#) and the [Participant Workbook](#). The curriculum uses a cognitive behavioral therapy approach and is designed to be used in a group setting across 12 weeks, one lesson a week, led by a qualified individual.



Curriculum Manual



Participant Workbook

BIPOLAR DISORDER

EDUCATIONAL IMPLICATIONS FOR SECONDARY STUDENTS

This resource, written by three school psychologists and published in *Principal Leadership*, outlines the symptoms of childhood bipolar disorder and how the disorder may impact a student's ability to learn. Coexisting disorders, treatments, intervention, and how schools can respond are discussed. The depressive episode and manic episodes of the disorder are outlined in observable behaviors any educator or parent would be able to notice. [Download the article here.](#)



Bipolar Disorder

DEPRESSION

WHEN IT HURTS TO BE A TEENAGER

This resource, written by a school psychologist and published in *Principal Leadership*, outlines how parents and educators can differentiate between 'typical' teenage "blues, irritability or rebellion" and clinical depression. The article discusses what depression is, warning signs of depression in adolescents, risk factors, and how schools can reach out and support students. "The best intervention is prevention and early intervention. Schools can provide a number of supports to help decrease the occurrence of severe depressive reactions and prompt appropriate early treatment." [Download the article here.](#)



Depression

SELF-HARM

UNDERSTANDING AND RESPONDING TO STUDENTS WHO SELF-MUTILATE

This resource, written by a school psychologist and published in Principal Leadership, outlines what self-mutilation (or self-harm) is, myths about the maladaptive behavior. While the article does advise that schools are not an appropriate environment for students who self-harm to receive help, it does discuss the importance of schools providing an approach on this behavior of prevention. The author outlines various interventions schools can put in place as a preventative measure, such as training staff how to respond and incorporating self-mutilation into the crisis response team's responsibilities. [Download the article here.](#)



Self-Harm

SCHOOLWIDE METHODS FOR FOSTERING RESILIENCY

SUPPORT FROM CARING ADULTS IS KEY TO STUDENTS' SUCCESS IN THE FACE OF ADVERSITY

This resource, written by a school psychologist and published in Principal Leadership, outlines what the characteristics of resiliency are and why resiliency is a preventive measure for mental health disorders. The articles gives brief but informative descriptions of how school leadership can promote a culture of resiliency. Intervention is discussed as a troubleshooting option.

[Download the article here.](#)



Resiliency