



Keeping Students Safe: Practical Strategies for Supporting Students in Mental Health Distress

A Dartmouth Health program to help support
schools in New Hampshire

Course Description

This interactive, web-based learning series for school staff in New Hampshire will provide tools to better support the increased number of students experiencing mental health distress. Students are experiencing crisis levels of anxiety, depression, trauma, and suicidal ideation. Rooted in the pandemic and loss of in-person classes, school staff are also reporting delayed coping and socialization skills and insufficient backup from outside behavioral health counselors and facilities. Our goal, based on needs identified by schools, is to provide resources for the most urgent mental health issues facing school staff today, along with an opportunity for discussing de-identified situations and receiving peer support.

Who Should Attend

School Counselors, Nurses, and
Principals in New Hampshire

Schedule

Sessions will be every other Tuesday from 3:30-4:30pm EST

Oct 18 th , 2022	Recognizing and responding to students at serious risk of harm
Nov 1 st , 2022	Understanding inpatient psychiatric hospitalization
Nov 15 th , 2022	Recognizing and responding to students in distress
Nov 29 th , 2022	Improving school partnerships with community mental health and primary care services
Dec 13 th , 2022	Preparing for the next school year

Questions?

Email: ECHO@hitchcock.org

Website:

<https://go.d-h.org/project-echo>

Registration Information

REGISTRATION IS FREE

To register, visit: <https://connect.echodartmouth-hitchcock.org/Series/Registration/1535>

What is Project ECHO?

Project ECHO (Extension for Community Healthcare Outcomes) is a telementoring model. Virtual technology is used to support case-based learning and provide education. This will assist participants to care for more people, right where they live.

Benefits

- Participants learn from experts.
- Participants learn from each other.
- Experts learn from participants as best practices emerge.

Moving Knowledge, Not People

