

HHS Resources for Department of Education Federal Commission on School Safety Webpage

Knowledge and Awareness of Risk Factors in Schools (SAMHSA Resource)

- [Addressing the Risk of Violent Behavior in Youth](#). This PowerPoint presentation will help teachers and school personnel identify behaviors and other signs that could result in youth violence. The material is intended as a general guide regarding what is known about risk and protective factors and the warning signs that are associated with a risk of violent behavior. The purpose is to inform and help classroom teachers, counselors, and other staff understand the basic facts about youth violence. This useful tool also addresses the protective factors that reduce the risk of violent behavior.

SAMHSA Grants: Funding Opportunity Announcements

- SAMHSA announces funding opportunities each year through its grants website at <https://www.samhsa.gov/grants/grant-announcements-2018>.
- Below are some examples of the school and/or child/adolescent/youth focused grants that were announced in fiscal year 2018.
 - [Project AWARE \(Advancing Wellness and Resiliency in Education\)](#)
 - [Mental Health Awareness Training \(MHAT\) Grants](#)
 - [Garrett Lee Smith Campus Suicide Prevention Grants](#)
 - [Healthy Transitions: Improving Life Trajectories for Youth and Young Adults with Serious Mental Disorders Program](#)
 - [Community Programs for Outreach and Intervention with Youth and Young Adults at Clinical High Risk for Psychosis](#)
 - [Infant and Early Childhood Mental Health Grant Program](#)
 - [Drug-Free Communities \(DFC\) Support Program](#)
 - [Strategic Prevention Framework—Partnerships for Success](#)

Suicide (SAMHSA-Supported Resources)

- [National Suicide Prevention Lifeline](#): 1-800-273-TALK (8255). A network of local crisis centers that provides 24/7, free and confidential support for people in distress, prevention and crisis resources, and best practices for professionals. The lifeline is supported by SAMHSA through the Suicide Prevention Resource Center.
- [Suicide Prevention Resource Center](#) (SPRC). Funded by SAMHSA, this is the nation's only federally supported resource center devoted to advancing the National Strategy for Suicide Prevention.
- [The role of high school mental health providers in preventing suicide](#). This page was developed by the SPRC for high school mental health providers and contains information on recognizing and responding to warning signs; resource materials about suicide prevention, including programs; and other suicide prevention information relevant to school health providers.
- [SAMHSA Suicide Safe app](#). This app helps providers integrate suicide prevention strategies into their practice and address suicide risk among their patients. Suicide Safe is a free app based on SAMHSA's Suicide Assessment Five-Step Evaluation and Triage (SAFE-T) card.
- [Preventing Suicide: A Toolkit for High Schools](#). This toolkit assists high schools and school districts in designing and implementing strategies to prevent suicide and promote behavioral health. The

toolkit includes tools to implement a multifaceted suicide prevention program that responds to the needs and cultures of students. This toolkit is available in the SAMHSA store.

- [Preventing Death by Suicide—Strategies to Help Children, Youth, and Families](#). This YouTube video explores principles of a suicide intervention-informed approach to address the prevention of suicide and to facilitate the skill-building critical to healing, recovery, and resilience for children, youth, families, schools, and communities impacted by suicide. This video is sponsored by SAMHSA.
- [After a Suicide: A Toolkit for Schools](#). The focus of this toolkit is to provide a resource for schools after suicide. This is developed by the SPRC and funded by SAMHSA.
- Other federal investment
 - [Garrett Lee Smith Campus Suicide Prevention Grant Program](#). The purpose of this SAMHSA grant is to develop a comprehensive, evidence-based approach to enhance services for college-aged individuals at risk for suicide, substance use, and other serious mental illness so they can obtain needed treatment and complete their college studies.

School Mental Health (SAMHSA- and HHS-Supported Resources)

- [MentalHealth.gov resources for educators](#). This site provides general information for educators regarding warning signs for mental health issues, how to respond to mental health issues in schools, and how to access crisis support and other mental health services. This site is supported by HHS.
- [Addressing Emotional and Behavioral Issues in K–5 Classrooms](#). This YouTube video addresses the topic of identifying and managing behavioral health concerns in elementary school classrooms. This video is supported by SAMHSA.
- [Addressing Mental Health Concerns in College](#). This YouTube video addresses the topic of mental and substance use disorders among college students. This video is supported by SAMHSA.
- [Supporting Young Adults with Mental Health Difficulties in Post-Secondary Education](#). This YouTube video focuses on supporting young people with mental health difficulties—including co-occurring substance abuse—who are engaged in post-secondary education. Presenters provide an overview of trends in college attendance of young adults with mental health difficulties and the challenges of living away from home while working toward recovery. This video is supported by SAMHSA.
- [Finding Help, Finding Hope: What to Do If You Think Your Child May Have a Mental Health Problem](#). This YouTube video focuses on how parents and caregivers can actively engage in their child’s behavioral health care, as well as identify available resources that can help the entire family thrive. This video is supported by SAMHSA.

Federal Investments in School Mental Health (SAMHSA Grants)

- [Mental Health Awareness Training Grants](#). These grants train individuals to recognize the signs and symptoms of mental disorders, particularly serious mental illness; establish links with school-and/or community-based mental-health agencies for referrals; train emergency services personnel and others to identify people with a mental disorder; employ crisis de-escalation techniques; and educate individuals about resources available in the community for individuals with a mental disorder.
- [School-based health centers](#). These centers are the center of health in the schools in which they are based. Services include primary medical care, mental/behavioral health care, dental/oral health care, health education, substance abuse counseling, case management, and nutrition information. Approximately 20 percent of these centers receive funding through the Health Resources and Services Administration’s Health Center Program.

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Children

- [Project LAUNCH Grant Program](#) (birth–eight years). The purpose of Project LAUNCH (Linking Actions for Unmet Needs in Children’s Health) is to promote the wellness of young children by addressing the physical, social, emotional, cognitive, and behavioral aspects of their development.
- [Infant and Early Childhood Mental Health Grant Program](#) (birth–12 years). This program addresses children who are at risk for, show early signs of, or have been diagnosed with a mental illness including a serious emotional disturbance. The purpose of this program is to improve outcomes for these children by developing, maintaining, or enhancing infant and early childhood mental health promotion, intervention, and treatment services.
- [The Center of Excellence for Infant and Early Childhood Mental Health Consultation \(IECMHC\)](#). The Center of Excellence for IECMHC helps communities support the success of the next generation by increasing access to evidence-based IECMHC—an approach that pairs mental health professionals with people who work with young children and their families.
- [System of Care \(SOC\) Expansion and Sustainability Cooperative Agreements](#) (birth–21 years). The SOC grants provide services to improve behavioral health outcomes for children and youth with serious emotional disturbances and their families. This program creates sustainable infrastructure and services that are required as part of the Children’s Mental Health Initiative.

Youth

- [Project Advancing Wellness and Resilience Education \(AWARE\) Grant Program](#). This program promotes youth mental health awareness among schools and communities and improves connections to services for school-aged youth.

Young adults

- [Safe Schools/Healthy Students \(SS/HS\) Grant Program](#). This program is a collaborative effort and comprehensive model to promote mental health among students and create safe and secure schools.
- [Healthy Transitions Grant Program](#). The *Now Is The Time* Healthy Transitions grant program improves access to treatment and support services for 16- to 25-year-olds who have, or are at risk of developing, a serious mental health condition.
- [Clinical High Risk for Psychosis Grant Program](#). The purpose of this program is to identify youth and young adults, not more than 25 years old, at clinical high-risk for psychosis and provide evidence-based interventions to prevent the onset of psychosis or lessen the severity of psychotic disorder.

Substance Use—Public Education Brochures for Teens (SAMHSA Resources)

- [Tips for Teens series](#). These brochures for teens highlight the dangers of using tobacco and other drugs, including cocaine, heroin, inhalants, and methamphetamines. The series also offers advice on how to help a friend who might be struggling with addiction.

For Schools and Communities (SAMHSA Resource)

- [Focus on Prevention: Strategies and Programs to Prevent Substance Use](#). This manual helps communities plan and deliver substance use prevention strategies. It covers conducting needs assessments, identifying partners, and creating effective strategies for marketing and program evaluation. The manual also offers a sample timeline of tasks.

For Parents—Substance Use (SAMHSA Resource)

- [Keeping Youth Drug Free](#). This resource guide for parents offers advice on keeping children substance free. Review statistics about adolescent substance use, and learn tips on good communication. The guide also features substance facts and case studies for additional insight.

For Parents—Underage Drinking (SAMHSA Resources)

- [Talk. They Hear You. Underage Drinking Prevention](#). These resources and tools will help parents start and keep up the conversation about the dangers of drinking alcohol at a young age.
- [Talk. They Hear You. Underage Drinking Prevention app](#). This app will help parents prepare for one of the most important conversations they may ever have with their kids about underage drinking. The app is available on desktop computers and on the go from the [App StoreSM \(link is external\)](#), [Google Play™ \(link is external\)](#), the [Windows® Store \(link is external\)](#), and [Windows® Phone Store \(link is external\)](#).
- [The Sound of Your Voice video](#) and [Parent Guide](#). This video and guide gives parents the information they need to talk with their college-bound young adults about the consequences of underage drinking. If you are a parent, a high school or college administrator, or an organization serving parents and teens, please download these free materials and share them with other caring adults.

For Schools—Underage Drinking (SAMHSA Resources)

- [Talk. They Hear You. Underage Drinking Prevention](#). These materials were created specifically to help schools reach parents about underage drinking and the *Talk. They Hear You.* campaign.
- [Alcohol's Effects on the Brain](#). This is an app for tablets to help fifth- and sixth-grade teachers educate their students about the consequences of alcohol use.

Decision Support Tools for Boys and Young Men of Color (SAMHSA Resources)

- [Executive Summary: Main Findings on Protective Factors and Programs](#). Access the executive summary overview of protective factors associated with substance use and misuse, and strategies that have been shown to be effective in addressing these factors among boys and young men of color. (Discusses the role of neighborhood safety related to well-being.)
- [Ensuring the Well-being of Boys and Young Men of Color: Factors that Promote Success and Protect Against Substance Use and Misuse](#). This practice-support tool distills research on substance use and misuse in boys and young men of color as well as factors promoting positive youth development. (Protective factor: Lower exposure to community violence.)
- [Positive Approaches to Preventing Substance Use and Misuse Among Boys and Young Men of Color: Programs and Strategies At-a-Glance](#). This practice-support tool provides summaries of interventions that help young people develop abilities and attitudes necessary to succeed and thrive. (Includes youth violence prevention programs.)

Other Decision Support Tools and Practice Support Tools (SAMHSA Resources)

- [Preventing Prescription Drug Misuse: Programs and Strategies](#). This tool provides brief summaries of prevention strategies and programs that have been evaluated to determine their effects on the non-medical use of prescription drugs, as well as guidelines for using this information to inform prevention planning efforts. (Multi-Component Prevention Strategy: Communities that Care—risk factors include violence.)

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- [Locating Data on Risk Factors for Opioid Overdose](#). To help practitioners determine the impact of overdose-related factors in their communities, this practice-support tool pairs data sources with the specific factors they describe. (Factors associated with chronic pain and mental health include adverse childhood experiences [physical abuse—page 9].)
- [Preventing Youth Marijuana Use: Factors Associated with Use](#). This CAPT decision-support tool offers a summary of research findings on risk and protective factors associated with youth marijuana use. (Relationship-level factor: Experiencing violence was found to be associated with youth marijuana use. Individual-level factor: Perpetrator of violence at the age of 18 and victim of peer violence was associated with marijuana use. Community-level factor: Exposure to community violence was associated with marijuana use.)
- [Risk and Protective Factors for Substance Abuse and/or Mental Health Problems Among Alaska Native and Native American Populations](#). This document lists studies about risk and protective factors for mental and/or substance use disorders among Alaska Native and Native American populations. (ACEs/trauma risk factor: Physical abuse [before age 15] and witnessing violence associated with substance use; being a victim of physical violence at home was associated with suicide attempts.)
- [Risk and Protective Factors Associated with Binge or Heavy Episodic Drinking Among Adolescents and Young Adults: Using Prevention Research to Guide Prevention Practice](#). This resource is an overview of prevention research on risk and protective factors associated with binge and heavy episodic drinking among adolescents and young adults. (Individual factor: Violence at school associated with alcohol use in last 30 days for ninth-grade German students.)
- [Building the Evaluation Capacity of Local Programs Serving American Indian/Alaska Native Populations: Lessons Learned](#). This resource includes lessons from an initiative to build evaluation capacity among prevention programs serving American Indian and Alaska Native populations. (Provides programs that address risk factors of historic trauma and domestic violence—some show violence-related consequences.)

Adverse Childhood Experiences/Trauma Resources (SAMHSA Resources)

- [The Role of Adverse Childhood Experiences in Substance Abuse and Related Behavioral Health Problems](#). This overview of the Adverse Childhood Experiences (ACEs) Study includes findings on the role of ACEs in substance use and related behavioral health problems.
- [Trauma Resilience Resources](#). This page provides information on agencies, foundations, and other resources that collect data on trauma and resilience.
- [Coping with Traumatic Events: Resources for Children, Parents, Educators, and Other Professionals](#). This page offers online resources designed to assist parents, educators, and other professionals in helping children cope with traumatic events. (Includes a number of resources from the National Child Traumatic Stress Network and a resource related to traumatic stress after mass violence, terror, or disaster.)

Archived Webinars (SAMHSA Resources)

- [A Critical Look at Intergenerational Trauma and Substance Misuse: Implications for Prevention](#). This webinar offers an introduction to intergenerational trauma and its link to substance misuse and explores ways for prevention practitioners to support and implement trauma-informed prevention approaches.
- [Trauma & Adverse Childhood Experiences: Implications for Preventing Substance Misuse](#). This webinar outlines SAMHSA's comprehensive approach to trauma-informed care, highlighting the

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mechanisms by which trauma and ACEs influence substance misuse and related behavioral health problems.

- [Improving the Behavioral Health of Boys and Young Men of Color: Addressing Data Challenges](#). This webinar discusses the prevalence of health disparities among boys and young men of color and how programs can strengthen their protective factors.

Evidence-Based Treatment (HHS-Supported Resources)

Children

- [Preventing Drug Use among Children and Adolescents: A Research-Based Guide for Parents, Educators, and Community Leaders, Second Edition](#). This publication offers updated principles, new questions and answers, new program information, expanded references, and summarizes sections of the guide for community use.
- [The National Child Traumatic Stress Network \(NCTSN\)](#). The NCTSN and its various centers have developed and implemented a range of clinical treatments, mental health interventions, and other trauma-informed service approaches as a means of promoting the Network's mission of raising the standard of care for traumatized youth and families.

Youth

- [Youth.gov](#). This program directory features evidence-based programs whose purpose is to prevent and/or reduce delinquency or other problem behaviors in young people. Youth.gov is composed of representatives from twenty federal agencies, including HHS.

Young adults

- [The Teen Pregnancy Prevention Programs](#). These programs are proven to reduce teen pregnancy, behavioral risk factors underlying teen pregnancy, or other associated risk behaviors. The programs use different approaches, serve diverse populations in multiple settings, vary in the number of sessions or length of the program, and in the intended outcomes. These programs are an HHS initiative.

Bullying Prevention (HHS-Supported Resources)

Resources for Youths, Families, and Educators

- [KnowBullying app](#). This SAMHSA-developed app helps parents and educators start conversations with children; provides tips and strategies for children, youth, and teens; and teaches the warning signs of bullying or being bullied.
- [Prevent Bullying](#). This website provides general information on bullying, such as definitions of bullying and tools to prevent bullying in schools.
- [Stopbullying.gov](#). This website contains resources for youth, parents, schools, and others to better understand bullying and cyberbullying, including the warning signs, those particularly at risk, and prevention tips.
 - [Take Action Today: How Families and Students Can Take the Lead in Creating Safer School Environments](#)
- [Bullying Prevention for Parents](#). This podcast discusses the crucial role parents play in bullying prevention.
- [School Violence: Prevention Tools and Resources](#). This page provides various tools developed by CDC to help us understand and effectively prevent school violence, including the factors that increase or decrease the likelihood of school violence and what prevention strategies work.

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- [Electronic Media and Youth Violence: A CDC Issue Brief for Educators and Caregivers](#). This brief focuses on the phenomena of electronic aggression, which is any kind of aggression perpetrated through technology—any type of harassment or bullying (teasing, telling lies, making fun of someone, making rude or mean comments, spreading rumors, or making threatening or aggressive comments) that occurs through email, a chat room, instant messaging, a website (including blogs), or text messaging.
- [School Connectedness: Strategies for Increasing Protective Factors Among Youth](#). This publication defines and describes the components of school connectedness and identifies specific actions that schools can take to increase school connectedness.
- [Impact of Cyberbullying: Addressing the Needs of Children and Youth](#). This YouTube video reviews ways to help parents, caregivers, and educators better understand the issue of cyberbullying and the mental health needs of both the young person being bullied, and the young person initiating the bullying.

Resources for Media

- [Media Guidelines for Bullying Prevention](#). These guidelines offer help to journalists, bloggers, the entertainment creative community, and others who are developing content about bullying.

Privacy Information

- The [Health Insurance Portability and Accountability Act of 1996 \(HIPAA\)](#) protects the privacy and security of certain health information.
- The [Family Educational Rights and Privacy Act \(FERPA\)](#) protects the privacy of student education records.
- The following are a series of questions linked to corresponding information on the HHS website.
 - [Does the HIPAA Privacy Rule apply to an elementary or secondary school?](#)
 - [Does FERPA or HIPAA apply to elementary or secondary school student health records maintained by a health care provider that is not employed by a school?](#)
 - [Are there circumstances in which the HIPAA Privacy Rule might apply to an elementary or secondary school?](#)
 - [Where the HIPAA Privacy Rule applies, does it allow a health care provider to disclose protected health information \(PHI\) about a troubled teen to the parents of the teen?](#)
 - [Does the HIPAA Privacy Rule allow a health care provider to disclose protected health information \(PHI\) about a student to a school nurse or physician?](#)
 - [Does FERPA or HIPAA apply to records on students at health clinics run by postsecondary institutions?](#)
 - [Does FERPA or HIPAA apply to records on students who are patients at a university hospital?](#)
 - [Where the HIPAA Privacy Rule applies, does it permit a health care provider to disclose protected health information \(PHI\) about a patient to law enforcement, family members, or others if the provider believes the patient presents a serious danger to self or others?](#)
 - [Are the health records of an individual who is both a student and an employee of a university at which the person receives health care subject to the privacy provisions of FERPA or those of HIPAA?](#)
 - [Can a postsecondary institution be a “hybrid entity” under the HIPAA Privacy Rule?](#)