



Suicide
Prevention

Teen Dating
Violence

Substance Use
and Teens

Youth Mental
Health



SCHOOL BASED MENTAL HEALTH TRAINING SERIES

SELF-PACED LEARNING



This series is a collaboration between Eastern AHEC, SEAHEC, SR AHEC and Wake AHEC and is supported through NC AHEC.



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SELF-PACED LEARNING



Target Audience

This series is intended for school personnel, counselors, social workers, psychologists, or others interested in the subject matter.

Series Description

In order to meet the requirements of the Department of Public Instruction's required mental health training programs for professionals, AHEC's across the state have developed a series of recorded webinar courses covering a variety of topics. These courses meet requirements for hours and topics.

Information & Registration

Follow link under each program for more information, program pricing and registration.

ADA Statement

AHEC is fully committed to the principle of equal educational opportunities for all individuals and does not discriminate on the basis of any characteristic protected by federal or state law. If you require any of the auxiliary aids or services identified in the Americans with Disabilities Act (ADA), in order to participate in programs or services, please contact the AHEC managing the program you are interested to arrange any accommodations.

[SUICIDE PREVENTION]

Helping Students Cope: Depression and Suicide in Children and Adolescents

Suicide prevention involves reducing risk factors that make youth vulnerable. One of the first steps to strengthen the factors that protect youth from suicide is recognizing and treating depression. This course will identify common misunderstandings about childhood depression and guide in diagnosing, describe treatment interventions for depression, describe the problem of youth suicide, and identify prevention, interventions and postvention strategies.

Objectives

- Identify common misperceptions about depression in children and how to diagnose.
- Discuss factors that influence the onset and severity of depression.
- Describe three treatment interventions used with youth who have depression and their effectiveness.
- Describe the scope of the problem of youth suicide and key risk factors.
- Identify effective suicide prevention and intervention strategies and postvention plan.

Speaker

Jodi Flick, MSW, ACSW, LCSW
UNC-CH School of Social Work

This presenter is being supported through the partnership between UNC-Chapel Hill School of Social Work and the NC AHEC Program.

Webinar length: 2 hours

Credit

Contact hours, NBCC, Psychology Category A, NC PSPR, NASW-NC, NCASPPB GSB

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[TEEN DATING VIOLENCE]

Teen Dating Violence: Prevention and Trauma-Informed Response for School Personnel

This 90-minute training will provide an overview of the dynamics of teen dating violence, including incidence and prevalence rates, myths and facts often held in our society, and risk and protective factors for teen dating violence among young people. Participants will learn about how school personnel can work to prevent and respond to teen dating violence in a K-12 context.

Objectives

- Explain the dynamics of teen dating violence in the United States, including risk and protective factors for perpetration and victimization.
- Discuss the responsibilities and opportunities for K-12 school personnel in preventing and responding to teen dating violence among students.
- Review local, state and national resources to support students.

Speaker

JP Przewoznik, MSW

UNC-CH School of Social Work

This presenter is being supported through the partnership between UNC-Chapel Hill School of Social Work and the NC AHEC Program.

Webinar length: 1.5 hours

Credit

Contact hours, CEUs, NBCC, Psychology Category A, NC PSPR, NASW-NC

CLICK TO REGISTER

[SUBSTANCE USE AND TEENS]

Understanding, Identifying and Preventing Adolescent Substance Use, Part 1

This course will focus on the use of substances among adolescents and offer some strategies for prevention. It consists of modules that define the existing problem, examine science-based understanding of addiction, discuss addiction within the adolescent populations, teach screening and assessment techniques, and discuss treatment and prevention strategies.

Objectives

- Understand the incidence and prevalence of substance use among adolescents.
- Develop a science informed perspective on addiction.
- Learn the impact of substance use on the adolescent brain and their behavior.

Speaker

Paul Nagy, MS, LCHMC, LCAS, CCS

Duke University

Webinar length: 1.5 hours

Credit

Contact hours, NBCC, Psychology Category A, NC PSPR, NASW-NC, NCASPPB SS

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[YOUTH MENTAL HEALTH]

Don't Forget About Me; Resiliency in Children and Youth

Promoting a child and youth's mental health means helping a child feel secure, relate well with others and foster their growth at home and at school. It is normal for children and youth to experience various types of social and emotional distress as they develop and mature. Some children and youth are at greater risk of mental health conditions due to their living conditions, stigma, discrimination or exclusion, or lack of access to quality support and services. Children and youth with mental health disorders may face challenges in their homes, school, community and interpersonal relationships. This hour and a half webinar will address these challenges and ways to build resiliency.

Objectives

- Identify ways to raise awareness to the mental health wellness of this population.
- Discuss challenges children and youth experience through maturity.
- Distinguish ways adults and caregivers may overlook specific needs for children and youth.

Speaker

Gregory Perkins, PhD

Social Work Educator, Presenter

Webinar length: 1.5 hours

Credit

Contact Hours, NC Psychology, NBCC, NASW-NC

CLICK TO REGISTER

[COMPREHENSIVE OVERVIEW – TWO HOUR REFRESHER]

A Guide to Supporting the Mental Wellbeing of Students in North Carolina

Being a young person is difficult no matter what and traumatic events such as the pandemic have made it even harder. Between school closures, online learning and social injustices, early intervention is critical as the prevalence of mental health/substance use problems, suicide and dating violence increases. When the world changes quickly and suddenly, it is common for youth to experience changes in their thoughts, feelings and behaviors. As a result, it is imperative that school staff are equipped with the tools to foster open communication to help them recognize, accept and cope with the major shifts that have taken place, and continue to take place in their students' lives.

Objectives

- Recognize the signs and symptoms of mental health challenges that may impact youth.
- Identify warning signs and symptoms of substance use disorders in youth.
- Describe the early warning signs of suicide in youth.
- List five early warning signs of youth dating violence.

Speaker

Ruby Brown-Herring, MEd, BSW

Principal Consultant, RBH Wellness Solutions

Webinar length: 2.0 hours

Credit

Contact hours, PSPR

CLICK TO REGISTER