

SB 246--One-time funding examples for behavioral health public school expenditures:**Applied Suicide Intervention Skills Training (ASIST) Training for all Behavioral Health Staff –**

- Two-day interactive workshop in suicide first-aid.
- Teaches participants to recognize when someone may have thoughts of suicide and work with them to create a plan that will support their immediate safety.
- Although ASIST is widely used by healthcare providers, participants don't need any formal training to attend the workshop—anyone 16 or older can learn and use the ASIST model.

Signs of Suicide Training (SOS) for all behavioral Health Staff

- Universal, school-based depression awareness and suicide prevention program designed for middle-school (ages 11–13) or high-school (ages 13–17) students.
- The goals are to:
 - 1) decrease suicide and suicide attempts by increasing student knowledge and adaptive attitudes about depression,
 - 2) encourage personal help-seeking and/or help-seeking on behalf of a friend,
 - 3) reduce the stigma of mental illness and acknowledge the importance of seeking help or treatment,
 - 4) engage parents and school staff as partners in prevention through “gatekeeper” education, and
 - 5) encourage schools to develop community-based partnerships to support student mental health.

Trauma Informed Care

- Structure and treatment framework that involves understanding, recognizing, and responding to the effects of all types of trauma for all students K-12
- Emphasizes physical, psychological and emotional safety for students and educators
- Helps rebuild a sense of control and empowerment
- Training instills a deeper awareness of the types of trauma and its triggers and the trauma's effects on behavior
- Provides tips for preventing re-traumatization

Youth Mental Health First Aid –

- Training staff and materials - \$20.00/participant –
- Designed to teach parents, family members, caregivers, teachers, school staff, peers, neighbors, health and human services workers, and other caring citizens **how to help an adolescent (age 12-18) who is experiencing a mental health or addictions challenge or is in crisis.**
- Primarily designed for adults who regularly interact with young people.
- Introduces common mental health challenges for youth, reviews typical adolescent development, and teaches a 5-step action plan for how to help young people in both crisis and non-crisis situations.
- Topics covered include anxiety, depression, substance use, disorders in which psychosis may occur, disruptive behavior disorders (including AD/HD), and eating disorders.

Youth Vaping Training to Prevent Vaping

- one in four teenagers in Colorado that are vaping
- Colorado ranked the highest for youth vaping out of 37 states surveyed across the United States.

Bullying Prevention

The research-based Bullying Prevention Unit gives educators and school staff the training and tools needed to effectively address school bullying in Kindergarten through Grade 5.

Second Step Training for Elementary & Middle Schools

- Research-based, teacher-informed, and classroom-tested to promote the social-emotional development, safety, and well-being of children from Early Learning through Grade 8.