

**Evidence-based Practices**

**Psychological First Aid for Schools**

A Tier One intervention in the immediate aftermath of an emergency or disaster.

<https://www.nctsn.org/resources/psychological-first-aid-schools-pfa-s-field-operations-guide>

**Skills for Psychological Recovery**

A Tier Two intervention for students, staff and parents for the recovery phase after an emergency or disaster.

<https://www.nctsn.org/resources/skills-for-psychological-recovery>

**Cognitive Behavioral Intervention for Trauma in Schools**

A Tier Two group trauma intervention for Grades 5 -12.

<http://cbitsprogram.org>

**Bounce Back**

A Tier Two group trauma intervention for Kindergarten through Grade 4.

<https://bouncebackprogram.org>

**Trauma-Focused CBT**

A Tier Three individual trauma intervention.

https://tfcbt2.musc.edu

**Self-Care Resources**

**PFA-Schools Provider Care**

*National Child Traumatic Stress Network*

<https://www.nctsn.org/sites/default/files/resources//pfa_for_schools_provider_care.pdf>

**Child Trauma Toolkit for Educators**

*National Child Traumatic Stress Network*

<https://www.nctsn.org/sites/default/files/resources//child_trauma_toolkit_educators.pdf>

**Pause-Reset-Nourish to Promote Wellness**

*National Child Traumatic Stress Network*

<https://www.nctsn.org/resources/prn-to-promote-wellbeing-as-needed-to-care-for-your-wellness>

**Support for Teachers Affected by Trauma (STAT)**

*USC, NCTSN, UCLA, University of Montana, RAND Corporation*

<https://statprogram.org/>

This online training helps educators understand secondary trauma, identify risk factors, explain the impact of secondary traumatic stress, and learn self-care skills.

**Classroom Wise: Well-Being Information and Strategies for Educators**

*MHTTC Network*

<https://www.classroomwise.org/>

This 3-part training package assists K-12 educators in supporting the mental health of students in the classroom. Offers evidence-based strategies and skills to engage and support students with mental health concerns in the classroom.

**Understanding Educator Resilience & Developing a Self-Care Plan**

*Readiness and Emergency Management for Schools*

<https://rems.ed.gov/TrainingPackage.aspx>

Self-pace training package with handouts.

**Mobile Apps for Self-Care**

**COVID Coach**

This app promotes self-care and overall wellness during the pandemic.

**Depression CBT Self-Help Guide**

This app helps you understand the causes of depression, explains self-help behaviors you can adopt to reduce symptoms, and provides useful self-management tools.

**Headspace / Headspace Plus**

This app is a mediation tool with hundreds of sessions on physical health, personal growth, stress management, and anxiety relief. This app includes child exercises as well.

**PTSD Coach**

This app provides users with education about PTSD and tools that can help manage the stress of daily life with PTSD.

**Provider Resilience**

This app includes the ProQOL measure and stress-busting tips tailored to your self-assessment.

**Simple Habit**

This app provides meditation exercises to de-stress and promote wellness.

**Liberate Meditation**

This app for the Black, Indigenous, and People of Color community to ease anxiety, find gratitude, heal internalized racism and microaggressions and celebrate Blackness.

**Calm**

This app provides meditation exercises and strategies for improving sleep.

**7 Cups**

This app connects users to free emotional support from trained active listeners through text or online chat. It also offers self-help guides you can explore at your own pace.