



Creating a Culture of Care:

Mental Health Awareness and Violence Prevention
for School Staff and Students



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Program Overview

The Creating a Culture of Care: Mental Health Awareness and Violence Prevention for School Staff and Students program is a comprehensive initiative designed to provide direct instruction on essential mental health and violence prevention topics for both school personnel and students. Through targeted training sessions, school staff will learn to recognize signs and symptoms of depression, suicide, and self-harm in students, enabling timely intervention and support.

Additionally, the program educates students on identifying these same signs in their peers and emphasizes the importance of seeking help. Staff and students will be equipped with practical skills to identify mental health services within the school and community, understand referral processes, and establish protocols for reporting concerns. Furthermore, the curriculum addresses the warning signs of individuals who may pose a threat to themselves or others, the significance of taking these threats seriously, and the various methods available for reporting dangerous or harmful behaviors. Each topic is directly aligned with state requirements to ensure thorough instruction and proactive intervention capabilities within the school environment.

Designed to foster a safe and supportive school environment by equipping students and staff with essential tools for mental health awareness and violence prevention and with concurrent training for both school personnel and staff, our program ensures consistent messaging and a unified approach to building a culture of care within the school community.



Student Workshops

Our two student workshops are designed to empower students with the skills and knowledge needed to address mental health challenges and prevent violence in their school communities. These workshops focus on fostering emotional well-being, recognizing warning signs, and promoting a safer, more supportive school environment.

The workshops will focus on:

- **Recognizing Depression and Suicide:** Students will learn to spot signs of depression and suicidal thoughts in themselves and others, gaining tools to start supportive conversations and seek help.
- **Identifying Warning Signs:** Emphasis will be placed on recognizing early signs of emotional distress and offering peer support, while understanding the importance of involving trusted adults.
- **Preventing Violence:** Students will explore the root causes of violence, such as bullying and social isolation, and learn how to identify and address early risk factors.
- **Taking Action:** Students will be empowered to stand against bullying, support peers, and work with school staff to create a safer, more inclusive environment.

Through these workshops, students will be equipped with the tools to take positive action, support their peers, and contribute to a caring and proactive school culture.



Student Workshop 1:

Facing Depression Together: Spotting the Signs & Finding Help

Facing Depression Together is designed to provide students in grades 6-12 with essential knowledge and practical skills to understand and address depression and suicide. This course encourages a culture of empathy and support, equipping students to recognize the signs of depression and warning signs of suicide in themselves and their peers. Through open discussions and interactive guidance, students will gain a foundational understanding of how mental health struggles can affect their lives and learn practical tools to strengthen their own mental health and emotional wellness, while also supporting others.

In age-appropriate sessions, students will explore the importance of reaching out to trusted adults, such as teachers, parents, or school counselors, when they or someone else may be in danger. They'll also practice effective communication strategies to approach and assist friends who may be struggling, building the confidence to contribute positively to a supportive school environment. By fostering awareness and empathy, ***Facing Depression Together*** empowers students to create a safe and compassionate community where everyone feels valued and supported.

HS Standards:

- **HS 1 MEH - 1.1, 1.2, 1.3, 1.4, 1.5, 1.6, 1.7, 1.9, 1.10, 1.11, 1.12, 1.13, 1.14**
- **HS 2 MEH - 1.1, 1.2, 1.5, 1.6, 4.1, 4.2, 4.3, 4.4**
- **HS 1 V - 1.1, 1.2, 1.3, 1.4, 1.5, 1.6, 1.7, 1.8, 1.9, 1.10, 1.11, 1.12, 1.13, 1.14, 2.1, 2.2, 2.3, 2.4, 2.5, 4.1, 4.2, 4.3, 4.4, 4.5**
- **HS 2 V - 1.1, 1.2, .3, 1.4, 1.5, 1.6, 1.7, 2.1, 2.2, 2.3**



Objectives:

By the end of this lesson, students will be able to:

- Gain a basic understanding of what depression is, how it affects young people, and how to recognize signs of depression in themselves or their peers.
- Identify common warning signs of suicide, such as changes in behavior, expressions of hopelessness, or withdrawal from social activities. Additionally, they will be able to recognize potential warning signs of violence, including verbal aggression, isolation, or fascination with harmful behaviors.
- Utilize practical communication tools and strategies to support friends who may be struggling with depression, suicidal thoughts, or behaviors that may indicate a risk of violence.
- Understand the importance of reaching out to trusted adults—such as teachers, parents, or school counselors—when they or a peer may be in danger or need emotional support.
- Contribute to creating a supportive school environment where everyone feels safe and valued.



One-Hour Session Outline

Introduction

The session begins by introducing the key topics of depression, suicide awareness, and emotional distress. Students are encouraged to reflect on their current understanding of mental health and to explore common myths and truths about depression and suicide. This segment emphasizes the importance of recognizing early signs of distress, fostering empathy, and supporting one another. An interactive icebreaker will engage students, prompting them to share their thoughts on mental health, creating a comfortable and non-judgmental atmosphere.

Understanding Depression

Students will gain a clear understanding of what depression is and how it affects young people. This section provides an age-appropriate definition of depression and explores its common symptoms, such as mood changes, withdrawal from friends, and difficulty concentrating. Myths about depression will be debunked, helping students recognize that depression is a serious condition that requires compassion and understanding. The session includes a discussion of signs students may have observed in media characters, helping them relate to the topic personally.

Recognizing the Warning Signs of Depression & Suicide

This section empowers students to identify when someone may be struggling with depression or suicidal thoughts. Warning signs, such as feelings of hopelessness, drastic behavior changes, and increased isolation, are highlighted. The connection between untreated depression and suicide is discussed, reinforcing the importance of taking action when these signs are present. An interactive “Warning Signs Walk” activity will help students internalize these signs through visual displays around the room, encouraging reflection and group discussion.



How to Support a Friend and Seek Help

Students will learn practical strategies for supporting a friend who may be experiencing depression or suicidal thoughts. This section covers how to start a conversation, listen without judgment, and involve trusted adults when necessary. The importance of seeking help from teachers, parents, or counselors is emphasized. A “Problem-Solving Workshop” will engage students in brainstorming how to approach a friend in need and what steps to take to ensure their safety.

Finding Help and Resources

Students are provided with resources for mental health support, including school counselors, hotlines, and community services. Basic self-care strategies, such as journaling and mindfulness, will also be introduced to help students manage stress and support their emotional well-being.

Q&A, Support Circle & Commitment to a Community of Care

The session concludes with a “Support Circle” activity, reinforcing the power of community support. Students will stand in a circle and offer supportive statements to a peer in the center, symbolizing their commitment to caring for one another. The session wraps up with a group pledge to be aware of signs of distress, reach out with empathy, and seek help when needed, promoting a caring and connected school environment.



Student Workshop 2:

Be the Change: Making Our School Safer

Approximately 1 in 5 high school students in the United States report being bullied on school property each year, contributing to a cycle of violence among youth, both in school and in the community (Centers for Disease Control and Prevention). In 2020, firearms surpassed motor vehicle crashes as the leading cause of death for U.S. youth ages 1 to 19, with over 4,300 children and teens losing their lives to gun violence that year (Centers for Disease Control and Prevention).

This interactive workshop empowers middle and high school students to understand and prevent violence in their schools and communities.

Participants will explore the root causes and effects of both general violence and gun violence among youth. Through guided discussions, group activities, and real-life examples, students will learn to recognize risk factors, develop protective strategies, and discover the power they hold to foster peace and safety. The workshop encourages youth to take on leadership roles in violence prevention, emphasizing peer support, community collaboration, and proactive engagement.

Learning Objectives

By the end of this session, students will be able to:

- Understand the scope of youth violence and gun violence, including the impact it has on individuals, schools, and communities.
- Identify the systemic and societal factors that contribute to violence, including poverty, mental health issues, peer pressure, and exposure to violence.



- Identify risk factors that increase the likelihood of violence, as well as protective factors that help prevent it.
- Utilize strategies for peer intervention, conflict resolution, and positive leadership to prevent violence.
- Explore ways to collaborate with teachers, community leaders, and peers to create a united effort against violence to take immediate, positive steps to reduce violence in their schools, fostering a culture of safety, respect, and inclusion.

One-Hour Session Outline

Introduction

We begin by creating a safe and welcoming space for students to share their thoughts or experiences with violence—whether gun violence or general violence—in their communities or schools. Students are encouraged to express their feelings without pressure, knowing that participation is voluntary. This segment establishes rapport, sets a respectful tone, and introduces the session’s purpose: understanding the root causes of youth violence and exploring strategies to prevent it in schools and communities.

Understanding Youth Gun Violence and General Violence

Students are introduced to key statistics on youth violence, focusing on both gun-related incidents and general violence, such as bullying and school fights. To help students grasp the scope of the issue, we engage them in a Human Bar Graph activity, where they physically represent various statistics. This interactive activity makes the numbers more tangible and personal. Following the activity, students reflect on how violence affects their own lives, their friends, or their communities. This allows them to connect personally with the issue, making it more relevant and impactful.



Exploring the Root Causes of Violence in Schools

This section examines the factors that contribute to violence in schools, including access to firearms, mental health challenges, bullying, social isolation, and exposure to violence at home or in the community. The discussion highlights how these factors often overlap, creating environments where violence can thrive. Students will reflect on challenges that contribute to violence and brainstorm solutions that promote safety and inclusion. This segment encourages students to consider how they can take an active role in shaping a positive school climate and supporting their peers.

Effects of Violence on Youth and Communities

In this section, students explore the far-reaching physical, mental, and emotional impacts of violence on young people. Through age-appropriate stories and examples, students will connect emotionally to the broader effects of violence, including trauma, chronic fear, and anxiety. A Chain of Impact activity helps students visualize how a single violent incident can ripple through a community, affecting not only the victim but also their family, friends, and school environment. This segment fosters empathy and underscores the importance of breaking the cycle of violence.

Strategies for Prevention and Engagement

Students will learn practical strategies for preventing violence and promoting safety within their schools. This section covers recognizing early warning signs of potential violence, addressing emotional distress before it escalates, and the role of peer support. Emphasis is placed on how students can take leadership roles in preventing violence, standing up against bullying, and encouraging peers to seek help. Additionally, students will learn the importance of collaborating with trusted adults—teachers, counselors, and community leaders—to create a safer school environment.



Commitment & Close

The session concludes with the "What Will I Stand For?" exercise, where students make personal commitments to promoting positive change. Each student will choose an issue they are passionate about, such as standing up to bullying or promoting mental health awareness, and write a short commitment statement outlining their action plan. These statements will be shared and posted in the classroom as a collective pledge to create a safer, more inclusive school environment. Students will leave with a clear understanding of their role in preventing violence and fostering a culture of peace in their daily lives.

School Personnel Trainings and In-services

Our School Personnel Trainings and In-services are designed to equip every school nurse, teacher, counselor, school psychologist, administrator, and additional staff members determined by the school board with the skills and knowledge needed to support student well-being. This development program provides critical prevention and early detection strategies that empower staff to recognize the signs and symptoms associated with:

- **Youth Depression and Suicide Awareness:** Understanding emotional distress, identifying suicidal ideation, and knowing how to intervene empathetically.
- **Youth Violence Prevention:** Learning to identify early warning signs of violent behavior and understanding how to de-escalate potential risks.
- **Stress and Overwhelm in Students:** Recognizing when students are struggling with anxiety, stress, or burnout, and offering timely support.

Under this program, we offer three professional development sessions tailored to meet the needs of school personnel, ensuring they are equipped to create a safe, supportive, and proactive school environment that prioritizes student mental health and safety. These staff training sessions are designed



to complement the student workshops, creating a shared language and fostering a unified approach to mental health wellness and violence prevention. Together, these sessions help form a school-wide culture where students and staff work collaboratively to identify warning signs, support one another, and promote a safe, inclusive environment that emphasizes emotional well-being and safety.

Staff PD Session 1:

Hidden in Plain Sight: Identifying Depression, Suicide, and Self-Harm Risks in Students

Depression is a significant and growing concern in the U.S., affecting more than 17 million adults and 4 million youth. Since 2007, the adolescent suicide rate has risen by over 50%, with particularly sharp increases among Black and Hispanic youth. Youth in rural communities are also disproportionately affected by depression and suicide, driven by factors such as social isolation, limited access to mental health services, and the stigma surrounding mental health issues. In 2021, 18.8% of high school students seriously considered suicide, and 8.9% attempted suicide at least once.

This course serves as a companion to the student workshop Facing Depression Together: Spotting the Signs & Finding Help, creating a holistic approach to identifying and addressing depression, suicide, and self-harm in schools. While students learn to recognize warning signs and seek help for themselves and peers, school staff will be equipped with the knowledge and skills to identify the often-hidden signs of distress in students. This complementary approach strengthens the school community's ability to foster a supportive environment, ensuring early intervention and the development of a shared language around mental health.

Participants in this course will learn to identify key behavioral indicators such as withdrawal, mood changes, verbal expressions of hopelessness, and



physical signs of self-harm. Educators, counselors, and school nurses will gain tools for timely intervention and strategies to foster a school environment built on empathy and support.

By the end of the training, participants will have a thorough understanding of depression, suicide, and self-harm, as well as practical tools to support students in distress and promote a culture of care and awareness within their school community. This integrated approach ensures that both students and staff are prepared to recognize and address mental health challenges, creating a safer, more empathetic school environment.

Duration: 2 hours

Learning Objectives:

- **Recognize Behavioral Indicators:** Participants will be able to identify key behavioral signs of depression, suicide, and self-harm in students, such as mood changes, withdrawal, verbal expressions of hopelessness, and physical signs of self-harm.
- **Understand Risk Factors:** Educators, counselors, and school nurses will gain a deeper understanding of the factors that contribute to depression and suicidal ideation, particularly in vulnerable populations, including rural, Black, and Hispanic youth.
- **Develop Intervention Strategies:** Participants will acquire practical tools and strategies for providing timely interventions, including when and how to refer students to appropriate mental health resources.
- **Foster a Supportive School Environment:** Participants will learn to create a school culture that promotes empathy, open dialogue about mental health, and proactive support systems for students in distress.
- **Collaborate with Students for Early Intervention:** By aligning with the Facing Depression Together student workshop, participants will be equipped to collaborate with students, reinforcing the shared



responsibility of staff and students in recognizing and addressing mental health challenges early.

Two-Hour Session Outline

Introduction

We begin by building rapport through introductions and a brief icebreaker. Participants will reflect on how they feel about addressing mental health in schools, which fosters a supportive and open environment for discussing sensitive topics. The session overview will highlight the importance of recognizing the signs of depression, suicide, and self-harm in students, and how early identification can prevent further harm. This session complements the student workshops, aligning staff and student efforts to address mental health challenges effectively.

Understanding Depression & Its Risk Factors

Participants will gain insight into the signs and symptoms of depression, along with the risk factors that increase its likelihood. The discussion covers how depression manifests in different student groups, including rural, Black, and Hispanic youth, who may face additional challenges such as isolation or systemic barriers to mental health support. By understanding these risk factors, school staff will be better equipped to identify at-risk students and intervene early to provide support.

Signs and Symptoms of Depression

This section explores the emotional and physical signs of depression in students. Common symptoms such as persistent sadness, irritability, changes in sleep patterns, appetite fluctuations, social withdrawal, and a decline in academic performance are discussed. The goal is to help educators recognize subtle behavioral shifts that may indicate a student is struggling.



Real-world examples and stories will illustrate how depression can manifest, helping staff connect theory to practice.

Depression and Youth Suicide

We will address the strong link between untreated depression and youth suicide, explaining that prolonged emotional pain can lead to suicidal thoughts. The session will include key statistics on adolescent suicide risk and highlight the importance of timely intervention. By understanding the connection between depression and suicide, participants will feel more prepared to recognize when a student may be in danger and take appropriate action.

Suicide & Self-Harm - Recognizing the Signs in Students

Participants will learn to identify the critical warning signs of suicide and self-harm, such as verbal cues, drastic mood swings, withdrawal, and reckless behavior. We will also cover signs of self-harm, like unexplained injuries or attempts to conceal them. Real-life scenarios will help participants understand how these warning signs may manifest and emphasize the importance of immediate intervention.

Intervention Strategies for Depression, Suicide, and Self-Harm Risks in Students

This section provides evidence-based strategies that staff can implement to support students at risk of depression, suicide, and self-harm. Key strategies include active listening, safety planning, peer support programs, referring students to mental health professionals, and collaborating with colleagues through regular check-ins. These practical steps will help foster a proactive, supportive school environment where mental health is prioritized.



Collaborating with Students to Create a Culture of Care

Participants will explore how staff can support and empower students in creating a culture of care. This section connects the staff's evidence-based strategies with the student-led "What Will I Stand For?" groups from the student workshops. The goal is to build a coordinated effort where staff and students work together to promote mental health and prevent violence. Staff will learn how to support students in their roles, whether through active listening in the classroom, peer support in the hallways, or guiding students to seek help from trusted adults.

Q&A, Closing Remarks, and Call to Action

In the final section, participants will have the opportunity to ask questions and reflect on the key takeaways from the session. The facilitator will emphasize the importance of early recognition of depression and suicide, empathetic intervention, and the need to create a safe, inclusive school culture. Participants will be encouraged to implement the strategies discussed and work closely with students to build a strong network of support. The session concludes with a call to action: to create a culture of care where every student feels valued and supported.

Staff PD Session 2:

Understanding Youth Gun Violence at School

Gun violence is a pressing issue in schools, with firearms contributing to a significant percentage of teen homicides in Ohio—83% for older teens and 70% for younger teens (Centers for Disease Control). Gun violence in schools rarely occurs without warning signs, and this workshop explores those warning signs and the factors that increase the likelihood of violent incidents. Participants will examine the root causes, risk factors, and protective factors related to youth gun violence within school settings, while learning actionable



strategies to prevent violence and promote a safer, more peaceful school environment.

Learning Objectives

By the end of this session, participants will be able to:

- Understand the current state of youth gun violence in the U.S., particularly in Ohio, and its impact on schools.
- Identify the root causes and risk factors contributing to youth gun violence in school, including access to firearms, mental health issues, bullying, and social isolation.
- Recognize protective factors, such as positive relationships and mentorship, that can mitigate the risk of gun violence in schools.
- Explore evidence-based strategies to engage students, foster peer support, and collaborate with community partners to prevent gun violence and create safer school environments.

Two-Hour Session Outline

Introduction

The session begins by encouraging participants to share personal reflections on gun violence, either from their communities or school environments. This reflection period creates a supportive atmosphere for participants to engage in an open and respectful dialogue. The facilitator provides an overview of the session's objectives, which focus on understanding the root causes of youth gun violence, identifying at-risk students, and learning preventive strategies.

Understanding Youth Gun Violence

Participants are presented with key statistics on youth gun violence, including national data and state-specific information, such as the fact that 83% of



Ohio teen homicides involve firearms. This section emphasizes the urgency of addressing youth gun violence and sets the foundation for exploring the root causes and preventive strategies to mitigate its impact.

Root Causes and Risk Factors of Youth Gun Violence at School

This section examines the various factors contributing to youth gun violence in schools. Participants will explore access to firearms as a significant risk factor, along with mental health issues like anxiety, depression, and trauma that can lead to aggressive behaviors if left untreated. The session covers how social isolation and bullying, whether physical, verbal, or online, can escalate into violence, and how exposure to domestic or community violence can normalize violent responses. The discussion will highlight the overlap of these factors and emphasize the importance of creating supportive environments to prevent violence from developing.

Early Identification of At-Risk Students

This section focuses on equipping school staff with the skills to proactively identify students at risk of violent behavior. Participants will learn to recognize early warning signs, including behavioral changes, increased absenteeism, declining academic performance, and escalating conflicts. Special attention will be given to identifying students struggling with underlying mental health issues, trauma, or social pressures. By understanding the early indicators of distress, staff can intervene before these behaviors escalate into violence.

Reporting and Intervention Protocols for At-Risk Students

Once early warning signs are identified, this section will provide participants with clear steps to take. Staff will learn who to contact, including school counselors, administrators, and school resource officers, depending on the level of concern. Proper documentation, confidentiality, and the importance of follow-up after reporting concerns will be discussed to ensure a cohesive



and supportive response to potential safety risks. Staff will leave knowing how to escalate concerns while prioritizing student privacy and support.

Strategies to Prevent Gun Violence and Promote Peace

This section introduces practical strategies for preventing gun violence and fostering peace within the school. Participants will explore youth engagement strategies, including peer mentoring, conflict resolution programs, and school clubs that promote positive activities. The importance of community collaboration with local organizations and law enforcement is also covered, with a focus on building strong partnerships that emphasize prevention, early intervention, and support for at-risk students. Staff will be given clear tools for involving students, families, and the wider community in creating a culture of safety and nonviolence.

Breakout Discussions

Participants break into small groups to reflect on potential prevention strategies and share their experiences working with students. This section fosters collaboration among participants, encouraging the exchange of ideas and helping staff strengthen or develop new school initiatives for preventing gun violence.

Q&A and Open Discussion

Participants are invited to ask questions and share insights on the workshop content. This section allows for clarification and deepened understanding of youth gun violence prevention.

Closing Remarks and Path Forward

The session concludes with a summary of the key takeaways, highlighting the crucial role educators play in preventing youth violence through awareness and engagement. Participants are introduced to optional De-escalation Training, which provides additional skills for handling student conflicts and



crises. While optional, the course is framed as a valuable continuation of the work started in this workshop. The session ends with a call to action, encouraging participants to apply what they've learned and seek opportunities for further engagement in youth violence prevention.

Staff PD Session 3:

Be Here Now!: Mindfulness in the School Building and Beyond

Duration: 2-Hours

Be Here Now!: Mindfulness in the School Building and Beyond is designed to equip school staff with mindfulness techniques that enhance student well-being, foster emotional regulation, and create a safer, more focused school environment. By integrating mindfulness into daily routines, educators can help students manage stress, improve attention, and develop better emotional awareness, which in turn reduces behavioral issues and supports a more positive classroom atmosphere.

This session provides educators with practical mindfulness practices that not only benefit students but also help staff stay present and grounded throughout the school day. Participants will explore the science behind mindfulness and its positive impact on students' mental health, emotional resilience, and behavior. The course emphasizes the role mindfulness plays in reducing emotional distress, promoting positive social interactions, and supporting overall mental health, all of which contribute to a culture of care and violence prevention.

Learning Objectives

By the end of this session, participants will be able to:



- Understand the role of mindfulness in enhancing student well-being, including how it helps students manage stress, regulate emotions, and improve attention.
- Explore the science behind mindfulness and its positive impact on students' mental health, emotional resilience, and behavior.
- Practice mindfulness techniques that can be easily integrated into daily classroom routines to promote a calmer, more focused learning environment for students.
- Identify how mindfulness practices contribute to reducing emotional distress, preventing behavioral escalations, and supporting violence prevention among students.
- Implement mindfulness strategies that benefit both students and staff, creating a school culture that promotes mental health, positive social interactions, and emotional regulation.

This course equips school staff with the tools to integrate mindfulness into their daily routines, helping to create a school environment that supports emotional well-being, social inclusion, and academic success for both students and staff.

Two-Hour Session Outline

Introduction to Mindfulness

The session begins by introducing mindfulness as a tool for enhancing student well-being. Participants will learn how mindfulness can help students manage stress, improve focus, and develop emotional regulation skills. The introduction will also briefly highlight how these practices benefit educators by creating a more supportive and focused classroom environment.

The Science of Mindfulness

This section covers the science behind mindfulness, focusing on its positive effects on students. Participants will explore how mindfulness practices affect



the brain, improving emotional regulation, attention, and stress resilience in students. The discussion will connect these benefits to better classroom behavior, reduced anxiety, and improved academic performance.

Mindfulness Practices for the School Setting

Participants will be introduced to mindfulness techniques that can be seamlessly integrated into daily classroom routines. This includes mindful breathing, body scans, and mindful listening, all of which help students stay focused and calm. The goal is to equip educators with simple, effective practices that promote student well-being and a more focused learning environment.

Mindfulness for Managing Stress and Emotions

This section focuses on helping students manage their emotions and stress. Participants will learn how mindfulness enhances students' ability to recognize and regulate their feelings, reducing emotional outbursts and behavioral issues. The role of mindfulness in preventing violence and promoting emotional health will be emphasized, as it helps students process their emotions in healthy ways.

Break

Participants take a short break to practice informal mindfulness, such as a mindful walk or quiet reflection, giving them a chance to reset before continuing.

Implementing Mindfulness in the Classroom

This section provides practical strategies for incorporating mindfulness into classroom activities. Educators will learn how to embed mindfulness into daily routines, such as starting or ending the day with a mindful moment. By fostering emotional regulation and focus in students, these practices create a calmer, more inclusive classroom environment.



Mindfulness Beyond the Classroom: Creating a School-Wide Culture

The session will extend mindfulness to the entire school environment. Participants will explore ways to implement mindfulness beyond individual classrooms, such as school-wide mindfulness programs, mindfulness spaces, or integrating mindfulness into school assemblies. The goal is to create a school culture that supports student mental health, emotional well-being, and violence prevention.

Closing Reflections and Q&A

The session concludes with reflections on the mindfulness practices explored and how they can be integrated into daily school life. Participants will discuss the positive impact of mindfulness on student well-being and have the opportunity to ask questions or seek further guidance on implementing mindfulness in their schools.

Program Implementation Process

At Presidential Consultants, we understand that when it comes to sensitive topics like suicide prevention, violence awareness, and social inclusion, you need a partner who is not only engaging and effective but also grounded in evidence-based practices that produce measurable results. That's the foundation of our work.

Schools are required to use approved, evidence-based programs, and we're here to help meet those requirements for grades 6 through 12. Whether through annual health education or other subjects, our workshops and training sessions are designed to meet state standards while delivering real results. Our tailored approach helps teams lead, collaborate, and serve more effectively, ensuring every student and staff member feels supported, included, and heard.



With Presidential Consultants as your partner, you're choosing a trusted resource for delivering critical, evidence-based instruction that empowers students, teachers, and staff to create a safer, more connected learning environment.

How:

- **In-Person Sessions for Students:** Allows for direct engagement, deeper discussions, and emotional support in real-time. It fosters a safe space for asking sensitive questions and addressing concerns immediately.
- **In-Person and/or Virtual Sessions for Teachers and Staff:** In-person sessions are designed to foster deeper engagement and real-time interactions, creating a supportive environment where teachers and staff can connect, discuss, and address issues related to mental health and violence prevention more effectively. These sessions allow for immediate feedback, deeper discussions, and personalized support throughout the state. Virtual options are available to ensure accessibility for all participants.
- **Micro-Learning Video Modules for Teachers and Staff:** This library of short, focused lessons provide flexible, on-demand learning opportunities that can fit into busy schedules. Learners can revisit the content anytime for reinforcement, allowing for self-paced learning.

Who:

- **Anthony President** - Founder and Chief Training Officer, Anthony President is an award-winning trainer and international speaker with over 20 years of experience in education and social work. He empowers helping professionals to navigate challenges and drive meaningful change in child welfare, education, and social services. Mr. President has transformed organizations across the U.S., making lasting impacts on children and families. He will co-facilitate various modules.



- **Dr. Kami J. Anderson** – Former education and communication scholar, Dr. Anderson will serve as the co-facilitator for various modules and, as our Director of Learning Design, will ensure that the end-to-end program meets the highest standards of excellence and relevance per State of Ohio Content Standards for secondary education and adult education & professional development.
- **Dr. Rachel Mitchum-Elahee** – licensed psychologist, certified executive coach, and self-care expert who challenges clients to choose the habits, actions, and mindset necessary for greater life satisfaction, professional productivity, and peace of mind. Dr. Elahee will facilitate the school personnel in-services on suicide prevention.
- **DJ Nicholson** – former classroom teacher, educational trainer and coach and works with professionals who support children with varying abilities. She has a life-long passion for ensuring that children with disabilities are engaged and supported in the most inclusive environment possible. Ms. Nicholson will facilitate student-centered workshops on social inclusion.
- **Jake Ross** – licensed independent social worker in Ohio with over fifteen years of experience in the social work field. He is a highly skilled consultant and trainer known for his dedication to improving organizations and services that cater to children, adolescents, and individuals with mental health needs. Mr. Ross will facilitate student-centered workshops on suicide prevention and social inclusion.
- **Dr. Meagan Corrado** – Senior Trainer & Licensed Clinical Social Worker has over 15 years of experience specializing in trauma-informed care. Known for her creative approach, Dr. Corrado integrates narratives, art, music, poetry, and play into her training, making her programs both engaging and impactful for youth. She will support various modules for students.



- **Dr. Christine Kelly-Cross** – has spent the past three decades as a curriculum developer, trainer, and educational advocate for disadvantaged youth throughout the US. For much of her career, Dr. Cross was a Senior Training Officer for the North Central Ohio Regional Training Center at Cuyahoga County Division of Children and Family Services.

What:

- Two Curriculum Unit Lessons for Health classes in grades 6-12 (in-person), ***Facing Depression Together. Spotting the Signs & Finding Help*** and ***Be the Change: Making Our School Safer***.
- Three In-service training sessions for school personnel (in-person and/or virtual) ***Hidden in Plain Sight: Identifying Depression, Suicide, and Self-Harm Risks in Students***, ***Understanding Youth Gun Violence at Schools*** and ***Be Here Now!: Mindfulness in the School Building and Beyond***.
- Various self-paced Micro-Learning Video Modules for Teachers and Staff on various topics.

When:

- One-hour or one-class period workshops for students, each offered yearly for each incoming section of Health,
- 2-hour in-service trainings for school personnel, each offered yearly and during summer professional development days,
- 10-90 minute microlearning videos offered on-demand throughout the school year.

