



Mental Health Specialist Training

LOCATION: Online, Self-paced

COURSE DESCRIPTION:

About four million 9- to 17-year-old children have a major mental health disorder resulting in significant impairment at home, at school and with peers, according to a report of the Surgeon General's Conference on Children's Mental Health. At least one in five children and adolescents has a mental health disorder, and one in 10 has a serious disorder. Mental health disorders affect students' ability to succeed in school both academically and socially.

People with mental disorders account for more than 90 percent of deaths by suicide. Most alarming, the Centers for Disease Control ranks suicide as the third leading cause of death among adolescents and young adults (ages 10-19), and for every young person who dies by suicide another 100-200 make a suicide attempt. This translates to an estimated count of three students in a typical high school who will attempt suicide each year. Due to this disturbing statistic, it's crucial that school districts have policies and procedures in place to prevent, assess the risk of, intervene in, and respond to youth suicidal behavior.

These staggering statistics underscore the importance of being cognizant of students' mental well-being. School counselors, along with other specialized instruction support personnel, are often on the forefront of identifying behaviors that could signal something more serious. School counselors should also play a key role in implementing suicide-prevention and mental-health policies that are critical to creating a safe school environment for everyone.

LEARNING OBJECTIVES:

After completing this course, you should be able to:

- Recognize the warning signs of various mental health disorders
- Describe how to address the mental health needs of students by providing direct services, accessing community resources, and working with school staff and community service providers
- Recognize when to collaborate with parents/guardians, teachers, administrators or involve outside help
- Implement suicide-prevention policies

- Identify best practices for schools to follow to protect the mental health and safety of all students

| Required Course Assignments: | Hours: |
|--|--------|
| Book: “The School Counselor's Mental Health Sourcebook: Strategies to Help Students Succeed, first edition” (pass knowledge assessment with 100%) | 18 |
| Resource: Depression (pass knowledge assessment with 100%) | 2 |
| Resource: Model School District Policy on Suicide Prevention: Model Language, Commentary and Resources (pass knowledge assessment with 100%) | 2 |
| Journal article: The Role of School Counselors in Meeting Students' Mental Health Needs: Examining Issues of Professional Identity (pass knowledge assessment with 100%) | 1.25 |
| Journal article: Mental Health Services in Public Schools: A Preliminary Study of School Counselor Perceptions (pass knowledge assessment with 100%) | 1.25 |
| Journal article: Addressing Student Mental Health Needs by Providing Direct and Indirect Services and Building Alliances in the Community (pass knowledge assessment with 100%) | 1.25 |
| Journal article: School Counselors Serving Students with Disruptive Behavior Disorders (pass knowledge assessment with 100%) | 1.5 |
| Journal article: A High School Counselor's Leadership in Providing School-wide Screenings for Depression and Enhancing Suicide Awareness (pass knowledge assessment with 100%) | 1.25 |
| Journal article: Bringing Mental Health Needs into Focus Through School Counseling Program Transformation (pass knowledge assessment with 100%) | 1.25 |
| Magazine article: Cause for Concern? (pass knowledge assessment with 100%) | 1.25 |
| Magazine article: Lead Mental Health Efforts (pass knowledge assessment with 100%) | 1.25 |
| Magazine article: Students With Depression: Help Them Find Their Way Out (pass knowledge assessment with 100%) | 1.25 |
| Magazine article: Take Action, Save Lives (pass knowledge assessment with 100%) | 1.25 |
| Magazine article: The Importance of Self Care (pass knowledge assessment with 100%) | 1 |
| Magazine article: 13 Minutes of “13 Reasons Why” (pass knowledge assessment with 100%) | 1.25 |
| Magazine article: Self-Esteem in a Social Media World | 1 |
| ASCA Position Statement: The School Counselor and Student Mental Health (pass knowledge assessment with 100%) | 0.75 |
| ASCA Position Statement: The School Counselor and Trauma-Informed Practice | 0.75 |

| | |
|--|-----------|
| Resource: Eating Disorders – About More than Food (pass knowledge assessment with 100%) | 0.5 |
| Webinar: Aevidum: A Culture of Caring for Mental Health Awareness (pass knowledge assessment with 100%) | 1.25 |
| Webinar: Alleviating Anxiety through School Counseling Interventions (pass knowledge assessment with 100%) | 1.25 |
| Webinar: Text, Talk, Act (pass knowledge assessment with 100%) | 1.25 |
| Webinar: Suicide Prevention for LGBTQ Youth (pass knowledge assessment with 100%) | 1.25 |
| Webinar and Materials: A Teachable Moment – Using 13 Reasons Why to Initiate a Helpful Conversation about Suicide Prevention and Mental Health (View Webinar) | 2 |
| Webinar and Review Materials: Confident Me, A Free Body Confidence Program (pass knowledge assessment with 100%) | 1.25 |
| Podcast: TedTalk – The secret we all share (pass knowledge assessment with 100%) | 1 |
| Podcast: TedTalk – The bridge between suicide and life | 0.25 |
| Podcast: TedTalk – My son was a Columbine shooter. This is my story (pass knowledge assessment with 100%) | 0.5 |
| Total: | 50 |

ASCA SCHOOL COUNSELOR PROFESSIONAL STANDARDS & COMPETENCIES:

M1; M5; M6; B-PF 2; B-PF3; B-PF 5; B-SS 5; B-SS 6

ASCA STANDARDS FOR SCHOOL COUNSELOR PREPARATION PROGRAMS (ASCA CAEP SPA)

1.3; 4.1; 4.2; 4.3; 6.2

CACREP STANDARDS

G 1.d; G 2.b; G 2.e; G 2.g; G 2.k; G 3.f

COURSE INSTRUCTIONS:

- Complete the course by reviewing the required course assignments and passing corresponding exams with a 100%.
- To access your exams which include the course materials, login to your MyASCA account and click on My Profile. From your My Profile page, click on the “Purchases” tab at the top, then click on “Exams” on the left. Your course exams and affiliated course materials will be listed in the center of your screen. Click on “Details” to access the related course materials and/or to take your exam. Course materials can be found under the Documents section. When you're ready, click on the green “Take Quiz” button to begin taking and passing your exam.
- Once you successfully pass all exams with a 100% you can view and download a record of your education credits (CEUs) by going to your “Account” tab at the top of your profile and clicking on the “Education Credits” on the left.

- You have one year following registration to complete your specialist course. If you have questions, please contact asca@schoolcounselor.org for assistance. *Please note, published books must be purchased separately.