# NASP Toolkit: School-Based Mental Health

## Table of Contents

### I. School-Based Mental Health and Wellness

#### System-Wide Foundations
Behaviorally Effective School Environments (INT)
*George Sugai, Robert H. Horner, and Frank M. Gresham*

Best Practices in Developing Exemplary Mental Health Programs in Schools (BP4)
*Kathy Pluymert*

Best Practices in Promoting a Positive School Climate (BP4)
*Camilla A. Lehr and Sandra L. Christenson*

Best Practices in Promotion of Social Competence in the Schools (BP4)
*Kathy McNamara*

Best Practices in Working With Culturally Diverse Children and Families (BP4)
*Samuel O. Ortiz and Dawn P. Flanagan*

Characteristics of a Public Health Model of Mental Health Service Delivery (CQ)
*Andrea Kleiver and Ralph E. "Gene" Cash*

Context Matters: Schools and the "Research to Practice Gap" in Children's Mental Health (SPR)
*Heather Ringeisen, Kelly Henderson, and Kimberly Hoagwood*

Getting Schools Ready to Teach: How School Mental Health Can Foster Schools Where All Kids Learn (PBMH)
*Beth Doll and Jack Cummings*

Primary Mental Health Project: Expanding Your Reach Through Prevention (CQ)
*Deborah Johnson and Stephen P. Demanchick*

Promoting Social Skills and Development of Socially Supportive Learning Environments (BPC)
*Stephen Elliot, Brian C. McKevitt, and James Clyde Di Perna*

Social and Behavioral Epidemiology: Population-Based Problem Identification and Monitoring (PBMH)
*Rick Ray Short and William Strein*

Social and Emotional Learning (CN3)
*Joseph E. Zins and Maurice J. Elias*
Toward a New Model for Promoting Urban Children's Mental Health: Assessable, Effective, Sustainable, School-Based Mental Health Services (SPR)
Marc S. Atkins, Patricia A. Graczyk, Stacy L. Frazier, and Jaleel Abdul-Adil

Individual Supports
Best Practices in Multidimensional Assessment of Emotional or Behavioral Disorders (BP4)
Stephanie H. McConaughy and David R. Ritter

Evaluating Social Skills Within a Three-Tiered Model of Behavioral Support (CQ)
Eric M. Mesmer and Lara E. Mattingly

Self-Concept and Self-Esteem (CN3)
Maureen M. Manning, George G. Bear, and Kathleen M. Minke

Teaching Social Skills to High-Risk Children and Youth: Prevention and Remedial Strategies (INT)
Frank M. Gresham

Collaboration for Mental Health
Forging Strategic Partnerships to Advance Mental Health Science and Practice for Vulnerable Children (SPR)
John Fantuzzo, Christy McWayne, and Rebecca Bulotsky

Preventing School Problems & Promoting School Success Through Family-School-Community Collaboration (PSP)
Kathleen M. Minke

Promoting Children's Mental Health: Reform Through Interdisciplinary and Community Partnerships (SPR)
Thomas J. Power

Resources for Families and Educators
Character Education: Effective Strategies (HCHS)
Merle Schwartz

Children's Mental Health: Strategies for Educators (HCHS)
Peter Whelley, Ralph E. “Gene” Cash, and Dixie Bryson

Creating a School-Wide System of Positive Behavior Support (CQ)
Brian C. McKevitt

NASP Position Statement on Interagency Collaboration to Support Mental Health Needs for Children and Families (WEB)

NASP Position Statement on Mental Health Services in Schools (WEB)

Prevention in Practice: Resources for School Psychologists (CQ)
John E. Desrochers

Resiliency: Strategies for Parents and Educators (HCHS)
Virginia Smith Harvey

Responding to the Mental Health Needs of Students (PL)
Anastasia K. Skalski and Marta J. Smith

School-Wide Methods to Foster Resiliency (PL)
Virginia Smith Harvey
Self-Esteem in Children: Strategies for Parents and Educators (HCHS)
Ellie L. Young and Laura L. Hoffman

Slow Learners and Mental Health Problems: Over-Represented and Overlooked (HCHS)
Steven R. Shaw

Social Skills Curricula for Children and Adolescents (HCHS)
Howard M. Knoff

Transformative Leadership for Social-Emotional Learning (PL)
Maurice J. Elias, Mary Utne O’Brien, and Roger P. Weissberg

**Resources for Advocacy**

Building Resiliency: Helping Children Learn to Weather Tough Times (WEB)*

Communication Planning and Message Development: Promoting School-Based Mental Health Services (WEB)

Elements of Effective Mental Health Promotion Efforts (CQ)
Jeffrey Charvat

Evaluating Mental Health Promotion Efforts (CQ)
Jeffrey Charvat

Media Outreach Through Newspapers (WEB)

Positive Behavioral Supports (PBS): Tips for Parents (WEB)*
Candace Cartwright Dee and John Boyle

Removing Barriers to Learning and Improving Students Outcomes: The Importance of School-Based Mental Health Services (WEB)

School Psychologists: Providing Mental Health Services (WEB)

School-Based Mental Health Services and School Psychologists (WEB)

**II. Mental Health Problems and Interventions**

**Behavior/Conduct Disorders**

Anger and Aggression (CN3)
John E. Lochman, Nicole R. Powell, Nancy Clanton, and Heather K. McElroy

Early Screening and Intervention to Prevent the Development of Aggressive, Destructive Behavior Patterns Among At-Risk Children (INT)
Edward G. Feil, Herbert H. Severson, and Hill M. Walker

Etiology of Youth Antisocial Behavior, Delinquency, and Violence and a Public Health Approach to Prevention (INT)
J. Mark Eddy, John B. Reid, and Vicky Curry

Helping Girls Combat Relational Aggression (CQ)
Marina Skowronski, Nicole Jaffe Weaver, Paula Sachs Wise, and Ruth Marie Kelly
Interventions for Vandalism and Aggression (INT)
G. Roy Mayer and Beth Sulzer-Azaroff

Prevention and Management of Behavior Problems in Secondary Schools (INT)
Randall S. Sprick, Chris Borgmeier, and Victor Nolet

**Mood Disorders**
Bipolar Disorder in Children: Identification and Diagnosis, Part I (CQ)
Elizabeth Chesno Grier and Megan L. Wilkins

Bipolar Disorder in Children: Treatment and Intervention, Part II (CQ)
Elizabeth Chesno Grier, Megan L. Wilkins, and Laura Szadek

Bipolar Disorders (CN3)
Nicholas Lofthouse and Mary A. Fristad

Depression in Youth: Epidemiology, Identification, and Intervention (INT)
John R. Seeley, Paul Rohde, Peter M. Lewinsohn, and Gregory N. Clarke

Depressive Disorders (CN3)
Dawn H.S. Reinemann, Kevin D. Stark, Johanna Molnar, and Jane Simpson

Fear and Anxiety Disorders (CN3)
Sylvia Z. Ramirez, Kelly Ann Feeney-Kettler, Leila Flores-Torres, Thomas R. Kratochwill, and Richard J. Morris

**Addictions and Self-Injury**
Adolescent Eating Disorders (CN3)
Catherine Cook-Cottone and LeAdelle Phelps

Prevention and Early Interventions for Addictive Behaviors: Health Promotion in the Schools (INT)
Herbert H. Severson and Lisa James

Self-Mutilation (CN3)
Richard Lieberman and Scott Poland

Steroids in Adolescence: The Cost of Achieving a Physical Ideal (CQ)
Sarita Gober, Malky Klein, Tzippy Berger, Cristina Vindigni, and Paul C. McCabe

Substance Abuse (CN3)
Susan G. Forman, Brenna H. Bry, and Phuong-Ana Urga

**Abuse and Maltreatment**
Child Maltreatment (BPC)
Linda Webster and Jody Browning

Psychological and Physical Abuse (CN3)
Marla R. Brassard and Erin Rivelis

Sexual Abuse (CN3)
Connie B. Horton and Tracy K. Cruise

**Resources for Families and Educators**
A Reality-Based Approach to Teens and Drugs (CQ)
Marsha Rosenbaum
Anxiety and Anxiety Disorders in Children: Information for Parents (HCHS)
Thomas J. Huberty

Anxiety and Anxiety Disorders in Children: Information for Parents (Spanish-HCHS)
Thomas J. Huberty

Anxiety: Tips for Teens (HCHS)
Patricia A. Lowe, Susan M. Unruh, and Stacy M. Greenwood

Bipolar Spectrum Disorders: Early Onset (HCHS)
Nicholas Lofthouse, Barbara Mackinaw-Koons, and Mary A. Fristad

Child Maltreatment: Reporting Abuse and Neglect (HCHS)
Tracy K. Cruise

Conduct Disorder: Information for Educators (HCHS)
Barry L. McCurdy

Conduct Disorder: Information for Parents (HCHS)
Barry L. McCurdy

Depression in Children and Adolescents: A Primer for Parents and Educators (HCHS)
Ralph E. "Gene" Cash

Depression in Children and Adolescents: A Primer for Parents and Educators (Spanish-HCHS)
Ralph E. "Gene" Cash

Eating Disorders in Adolescence: Information for Parents and Educators (HCHS)
Janine Keca

Emotional Disturbance: A Primer for Parents and Teachers (HCHS)
Danielle L. DeAngelis and Jim Cieslinski

Keeping Children Safe From Online Sexual Victimization (CQ)
Stefan C. Dombrowski and Karen L. Gischlar

Keeping Children Safe on the Internet: Guidelines for Parents (CQ)
Stefan C. Dombrowski and Karen L. Gischlar

Mood Disorders: What Parents and Teachers Should Know (WEB)*
Ralph E. "Gene" Cash and Katherine C. Cowan

Obsessive-Compulsive Disorder: Information for Parents and Educators (HCHS)
Leslie Z. Paige

Physical Abuse (HCHS)
Tracy K. Cruise

School Refusal: Information for Educators (HCHS)
Mary B. Wimmer

Self-Mutilation: Information and Guidance for School Personnel (HCHS)
Jennifer Lukomski and Tiffany Folmer
III. School Safety and Crisis

School Safety and Violence
Best Practices in Bullying Prevention and Intervention Programs (CQ)
Lisa Davidson and Michelle K. Demaray

Bullying (CN3)
George M. Batsche and Larry J. Porter

Bullying Prevention in Elementary Schools: The Importance of Adult Leadership, Peer Group Support, and Student Social-Emotional Skills (INT)
Jennie L Snell, Elizabeth P. MacKenzie, and Karin S. Frey

Creating Nurturing Classroom Environments: Fostering Hope and Resilience as an Antidote to Violence (BPC)
Robert B. Brooks

Effectiveness of Whole-School Antibullying Programs: A Synthesis of Evaluation Research (SPR)
J. David Smith, Barry H. Schneider, Peter K. Smith, and Katerina Ananiadou

Prevention of School Violence (BPC)
Michael J. Furlong, Renee Pavelski, and Jill Saxton

Promoting Safety and Success in School by Developing Students' Strengths (INT)
Stan Paine and Cathy Kennedy Paine

Research on School Bullying and Victimization: What Have We Learned and Where Do We Go From Here? (SPR)
Dorothy L. Espelage and Susan M. Swearer

School Violence (BPC)
Michael B. Brown

Crisis and Trauma
Childhood Posttraumatic Stress Disorder: Diagnosis, Treatment, and School Reintegration (SPR)
Catherine Cook-Cottone
Cultural Sensitivity in School-Based Crisis Intervention (CQ)
Ana E. Kemple, Melissa Allen Heath, Kristina Hansen, Neil O. Annandale, Lane Fischer, Ellie L. Young, and Katie Ryan

Developmental Aspects of Psychological Trauma and Grief (BPC)
William Pfohl, Shane R. Jimerson, and Philip J. Lazarus

Grief (CN3)
Gary W. Mauk and Jim D. Sharpectack

Suicidal Ideation and Behaviors (CN3)
Stephen E. Brock, Jonathan Sandoval, and Shelley Hart

Suicide Intervention (BPC)
Richard Lieberman and John M. Davis

Suicide Prevention in Schools (BPC)
John Kalafat and Philip J. Lazarus

Traumatized Refugee Children (BPC)
Patricia de Valle

Resources for Families and Educators
Bullies and Victims: Information for Parents (HCHS)
Kari A. Sassu, Mahri J. Elinoff, Melissa A. Bray, and Thomas J. Kehle

Bullies and Victims: Information for Parents (Spanish-HCHS)
Kari A. Sassu, Mahri J. Elinoff, Melissa A. Bray, and Thomas J. Kehle

Bullying Prevention and Intervention (PL)
Ted Feinberg

Coping After a Crisis (PL)
Stephen E. Brock and Katherine C. Cowan

Coping With Crisis: Helping Children With Special Needs: Tips for School Personnel and Parents (WEB)*

Culturally Competent Crisis Response: Information for School Psychologists and Crisis Teams (CQ)
Arlene Silva

Dealing With Death at School (PL)
Scott Poland and Donna Poland

Helping Children Cope With Crisis: Care for Caregivers (WEB)*

Managing Strong Emotional Reactions to Traumatic Events: Tips for Parents and Teachers (WEB)*

NASP Position Statement on Violence in Schools (WEB)

Preventing School Violence: A Plan for Safe and Engaging Schools (PL)
Michael J. Furlong, Erika D. Felix, Jill D. Sharkey, and Jim Larson

Preventing Youth Suicide: Tips for Parents and Educators (WEB)*
Recommended Resources

Bibliography

Source Key
- Best Practices in School Crisis Prevention and Intervention—(BPC)
- Best Practices in School Psychology IV—(BP4)
- Children's Needs III: Development, Prevention, and Intervention—(CN3)
- Communiqué—(CQ)
- Helping Children at Home and School II: Handouts for Families and Educators—(HCHS)
- Interventions for Academic and Behavior Problems II: Preventive and Remedial Approaches—(INT)
- Preventing School Problems—Promoting School Success: Strategies and Programs That Work—(PSP)
- Principal Leadership—(PL)
- School Psychology Review—(SPR)
- Transforming School Mental Health Services: Population-Based Approaches to Promoting the Competency and Wellness of Children—(PBMH)
- www.nasponline.org—(WEB) (Please note: WEB resources with an asterisk (WEB)* are in Word documents and are adaptable.)