



School/Community-Based Prevention

Prevention is an early intervention wellness program, designed to promote emotional wellness at all levels of the educational system. With an identified funding source, prevention offers a free school based services to students, families, faculty and local community. Trillium Prevention Specialist are Master's level clinicians who focus on encouraging mental health wellness through individual meetings, small groups and student or school-wide faculty trainings. The goal is to enrich the school environment and improve individual mental health with quick and responsive supports and services.

Although not a comprehensive list, here are some options through prevention. Together, we will collaborate to assess what the community will best benefit from.

School District, Community, Parents:

- Promote healthy community relationships
- Supporting Districts in crisis response, debriefs, postvention plans, threat assessments, suicide risk assessments, and triaging services
- Support districts in multidisciplinary team meetings
- Consultation with school and community teams to develop therapeutic interventions instead of relying on suspension or expulsion of students
- Join in on collaborative discussions to discuss problems concerning students; assessing level of care needed through mental health system
- Offer wellness supports at events such as: conferences; health fairs; parent nights
- Reduce stigma associated with mental and behavioral health issues
- Promote cross-cultural understanding of mental health
- Address caregivers' concerns about their children
- Improve parenting skills and parent child communication through parent education, individual supports and connecting to community resources.
- Provide critical information on healthy child development, adult health maintenance and specific mental health issues such as mental health literacy, depression, anxiety, bipolar and trauma recovery
- Provide trauma informed education trainings which can include: Brain Training; Compassion Fatigue; Question Persuade Refer; Trauma Informed Education- Safety and Self Care ; Risk, Resilience, and Relationships; Identifying Students and Staff at Risk; Intensive Supports.
- Writing mental health and wellness blogs for school districts
- Help connecting parents to resources to improve parenting skills.

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Educational Teams and Classrooms:

- Provide training to educational teams on child development, trauma recovery, and interventions to support needs in the classroom setting
- Provide training on trauma informed care and the brain
- Health class presentations: anti-bullying; depression and suicide; healthy relationships; exercise and mental health; substance abuse and awareness; suicide prevention through communications, supports, and resources
- Classroom and Educational Trainings can include: Brain Training and Superflex Curriculum

Individual and Group Supports:

- Increase access to mental and behavioral health services
- Assess mental health need and facilitate referrals
- Individual drop in sessions where students can check in with a mental health professional
- Individual sessions structured around skill based supports to assist in stress reduction, peer relationships, difficulties with families, or other short-term problems which do not require traditional mental health therapy
- Individual skill based sessions structured to support mental health needs while a student waits to enter into formal outpatient services
- Groups can include supporting clients motivation and engagement in school by exploring what is preventing success.
- Helping families apply for OHP as well as other benefits

Partners with Trillium Prevention Services:

- Cascade School District
- Greater Albany School District
- David Douglas School District
- Estacada School District

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