Greetings!

On behalf of DCIU's Office of Pupil Services, we hope you enjoyed your summer! I will be utilizing this format to keep you apprised of training, services, and information monthly.

Tracey Wise
Supervisor Pupil Services

When you say "yes" to others, make sure you are not saying "no" to yourself. - Paolo Coelho

Resources

- Self-Care Take Care of your Mental Health During Covid
- How to Help Someone with Anxiety or Depression During Covid
- Tips to Help Teens Cope During Covid
- Supporting the Black Community as a Mental Health First Aider
- The Safer Schools and Campuses Best Practices Clearinghouse
- A Checklist for Embracing All Families
- CASEL CARES
- Classroom WISE
- SAP Council Flyer
- PDE SEL Best Practices
Trainings, Conferences and Workshops

- **NAPSA Virtual Conference**  
  October 25-26

- **School to Prison Pipeline - Concepts and Lived Experience**  
  Presented by Cabrini University  
  September 29th via zoom

- **Youth Court Webinar** - This series explores trauma-informed strategies for educators, parents, and other stakeholders to cope with the needs of students in a pro-social manner. Opportunity available through grant funding to train school personnel in Youth Court, a restorative, student-run program that develops conflict resolution.

**Youth Mental Health First Aid**  
Youth Mental Health First Aid teaches you how to identify, understand, and respond to signs of mental illness and substance use disorders in youth. This 6-hour training gives adults who work with youth the skills they need to reach out and provide initial support to children and adolescents (ages 6-18) who may be developing a mental health or substance use problem and help connect them to appropriate care. November 2nd, February 25th or May 11th

**Self Care For Educators 1:00-3:30**  
Participants will be involved with some of the top presenters on the topic of self-care. They will take away tools to protect themselves from the physical and emotional fatigue many encounter as educators.  
**October 14th** Presentations by Veirdre Jackson and Cherie Lovre  
**December 8th** Presentations by Veirdre Jackson, Susannah Spanton, and Cherie Lovre

DCIU Crisis and Response Team
This highly qualified team assists in crisis-intervention services. Services may include administrative support and guidance, trauma and grief support, individual and/or group intervention, management of media, and identification of at-risk students.

If you or a member of your school (school counselors, psychologists, and or social workers) are interested in volunteering to support districts when a crisis arises, please click the QR code below and complete the form.