



# Scanlan Center for School Mental Health

**IOWA**

Services and Resources

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Outreach & Alignment Coordinator

[scsmh.education.uiowa.edu](https://scsmh.education.uiowa.edu)

## **Our purpose**

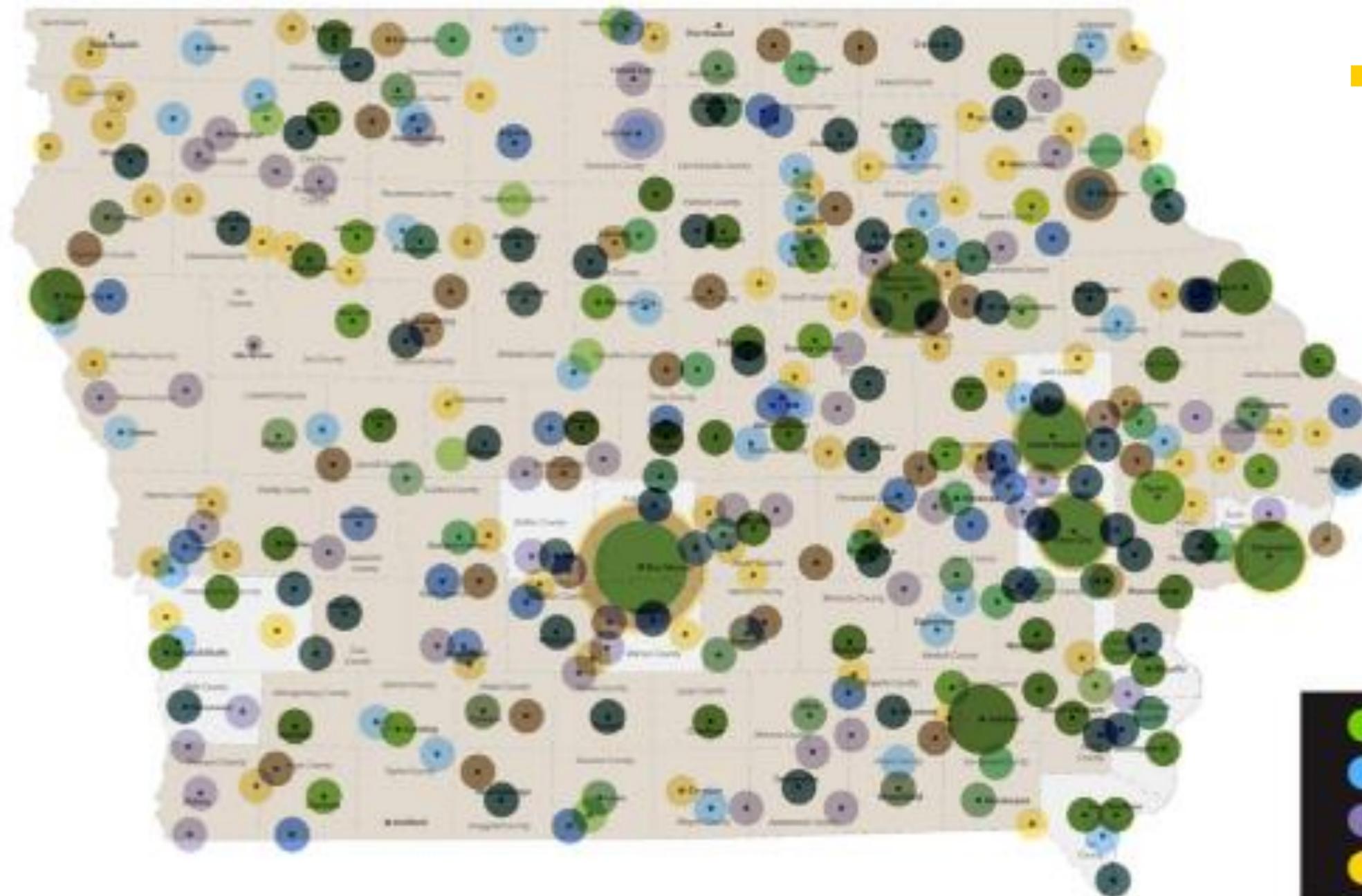
The Scanlan Center for School Mental Health is the state of Iowa's hub for school-based mental health professional development, research, training, and clinical services.

Our work supports the social, emotional, and behavioral well-being of PreK-12 students and educators as well as university/college students, staff, and faculty across the state.

# Impact

# 100%

**OF IOWA COUNTIES REACHED**



# Impact

## 99 counties

Reached every county across Iowa through research, professional development, or clinical services

## 79% school districts

Reached 270+ of Iowa PreK-12 school districts



**72+**

schools received clinical services support



**11K+**

educators engaged in PreK-12 professional development



**\$14M**

Federal research and training grants awarded



**+1400**

group and individual counseling sessions



**5K+**

staff/faculty participated in higher education workshops



**23**

doctoral students trained in school mental health

\*Data since the center's inception in June 2021

# How do we do this?



**Professional  
Development**



**Research and  
Training**



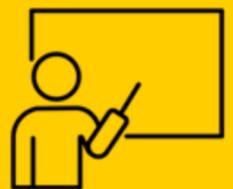
**Clinical  
Services**



**Higher  
Education**



# Professional Development



## PROFESSIONAL DEVELOPMENT

Our professional development team creates and delivers relevant, evidence-based, policy-aligned learning opportunities to broaden and bolster existing social-emotional-behavioral-mental health professional learning for Iowa PreK-12 educators.

[WATCH VIDEO](#)



Educators can earn Iowa Licensure Renewal Units through select training.

# Professional Development



IOWA BEST  
SUMMIT  
OCTOBER 6, 2023  
*Creating a Culture of Caring*  
#IowaBEST2023



empowerED minds:  
The School Wellness Summit



IOWA BEST  
SUMMIT  
OCTOBER 6, 2023  
*Creating a Culture of Caring*  
#Iowa

Annual Conference: formerly Iowa BEST, now EmpowerED Minds

# Professional Development



**18 asynchronous online learning  
modules**



# Professional Development



**50+ webinars, online workshops, and trainings per year**



# Professional Development



A podcast that prioritizes educator well-being



# Professional Development

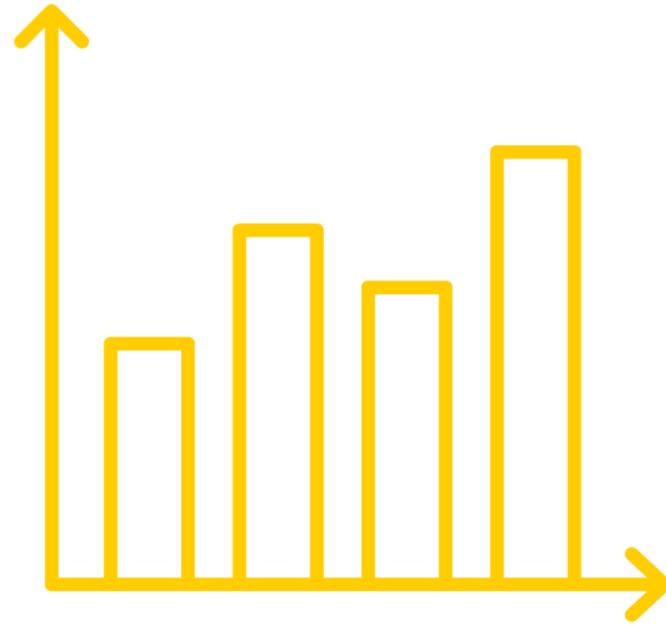


**Customized in-person trainings**

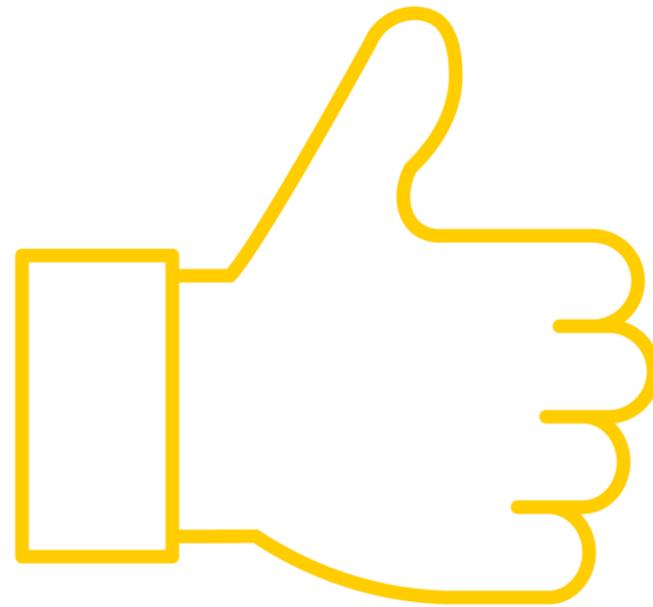
## Example of customized training: Durant CSD

- **Situation:** Initial Conditions for Learning (CfL) data dives revealed areas of need.
- **Request:**
  - Facilitation to dig deeper into CfL data
  - Develop a plan to address priority areas to improve the CfL
  - Engage in strategy training to improve the CfL

# Three Considerations



1. Data



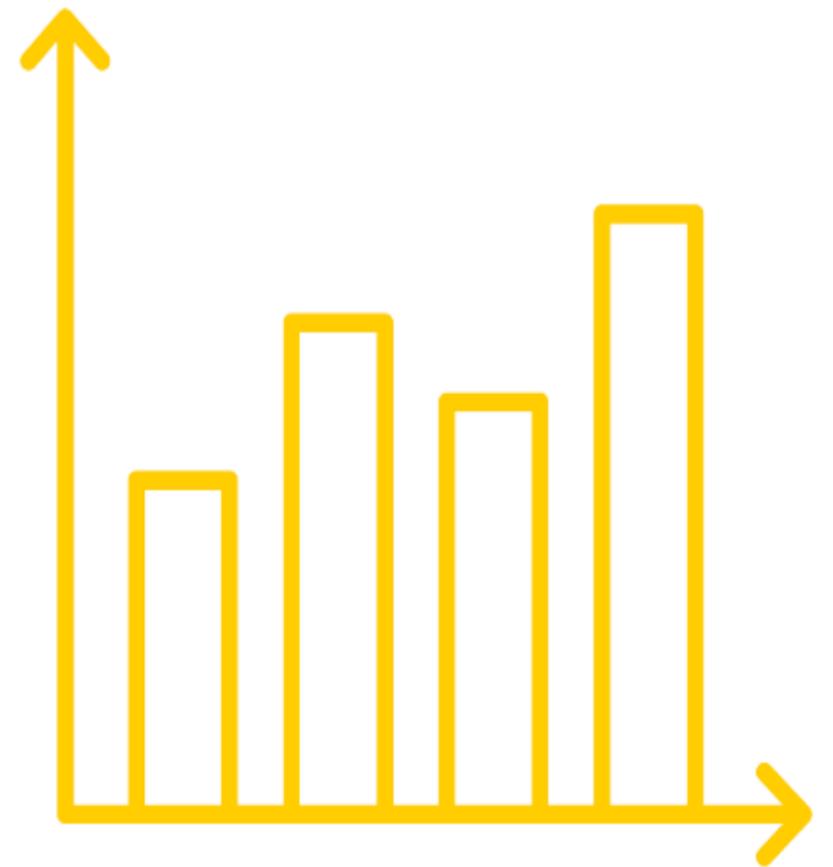
2. Evidence-Based  
Practices



3. Implementation  
Science

# 1. Data

- Review of Conditions for Learning data.
- Conversations between District Leadership Team and SCSMH Personnel.
  - ***Emotional Safety*** immediately rose to the top.
  - Discussed other domains, prioritized supporting effective transitions and district continuity.
  - Decided on ***Adult-Student Relationships*** because it's the next lowest at Secondary level, supports transition from elementary to secondary.



## 2. Evidence-Based Practices



### Considerations for Selection

- Match with identified CfL domain
- Evidence from research on effectiveness
- Sourced from Iowa Department of Education (IDOE) resources
- Strategies map onto multiple domains when possible
- Expertise within Scanlan Center for School Mental Health
- Feasible to train within time and format of session
- Approval by District Leadership Team

### Sources for Selection of Strategies

- **IDOE:** [Selecting Evidence-Based Practices and Learning Concepts for ESSA and Beyond](#)
- **IDOE:** [Conditions for Learning \(CfL\) Evidence-Based Practices Brief](#)
- **PBIS website:** <https://www.pbis.org/resource/cultivating-positive-student-teacher-relationships>
- **OSSE:** [https://osse.dc.gov/sites/default/files/dc/sites/osse/page\\_content/attachments/Relationship\\_Building\\_Toolkit.pdf](https://osse.dc.gov/sites/default/files/dc/sites/osse/page_content/attachments/Relationship_Building_Toolkit.pdf)

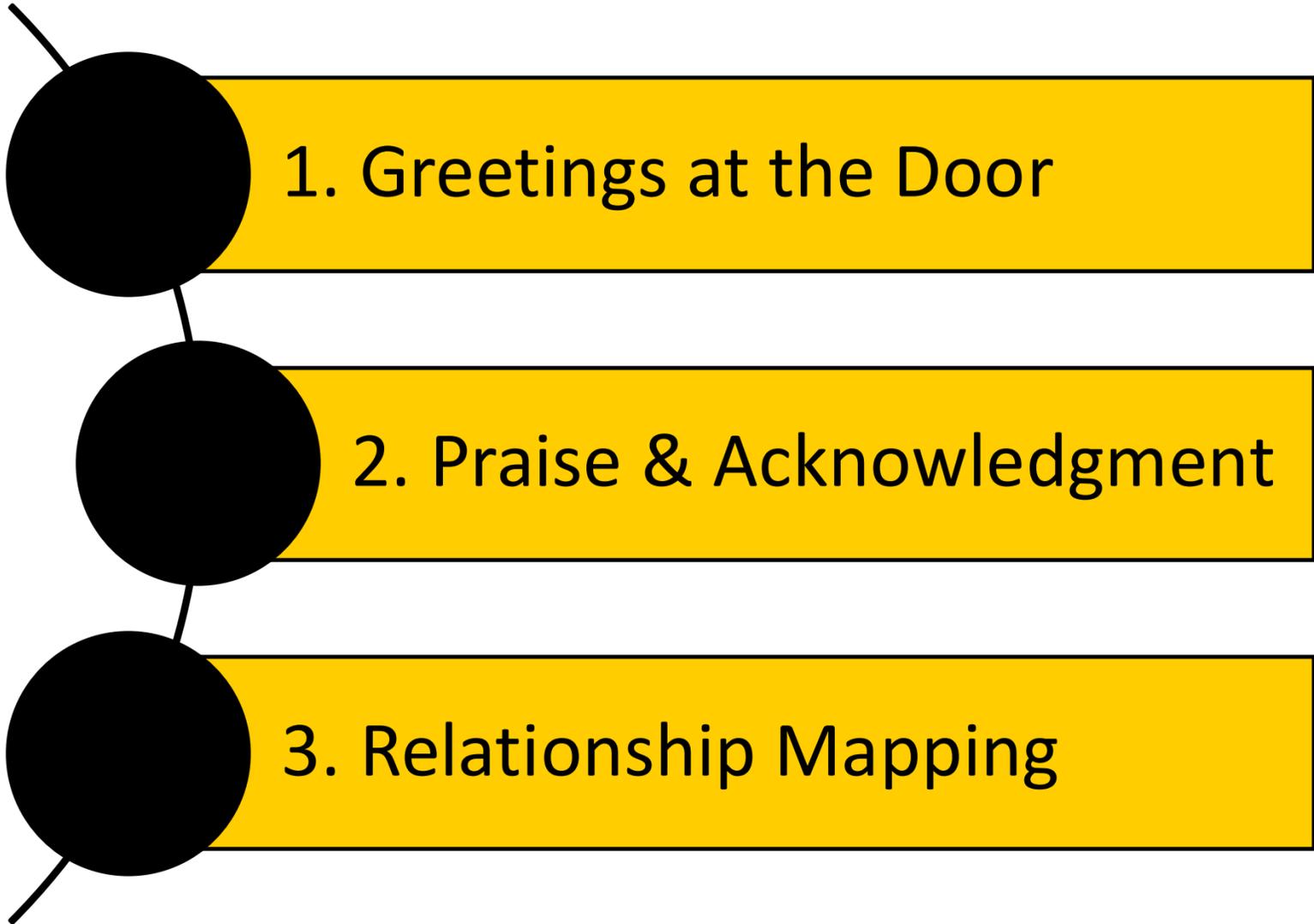
### 3. Implementation Science (A Few Things for Now)



- Initial training and ongoing support for implementers.
- Written implementation directions for implementers to use.
- Implementation fidelity checklists.
- Funds, materials, space, time, and equipment (if needed).
- Support from administrators for implementation.

# Introduction to Strategies

## The Strategies



1. Greetings at the Door

2. Praise & Acknowledgment

3. Relationship Mapping

## Some Notes About the Strategies

- **Effectiveness:** Evidence-based.
- **Efficiency:** Helpful for addressing multiple conditions for learning.
- **Collaborative:** Not just an individual journey, but also something you can help each other implement.
- **Ongoing:** They can be used on a daily and weekly basis, not just one and done.

## Example

# THE WHAT AND WHY OF RELATIONSHIP MAPPING

Session content used from *How-To Guide to Relationship Mapping* from the Making Caring Common Project, Harvard Graduate School of Education.  
Downloaded from  
[https://static1.squarespace.com/static/5b7c56e255b02c683659fe43/t/5bd7aaac419202e5d277e29d/1540860588805/relationship\\_mapping\\_strategy.pdf](https://static1.squarespace.com/static/5b7c56e255b02c683659fe43/t/5bd7aaac419202e5d277e29d/1540860588805/relationship_mapping_strategy.pdf)

# What is Relationship Mapping?

- **Purpose:** To be intentional about ensuring students have at least one adult with whom they have a positive relationship in school.
- **Involves:**
  - School staff identifying students that do not have a known, positive relationship with at least one adult in the school.
  - Of those students, further identify those that have additional risk factors (e.g., chronic absence from school, high number of office discipline referrals, academic concerns).
  - Pairing students with a caring adult in the school to develop a positive school-based relationship

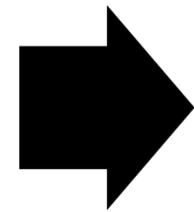
# Why does it help emotional safety and adult-student relationships?

- Focus on relationship building, which is linked to positive social-emotional-behavioral and academic outcomes
- **Emotionally unsafe environment:** leads to stress, lower school attendance, and less learning engagement
- **Emotionally safe environment:** related to more positive identity development, better learning experiences, and greater feelings of worth. (Shean & Mander, 2020)

# How do you do relationship mapping?

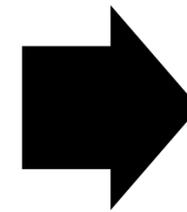
## 1. Mapping

20-30 minutes



## 2. Reflective meeting

60-75 minutes



## 3. Follow-up

30-60 minutes

# Research and Training

**IOWA**

Scanlan Center for  
School Mental Health



## RESEARCH AND TRAINING

Research - whether that be leading our own, funding others across campus and the state, or conducting on-going evaluation - is at the heart of our work. Our research and training team disseminates cutting-edge, social-emotional-behavioral health research that will better equip schools with actionable best practices.

[WATCH VIDEO](#)



Our Center has received \$14+ million in federal funding to forward new research and inform a better future for Iowans.

# Research and Training



**20+ affiliated faculty who are part of our interdisciplinary network of researchers**



# Research Projects

- **ECHO Project**
  - PD with educators and SMHs to support
  - Measure knowledge & self-efficacy
- **Neolth App/Mental health lessons**
  - Pre-Mid-Post
  - 9<sup>th</sup> grade health class
- **Mental health awareness training**
  - Previous SAMSHA grant: *Imagine Iowa*
  - Current SAMSHA Grant: *BEST + Well*
- **Survey of Counseling/SEL perspectives**
  - Psychometric analysis of measures
  - PD/District-improvement plans
- **Survey of Iowa junior colleges**
  - Perceived mental health and well-being of faculty and staff
- **Survey of burnout**
  - Mixed methods
  - Educators, paras, SMHs

# ICCSD Stakeholder Student Mental Survey Consultation

*ICCSD reached out to the Center in 2023 to help analyze and interpret over 2000 stakeholder surveys to help inform recommendations to sustain, streamline, and improve MTSS for the provision on mental health and wellness supports and services available to the school community.*

- Led the ICCSD Survey Data Analysis on Student Mental Health
  - Led the analysis of extensive qualitative data on student mental health and wellness, focusing on themes and community voice
  - Led the Mental Health Work Group in identifying key data-driven insights that informed district-wide mental health initiatives and strategies
- Informing Sharing Findings and Impact
  - Presented qualitative findings and recommendations to the ICCSD School Board in January of 2024
  - Highlighted the alignment between community feedback and district mental health priorities
  - Supported the board's understanding of community needs to guide decision-making and resource allocation



## ICCSD Social Media Policy Consultation

*ICCSD reached out to the Center in 2024 to gather and provide recent research and evidence-based resources on cellphone and social media use in schools to inform and support ICCSD's efforts to rework their cell phone policies*

- Researched and synthesized recent academic studies on social media's impacts on student mental health, academic performance, and well-being to provide evidence-based insights.
- Highlighted key findings about social media usage patterns during school, including risks like distraction, cyberbullying, and mental health challenges among vulnerable student groups.
- Developed practical recommendations for balanced social media policies emphasizing clear usage guidelines, digital literacy education, and support for student mental health.

# Research and Training



**School Mental Health Practice Brief**

## Best Practices to Support the Mental Health of Students with Communication Disorders

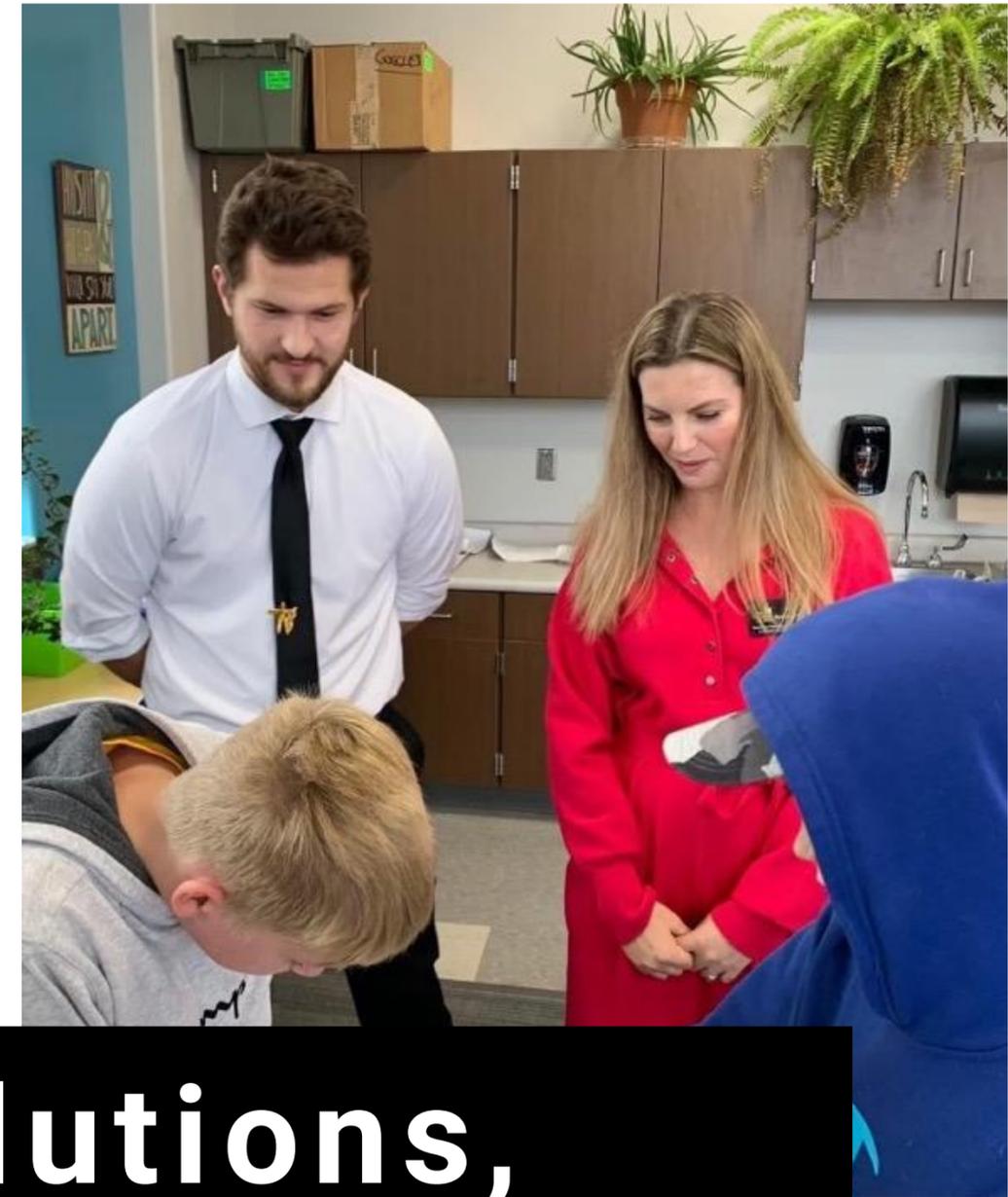
PUBLISHED DECEMBER 2023

**Author:**  
**Naomi H. Rodgers, Ph.D., CCC-SLP**  
Assistant Professor in the Communication Sciences and Disorders Department, University of Iowa

Roughly 8% of children between the ages of 3 and 17 years have documented speech and/or language disorders (Black et al., 2015). Speech disorders impact how people produce sounds including articulation, phonology, fluency, and voice. Language disorders impact how people understand and formulate vocabulary, grammar, and pragmatics in both oral and written modalities.

Students with receptive communication challenges may have difficulty understanding what others say to them, while students with expressive challenges may be unsuccessful in communicating in ways that are understandable by others. While communication disorders are sometimes caused by underlying impairments like hearing loss, intellectual disability, or other genetic issues, they often arise without any identifiable underlying or co-occurring issues.

Given how central communication is to one's personhood, cultural identity, and social belonging, students with communication differences and disorders often experience a range of social-emotional effects due to repeated difficulties with understanding



**Dissemination, practical solutions, and on-going evaluation**





Since Fall 2022, our center has funded 20+ University of Iowa doctoral students in the fields of school psychology, counseling psychology, counselor education, family therapy, and special education.

## ENHANCING WORKFORCE CAPACITY

Through our Workforce Expansion program, we are combating the severe shortage of mental health providers and serving as a training ground for the next generation of school mental health professionals.

The extensive two-year curriculum engages trainees in conducting cutting-edge research studies as well as a variety of clinical services.



**“...this training significantly enhances my course of study by providing more opportunities to apply my knowledge by addressing issues in the real world. The center staff are modeling how I hope to train future students.”**  
— Tevin Middleton, Workforce Expansion Trainee



# Clinical Services



# SCSMH CLINIC MISSION

*The mission of the Scanlan Center for School Mental Health (SCSMH) Clinic is to increase access to high quality mental health support by decreasing barriers for students and school staff in Iowa.*

# Clinical services planning phase: Spring 2022

- Assessed statewide clinical needs
- Developed relationships with stakeholders
- Created clinical policies and procedures
- Built capacity through staffing
- Piloted intervention services



## CLINICAL SERVICES

We opened the clinic doors in September 2022. With just 2.5 years under our belts, we have grown at an impressive rate and made good on our mission to increase access to mental health care for Iowa's PreK-12 students and school staff.



Since opening, our clinic has delivered over 1500 individual therapy sessions to students and educators across Iowa, reaching 72 schools in 60 Iowa counties.

# Clinical Services

<b>current self-harm</b>	<b>11%</b>
<b>past self-harm</b>	<b>19%</b>
<b>current suicidal ideation</b>	<b>22%</b>
<b>prior suicide attempt</b>	<b>3%</b>
<b>prior psych hospitalization</b>	<b>5%</b>

<b>no previous counseling</b>	<b>45%</b>
<b>no prior psychiatric provider</b>	<b>83%</b>
<b>bullying concerns</b>	<b>40%</b>
<b>current substance use concerns</b>	<b>8%</b>
<b>concerns for disordered eating</b>	<b>33%</b>

# Clinical Services

## Barriers to Access

<b>lack of access to services outside of school hours</b>	<b>42%</b>
<b>immediate need for support</b>	<b>32%</b>
<b>transportation</b>	<b>24%</b>
<b>financial</b>	<b>21%</b>

<b>unable to access other providers</b>	<b>18%</b>
<b>insurance</b>	<b>10%</b>
<b>lack of social support</b>	<b>6.6%</b>



# SCSMH Clinical Service Offerings



## Individual counseling

- Students age 10+
- School staff

## Group Counseling

- Educators
- Parents

## Child and Adolescent Psychiatry

- Students age 10+

## Intellectual Disability Evaluation

- Students age 6+

## School-based Post-Crisis Services

# Who Can Refer for SCSMH Clinical Services?

## IOWA PARENTS



refer your...

**Child** for individual counseling or psychiatry services

**Self** for group counseling opportunities

## IOWA K-12 SCHOOL AND AEA STAFF



refer your....

**Self** for individual and/or group counseling

**Student** for individual counseling or psychiatry services

## IOWA HIGH SCHOOL STUDENTS AGE 18+



refer your....

**Self** for individual counseling or psychiatry services

Request services at <https://scsmh.education.uiowa.edu/clinical-services>  
or email: [scsmh-clinic@uiowa.edu](mailto:scsmh-clinic@uiowa.edu)

# Fees and Insurance

- SCSMH Clinical Services are Fee-Based
- Accept major medical insurances, including Medicaid and TRICARE
- Financial aid may be available to qualifying families
  - Free and Reduced Lunch
- Counseling provided by clinicians-in-training offered at no charge





# SCSMH Clinicians

- Child/Adolescent Psychiatrist
- Licensed Psychologists (School/Counseling)
- LISW Social Workers
- LMSW social workers (under supervision)
- Practicum Students (under supervision)

# Clinical Services



For students aged 10+  
& K-12 school staff  
in Iowa

For people  
experiencing barriers  
to accessing care

## Individual Counseling

# Who is eligible?

PK-12 Educators/School staff  
PK-12 Students age 10+

We prioritize:



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## **Rural Services**

Short-term individual counseling for clients who live in rural Iowa and do not have access to local mental health providers

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## **Barrier Services**

Short-term individual counseling for individuals facing barriers to accessing mental health services

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## **Bridge Services**

Short-term individual counseling for clients while they are waiting to get connected to their long-term provider

# School-based services

- Student referral initiated by school administrator or school mental health provider
- Services coordinated with school
- Telehealth -- Student at school
  - Private Room with a door
  - Access to necessary technology
  - If needed, support parents/guardians with completing intake process
- Short-term therapy: ~ 15 sessions\*
- Fees:
  - Services delivered by licensed providers are fee-based
  - Credentialed with most major insurance companies, including Medicaid
  - Financial aid may be available



# Parent and Self-Referral

- Student referral initiated by parents (or self if 18+)
- School staff self-refer
- Services coordinated with client/family
- Telehealth (from home) or In-person (SCSMH Clinic in Iowa City)
- Short-term therapy: ~ 15 sessions\*
- Fees:
  - Services delivered by licensed providers are fee-based
  - Credentialed with most major insurance companies, including Medicaid
  - Financial aid may be available



# Referral and Intake Process



- Initiate referral on website  
<https://scsmh.education.uiowa.edu/clinical-services>
- SCSMH sends information by email (and phone if needed)
- Client/Guardian completes online background paperwork and consent forms
- Client/Guardian Participate in Diagnostic Evaluation (interview-based) with SCSMH clinician
  - Telehealth or in-person
- Individual counseling series scheduled with SCSMH Clinician
  - Telehealth or in-person

# Clinical Services

## How we support students



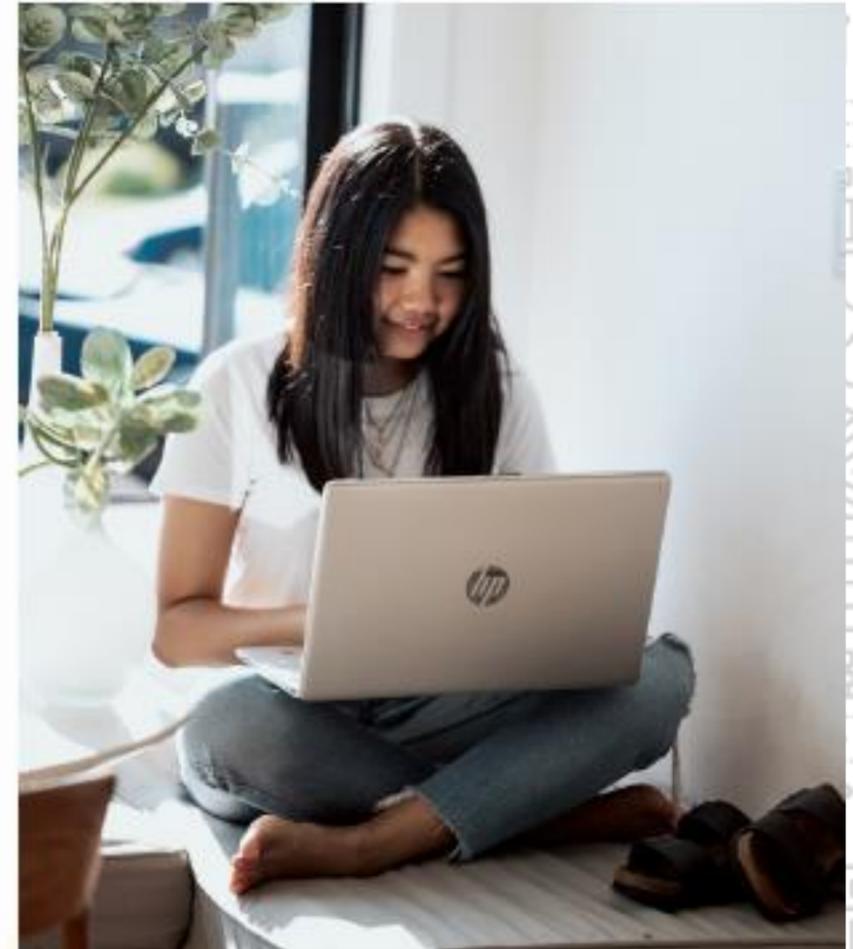
*Offer psychiatric evaluation of depression, anxiety, and ADHD concerns*



*Provide short-term medication management*

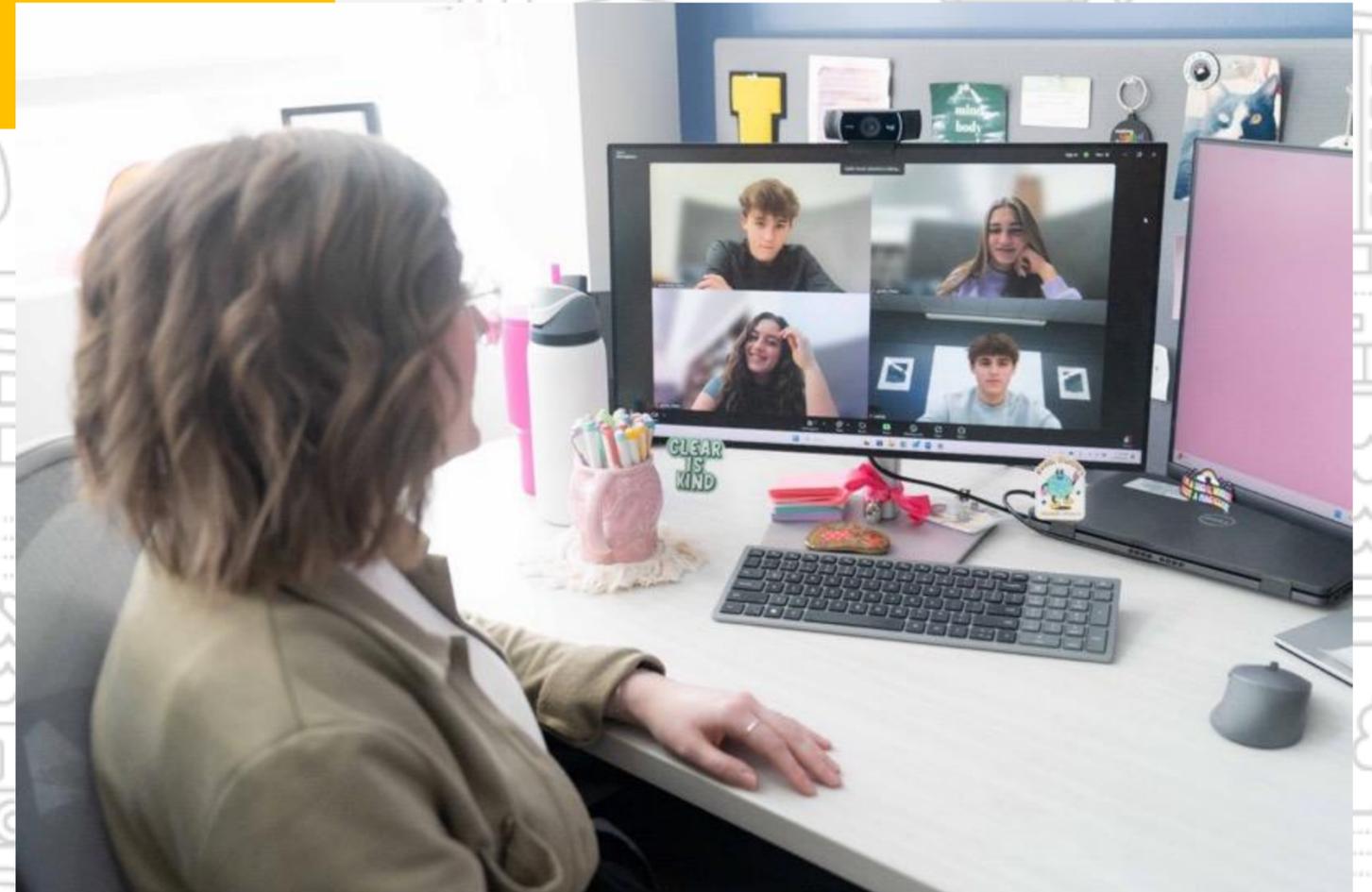


*Facilitate transition of care back to the student's primary care provider*



# Child & Adolescent Psychiatry

# Clinical Services



# Group Counseling

# Parent Groups

- Please visit our website for more information
- Complete request services form, background information, and then participate in a virtual intake appointment.



**COMING SOON!**

New support group for parents of Iowa K-12 students: Supporting Parents of Youth with Suicidal Thoughts and Self-Harm



**IOWA**

Scanlan Center for School Mental Health

# EDUCATOR EMPOWERMENT GROUP

skills to help PreK-12 education professionals thrive

In an 8-week online skill-building counseling group, you will reflect on daily practices and emotional patterns, develop critical skills in handling crisis situations, and cultivate awareness. You will also learn about setting boundaries and focusing on the present while connecting with other educators in a confidential, non-judgmental space.

This counseling group will teach skills from Marsha Linehan's Dialectical Behavioral Therapy (DBT).

- Open to PK-12 school staff in Iowa
- The group will meet online 1x per week for 60 minutes over the course of 8 weeks.
- Interested in participating? New openings will be posted on: [bit.ly/SCSMHgroupcounseling](https://bit.ly/SCSMHgroupcounseling)

**skill development**

- Mindfulness
- Distress tolerance
- Emotion regulation
- Interpersonal effectiveness

**bit.ly/SCSMHgroupcounseling**

**IOWA**

Scanlan Center for School Mental Health

# COPING WITH GRIEF AND LOSS GROUP

a group for Iowa educators and school staff who are experiencing loss

In a 8-week virtual group led by Scanlan Center for School Mental Health clinicians, participants will learn about the grief process and develop skills in mindfulness, self-compassion, and identifying values. This psychoeducational group will utilize skills from Acceptance and Commitment Therapy (ACT). This group is open to individuals currently experiencing grief due to a loss or life transition.

- Open to PK-12 school staff and AEA staff in Iowa
- The group will meet online 1x per week for 60 minutes over the course of 8 weeks.
- Interested in participating? New openings will be posted on: [bit.ly/SCSMHgroupcounseling](https://bit.ly/SCSMHgroupcounseling)

**skill development**

- Mindfulness
- Self-compassion
- Identifying values

**bit.ly/SCSMHgroupcounseling**

# Educator Groups

- Please visit our website for more information
- Complete request services form, background information, and then participate in a virtual intake appointment.

# Clinical Services

## Intellectual Disability Evaluation

- Open to K-12 students
- Parent-initiated referral from website
- Cognitive testing completed in-person in Iowa City



# Clinical Services



**Post-Crisis  
PAUSE Room**



**Individual/Group  
Support**



**Crisis Team  
Support**

# Post-Crisis Services



# Post Crisis Services

- Request for services initiated by school administrator or school mental health provider
- Coordinate with school to customize services to match needs
- Services offered:
  - School Post-Crisis Support (PAUSE ROOM)
  - Individual Post-Crisis Support
  - Crisis Team Support
- Require consent for individual/small group services;
  - no consent for PAUSE room, but school notifies families of the upcoming visit
- Fees
  - No fee for initial visit to school
  - Contract with school for subsequent services at a fee; school responsible for cost



# Post-Crisis PAUSE Room

## Crisis is chaotic.

It pulls us in so many different directions and it can feel like there are too many fires to put out at once. This can be overwhelming and prevent us from making effective decisions, leaving us feeling confused, anxious, vulnerable, afraid, angry, helpless, and so many other things.

Though it may feel like there is pressure to address everything immediately, what our brains really need in times of crisis is to **PAUSE**.

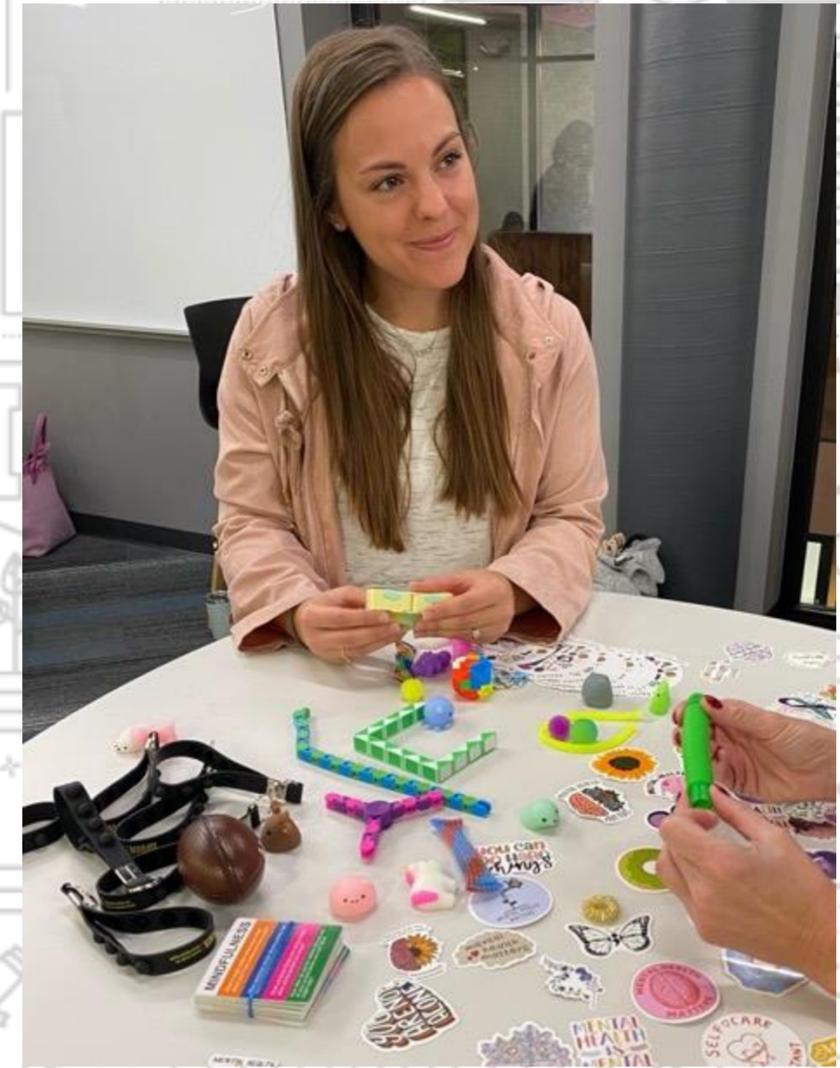


**P**lay **A**ctivities **U**nderstanding & **S**upport for **E**veryone in educational settings

# Our team is here to support your **PAUSE**.

Our dedicated team of mental health clinicians are available to deploy in-person to your school to provide you and your school community with the support needed to take a moment to **PAUSE**.

To catch your breath. To do what you need to do to best care for yourself and others during such a difficult time.



## The SCSMH Clinic provides a confidential and safe space for students and school staff to voluntarily:



**PAUSE** for a donut



**Connect with a trained mental health professional**



**Understand common reactions to crisis and trauma**



**Learn strategies to navigate grief and loss**



**Practice mindfulness activities**



**Problem solve with support**



**Learn coping skills**



**Discuss life stressors (academics, relationships, mental health, etc.)**



# LivingWorks



**IN-PERSON WORKSHOP**

**safeTALK**  
**Suicide Prevention**  
**Training**



**LIVINGWORKS**  
**ASIST**

# Suicide Intervention Training



# Welltrack Connect



 **welltrack connect**

**Find a therapist right for you**

Q Therapy type or Name      📍 Zip Code or City      Search

PreK-12 educators and students in Iowa can now easily search for and contact licensed therapists, counselors, psychologists, and psychiatric medication providers.

[scsmh.org.welltrack-connect.com](https://scsmh.org.welltrack-connect.com)

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# Streamlined Referral Platform

# Welltrack Connect

## Available at no cost to all Iowa Students and Educators

- **Find the Best Fit:** tailor search to meet your needs. Filters for race, gender, language, specialties, insurance, availability, and many others.
- **Insurance Benefits Checker:** Instantly verify your behavioral health in-network and out-of-network coverage
- **Direct Messaging:** Securely message and schedule appointments with providers
- **In-Person and Telehealth:** Find therapists and medication management providers in Iowa who are available and for in office or virtual care.
- **Local Resource Portal:** Access health, wellness, and social service resources in your community

Educator: [scsmh.org.welltrack-connect.com](https://scsmh.org.welltrack-connect.com)

PreK-12 Student/Parent: [scsmh.k12.welltrack-connect.com](https://scsmh.k12.welltrack-connect.com)



# Resources

Visit the “resources” tab our website to access resource lists

<https://scsmh.education.uiowa.edu/clinical-services/general-resources>

<https://scsmh.education.uiowa.edu/clinical-services/crisis-resources>

## Hotlines

### 988 Suicide & Crisis Lifeline

- Call 988
- Visit website: [988lifeline.org](https://988lifeline.org).
- Español: [988lifeline.org/es/home](https://988lifeline.org/es/home).
- Deaf and Hard of Hearing, use your preferred relay service, dial 711 then 988, or [988lifeline.org/help-yourself/for-deaf-hard-of-hearing](https://988lifeline.org/help-yourself/for-deaf-hard-of-hearing).

### The Crisis Text Line

- Text HOME to 741741
- Visit website: [crisistextline.org](https://crisistextline.org).

### Your Life Iowa

- Call 855-581-8111; Text 855-895-8398
- Visit website: [yourlifeiowa.org](https://yourlifeiowa.org).

### National Human Trafficking Hotline

- Call 1-888-373-7888 ( TTY: 711); Text 233733
- Visit website: [humantraffickinghotline.org](https://humantraffickinghotline.org).

### National Domestic Violence Hotline

- Call 1-800-799-SAFE (7233); Text “START” to 88788
- Visit website: [thehotline.org](https://thehotline.org).

### National Sexual Assault Hotline

- Call 800-656-HOPE (4673)
- Visit website: [rainn.org/resources](https://rainn.org/resources).

### The Trevor Lifeline

- Call 1-866-488-7386; Text START to 678-678
- Visit website: [thetrevorproject.org/get-help](https://thetrevorproject.org/get-help).

### Veteran’s Crisis Line

- Call 988 and Dial 1; Text 838255
- Visit website: [veteranscrisisline.net](https://veteranscrisisline.net).

### Childhelp Hotline

- Call 1-800-422-4453; Text 888-422-4453
- Visit website: [www.childhelphotline.org](https://www.childhelphotline.org).



# “All In” for School Mental Health



**Stay connected with us**



# “All In” for School Mental Health

**Educator Wellness Skill Development**  
**Be Kinder to Yourself: The Power of Practicing Self-Compassion for Educators**  
September 5, 2023 | By Kari Vogelgesang, Ph.D.  
Practicing self-compassion can bring you inner peace and boost your overall well-being. Discover 5 ways to infuse self-compassion into your life and how it can pow...

**Back to School Leadership**  
**From Stress to Success: 5 Winning Back-to-School Strategies for K-12 Administrators**  
August 6, 2023 | By Brad Niebling, Ph.D.  
As a K-12 school administrator, we feel the same anticipation and excitement as our staff and students for a new school year. However, the exhilaration of back-to-scho...

**Educator Wellness Skill Development**  
**Achieve Calm and Focus: 4 Mindful Breathing Exercises Every Educator Should Try**  
July 3, 2023 | By Zeus Pichardo Jr., MA  
Mindful breathing isn't just one more thing for your to-do list. It is proven to support your overall health and mental well-being. Here are 4 simple mindful breathing...

**IOWA Scanlan Center for School Mental Health**  
**School Mental Health Practice Brief**  
**Moving Upstream: Opportunities in School Mental Health**

**Introducing...School Mental Health Practice Briefs...** a new series that turns the latest school mental health research into practical strategies for PreK-12 schools and classrooms.

Practice briefs are designed with educators and school mental health professionals in mind. They include a concise summary of an important school mental topic with a downloadable PDF plus overview video.

Written by national experts, our practice briefs reflect best practices in the field and undergo a peer-review process before publication.

The first practice brief – **“Moving Upstream: Opportunities in School Mental Health”** by Sharon Hoover, Ph.D., Co-Director, National Center for School Mental Health – presents five opportunities fundamental to achieving the ultimate goal of promoting mental health and well-being for all youth.

New practice briefs will be released monthly on our [website](#) under the **“Resources”** tab.

**Check it out**

**News to use**  
**3 Methods for Managing Upset in the Workplace for K-12 Educators**

## In This Moment

Fill in the blank with the corresponding word to complete the script.

In this moment, I am grateful for \_\_\_\_\_ (person). I send them happiness and gratitude. I am grateful they have been/are a part of my life.

In this moment, I am slightly frustrated with \_\_\_\_\_ (person). Although I am feeling frustrated, I remind myself that this feeling won't last forever, that I can still be grateful for this person, and that maybe I can learn something from this feeling and from this relationship with them.

In this moment, I am grateful for \_\_\_\_\_ (place, pet, event, thing). I am grateful that this thing is a part of my life.

In this moment, I am slightly frustrated with \_\_\_\_\_ (place, pet, event, thing). Although I am feeling frustrated, I remind myself that this feeling won't last forever, that I can still be grateful for this thing, and that maybe I can learn something from this feeling and from this thing.

In this moment, I am grateful for \_\_\_\_\_ (an accomplishment you have completed) accomplishment, and I am proud of myself for this to reach \_\_\_\_\_ (an accomplishment you have yet to reach). I will continue the journey to reach this accomplishment and I am proud of all the work I have done to get me to this point.

I am reminded to take time to remember the people, the things, and the accomplishments that are in my life and express gratitude to them.

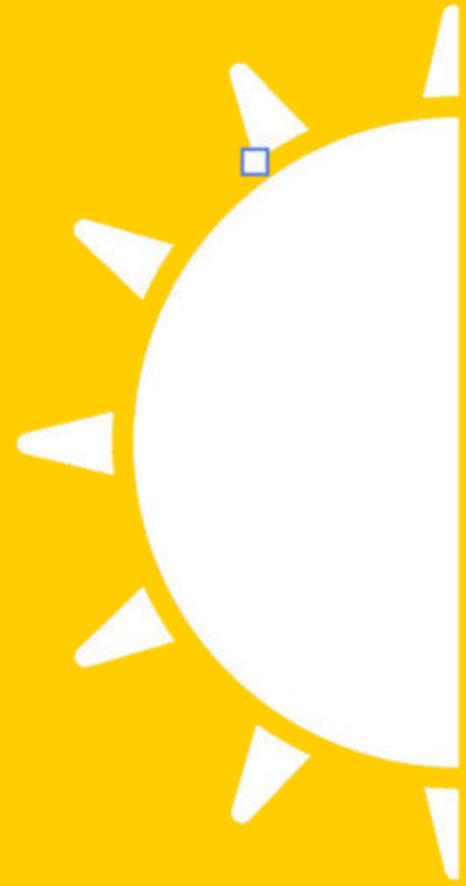
I am reminded to take time to remember the frustration from people, things, and accomplishments that are in my life and express gratitude to them, the journey, or learning opportunities they bring.

# Blog, coloring pages, and newsletter

**IOWA**

Scanlan Center for School Mental Health

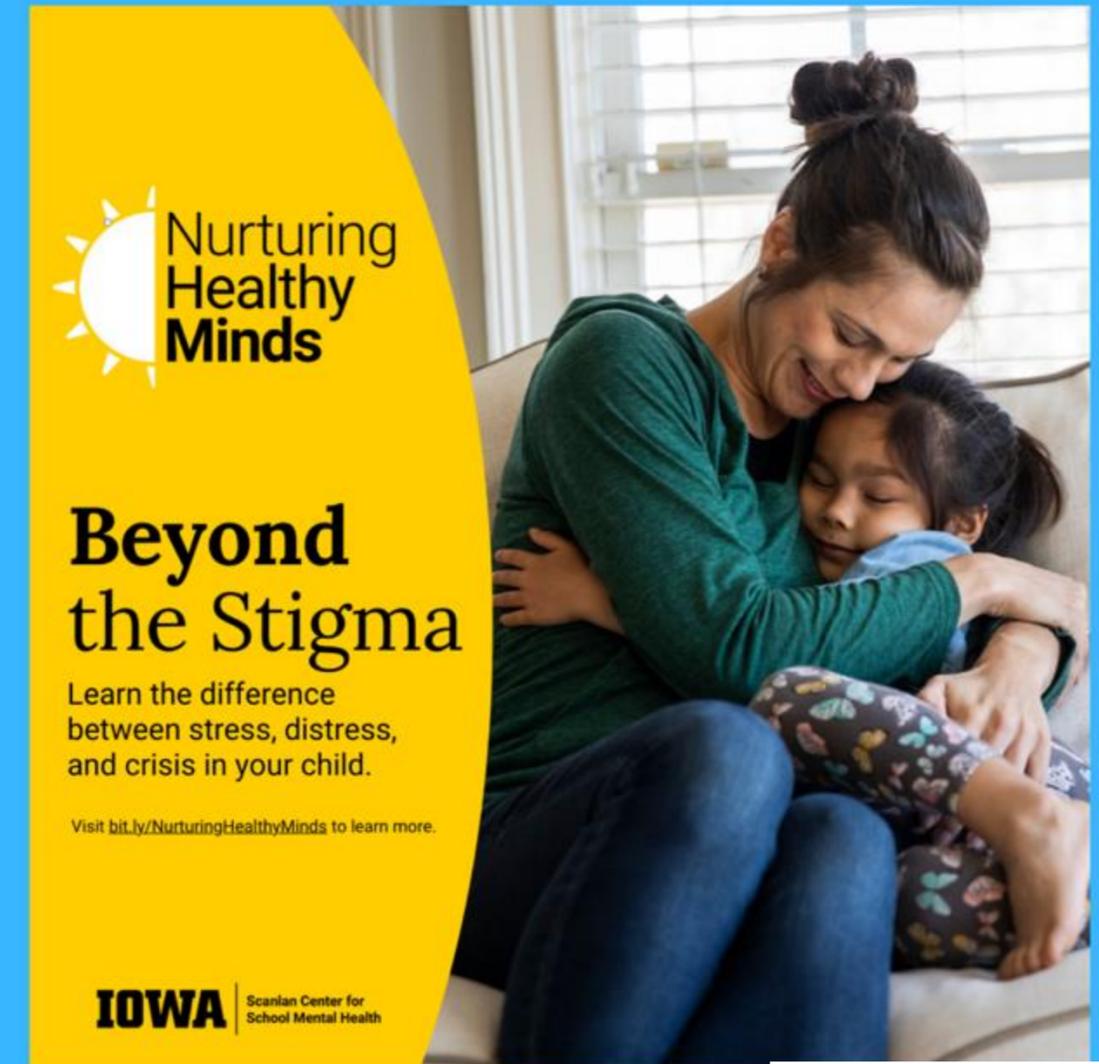
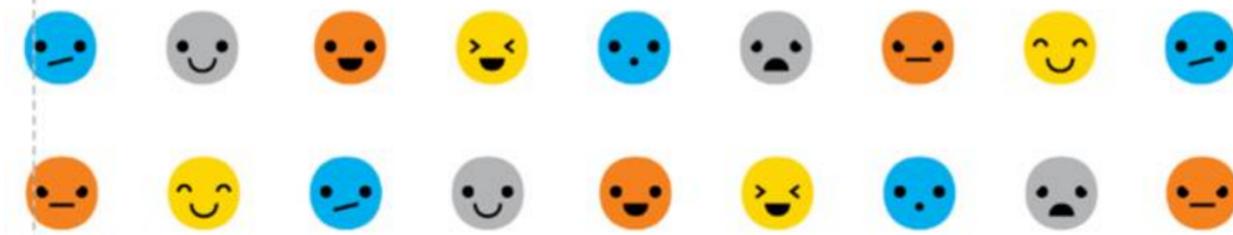
# Campaign Overview



Nurturing  
Healthy  
Minds

# Nurturing Healthy Minds

- Educational campaign aimed at equipping **parents/caregivers** to distinguish between normal stress and serious mental health challenges in their child or teen



# The Need

- Nearly 3-in-4 parents are **extremely or somewhat worried** that their child will struggle with anxiety or depression

*(U.S. Office of the Surgeon General, August 2024)*

**IOWA**

Scanlan Center for School Mental Health

Let's reframe the conversation on children's mental health.



Parenting is incredibly rewarding, but let's face it, it's tough too. As caregivers, you pour your heart and soul into giving your kids everything they need to succeed, including love and support for their physical and mental health.

Sometimes, though, our kids might struggle in ways that aren't immediately obvious. That's why it's important to have the tools to recognize the difference between everyday stress and more serious challenges they might be dealing with.

Learn more about how to spot signs of growing challenges in your child's mental health and find resources for additional help at [nurturinghealthyminds.education.uiowa.edu](https://nurturinghealthyminds.education.uiowa.edu).



Scan to learn more.

**IOWA** Scanlan Center for School Mental Health



# Campaign Goals

- Destigmatize mental health
- Empower parents and caregivers to nurture their child's one-of-a-kind mind
- Establish schools as collaborative partners with families in supporting youth mental well-being

**IOWA** Scanlan Center for School Mental Health

About Us Making Sense of Stress How to Respond How to Help Resources

Nurturing Healthy Minds

## Beyond the Stigma

Learn the difference: stress, distress, crisis

If you suspect your child is at immediate risk for suicide, dial or text 988 to speak with the suicide and crisis lifeline 24/7.

### Together, let's reframe the conversation on children's mental health.

Parenting is incredibly rewarding, but let's face it, it's tough too. As caregivers, you pour your heart and soul into giving your kids everything they need to succeed, including love and support for their physical and mental health.

Sometimes, though, our kids might struggle in ways that aren't immediately obvious. That's why it's important to have the tools to recognize the difference between everyday stress and more serious challenges they might be dealing with.

Learn more about how to spot signs of growing challenges in your child's mental health and find resources for additional help.

Brought to you by the University of Iowa College of Education's Scanlan Center for School Mental Health. Learn more about how the Scanlan Center is enhancing the well-being of Iowa's schools, students, and educators [here](#).

### Making Sense Of Stress

When we experience upset feelings or observe it in another person, it's common to chalk it up to "stress." But not all stress looks alike.

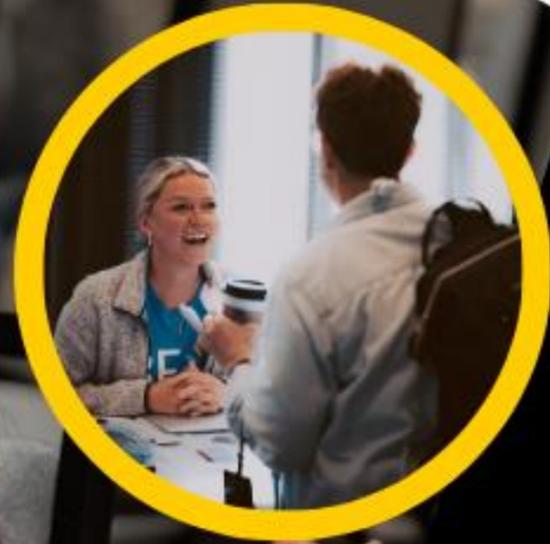
Stress exists on a continuum; at the far end of it is crisis, something a lot more serious. Popular press and social media tell us too often that our children and teens are more depressed and/or more anxious than ever. Anxiety and depression are both diagnostic terms that do not always accurately represent how our children are feeling.



# Tools and Resources

- Interactive microsite helping differentiate between stress, distress, and crisis plus conversation starters and ideas
- Social media influencer content
- Videos (“Differences” and “I’m Fine”) on the website and YouTube
- Flyers, wallet cards, and digital resources for schools to use in connecting with parents/caregivers about mental health





# empower **ED** minds:

## **The School Wellness Summit**

September 30 - October 1, 2025

*Iowa Events Center | Des Moines, Iowa*



Presented By **IOWA** | Scanlan Center for School Mental Health





Join us in Des Moines, Iowa for **EmpowerED Minds: The School Wellness Summit** (formerly known as the Iowa BEST Summit)!

This isn't just another conference—it's a launchpad for K-12 school mental health and well-being innovation.

- ✓ *1.5 days packed with actionable ideas, inspiring speakers, and cutting-edge research*
- ✓ *Over 70 sessions focused on the latest social-emotional-behavioral health practices*
- ✓ *Develop your leadership skills to address mental health challenges in your K-12 district, school, or community*
- ✓ *Up to 1,000 colleagues in K-12 education*

[bit.ly/2025empowerEDminds](https://bit.ly/2025empowerEDminds)

# Special Rates for You

## Bring Your Team and Save

- Register **5–10** educators or staff from your building/district and receive **10% off** the regular registration rate.
- Register **11+** attendees and receive **20% off** the regular registration rate.

To take advantage of a group discount rate, email [SCSMH-main@uiowa.edu](mailto:SCSMH-main@uiowa.edu).

## IASB Exclusive Offer

- Lock in **early bird pricing of \$195 per person** for individual registrations (*a \$54 savings!*)

Scan the QR code to access your exclusive registration form.

[bit.ly/2025empowerEDminds](https://bit.ly/2025empowerEDminds)



# Questions?

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