

Bibliography
Resources
Best Practice Models

Bibliography

Resources from the Center for Mental Health in The Schools

The Center for Mental Health in Schools at UCLA has compiled a large amount of information in a series of technical assistance packets, tutorials and guidebooks to help integrate mental health services in schools and assist in reducing barriers to student learning. Below is a list of materials from the Center that we have used in our attempts to facilitate change in the schools. This is only a partial list. If you would like to view these materials or access more information about specific concerns/issues, please go to the Center website: <http://smhp.psych.ucla.edu>.

Addressing Barriers to Learning: New Directions for Mental Health in Schools, (1997). Continuing education module developed by the Center for Mental Health in Schools at UCLA. UCLA Center for Mental Health in Schools, Department of Psychology, P.O Box 951563, Los Angeles, CA 90095.

Classroom Changes to Enhance and Re-Engage Students in learning, (2002). Center for Mental Health in Schools at UCLA. UCLA Center for Mental Health in Schools, Department of Psychology, P.O Box. 951563, Los Angeles, CA 90095.

Community Outreach: School-Community Resources to Address Barriers to Student Learning, (2002). Center for Mental Health in Schools at UCLA. UCLA Center for Mental Health in Schools, Department of Psychology, P.O Box. 951563, Los Angeles, CA 90095.

The Consultation Cadre: Colleagues Helping Colleagues, (2003). Center for Mental Health in Schools at UCLA. UCLA Center for Mental Health in Schools, Department of Psychology, P.O Box. 951563, Los Angeles, CA 90095.

Creating the Infrastructure for an Enabling (Learning Support) Component to Address Barriers to Student Learning, (2002). Center for Mental Health in Schools at UCLA. UCLA Center for Mental Health in Schools, Department of Psychology, P.O Box. 951563, Los Angeles, CA 90095.

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Enhancing Classroom Approaches for Addressing Barriers to learning: Classroom Focused Enabling, (2001). Continuing education module developed by the Center for Mental Health in Schools at UCLA. UCLA Center for Mental Health in Schools, Department of Psychology, P.O Box 951563, Los Angeles, CA 90095.

Guidebook on Getting From Here to There: A Guidebook for the Enabling Component, (1999).). Center for Mental Health in Schools at UCLA. UCLA Center for Mental Health in Schools, Department of Psychology, P.O Box. 951563, Los Angeles, CA 90095.

Guidebook on What Schools Can Do to Welcome and Meet the Needs of All Students and Families, (1998). Center for Mental Health in Schools at UCLA. UCLA Center for Mental Health in Schools, Department of Psychology, P.O Box. 951563, Los Angeles, CA 90095.

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Introductory Packet on: Cultural Concerns in Addressing Barriers to Learning, (2001). Center for Mental Health in Schools at UCLA. UCLA Center for Mental Health in Schools, Department of Psychology, P.O Box. 951563, Los Angeles, CA 90095.

Introductory Packet on: Assessing to Address Barriers to Learning, (2003). Center for Mental Health in Schools at UCLA. UCLA Center for Mental Health in Schools, Department of Psychology, P.O Box. 951563, Los Angeles, CA 90095.

An Introductory Packet on: Dropout Prevention, (2000). Center for Mental Health in Schools at UCLA. UCLA Center for Mental Health in Schools, Department of Psychology, P.O Box. 951563, Los Angeles, CA 90095.

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Introductory Packet on: Evaluation and Accountability: Getting Credit for All You Do! (2000). Center for Mental Health in Schools at UCLA. UCLA Center for Mental Health in Schools, Department of Psychology, P.O Box. 951563, Los Angeles, CA 90095.

Introductory Packet on: Financial Strategies to Aid in Addressing Barriers to Learning, (2000). Center for Mental Health in Schools at UCLA. UCLA Center for Mental Health in Schools, Department of Psychology, P.O Box. 951563, Los Angeles, CA 90095.

Introductory Packet on: Learning Problems and Learning Disabilities, (2002). Center for Mental Health in Schools at UCLA. UCLA Center for Mental Health in Schools, Department of Psychology, P.O Box. 951563, Los Angeles, CA 90095.

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School-Based Crisis Intervention (Quick Training Aids), (2002). Center for Mental Health in Schools at UCLA. UCLA Center for Mental Health in Schools, Department of Psychology, P.O. Box. 951563, Los Angeles, CA 90095.

Student and Family Assistance programs and Services to Address Barriers to Student Learning, (2002). Center for Mental Health in Schools at UCLA. UCLA Center for Mental Health in Schools, Department of Psychology, P.O. Box. 951563, Los Angeles, CA 90095.

Suicide Prevention (Quick Training Aids), (2002). Center for Mental Health in Schools at UCLA. UCLA Center for Mental Health in Schools, Department of Psychology, P.O. Box. 951563, Los Angeles, CA 90095.

Support for Transitions to Address Barriers to Student Learning, (2002). Center for Mental Health in Schools at UCLA. UCLA Center for Mental Health in Schools, Department of Psychology, P.O. Box. 951563, Los Angeles, CA 90095.

Violence Prevention, (2002).). Center for Mental Health in Schools at UCLA. UCLA Center for Mental Health in Schools, Department of Psychology, P.O. Box. 951563, Los Angeles, CA 90095.

Working Collaboratively: From School-Based Teams to School-Community-Higher Education Connections, (2003). Center for Mental Health in Schools at UCLA. UCLA Center for Mental Health in Schools, Department of Psychology, P.O. Box. 951563, Los Angeles, CA 90095.

Resources: Groups

Social Skills

Begun, Ruth Weltmann, Ed.(1995) Ready-to-Use Social Skills Lessons and Activities, for Grades 1-3. West Nyack, NY: The Center for Applied Research in Education.

Dowd, Tom and Tierney, Jeff (1992) Teaching Social Skills to Youth: A Curriculum for Child-Care Providers. Boys Town, NE: The Boys Town Press.

Huggins, Pat, Moen, Larry, and Hergenroeder, Ernie (1993) Teaching Friendship Skills, Intermediate Version. Sopris West Publishers.

Shure, Myrna B.(1992) I Can Problem Solve: An Interpersonal Cognitive Problem-Solving Program. Champaign, IL: Research Press.

Grief and Loss

Haasl, Beth and Marnocha, Jean (1990) Bereavement Support Group Program for Children. Muncie, IN: Accelerated Development Inc.

Heegaard, Marge (1991) When Someone Has A Very Serious Illness: Children Can Learn to Cope with Loss and Change. Minneapolis, MN: Woodland Press.

Feelings

Borba, Dr. Michele (1989) Esteem Builders: A K-8 Self-Esteem Curriculum for Improving Student Achievement, Behavior and School Climate. Carson, CA: Jalmar Press.

Huggins, Pat and Hergenroeder, Ernie (1991) Helping Kids Handle Anger. Sopris West Publishers.

Other Group Activities

Carrell, Susan (2000) Group Exercises For Adolescents: A Manual For Therapists, Second Edition. Thousand Oaks, CA: Sage Publications, Inc.

Moe, Jerry and Pohlman, Don (1989) Kids' Power: Healing Games for Children of Alcoholics. Tucson, AZ: ImagineWorks.

Resources: Other

Anderson, Cordelia (1998). You're The One! A Book for Teens and Adults to Talk About How to Make the Peace, MN Department of Children, Families and Learning, 550 Cedar Street, St. Paul, MN 55101, 612-282-6734.

Carlson, Nancy (1994). How to Lose All Your Friends. New York, NY: Puffin Books.

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Garrity, C., Jens, K., Porter, W., Sager, N., Short-Camilli, C. (1994-1997). *Bully-Proofing Your School. A Comprehensive Approach for Elementary Schools*. Longmont, CO: Sopris West.

Greene, Ross W. (1998). *The Explosive Child: A New Approach for Understanding and Parenting Easily Frustrated, "Chronically Inflexible" Children*. New York, NY: HarperCollins Publishers.

Hayward, Linda (1988). *Mine! A Sesame Street Book About Sharing*. New York, NY: Random House/ Children's Television Workshop.

Henkes, Kevin (1988). *Chester's Way*. New York, NY: William Morrow and Company, Inc.

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Paine, S.C., Radicchi, J., Rosellini, L. C., Deutchman, L., Darch, C. B. (1983). *Structuring Your Classroom For Academic Success*. Champaign, Illinois: Research Press Company.

Rhode, G., Jenson, W.R., & Reavis, H.K. (1992-1996). *The Tough Kid Book*. Longmont, CO: Sopris West.

Saxhaug, Deborah, 2002, *A Teacher's Guide to Children's Mental Health*, MN Association for Children's Mental Health, 165 Western Avenue, Suite 2, St. Paul, MN 55102, 651-644-7333.

Sheridan, Susan, M. (1995-1997). *The Tough Kid Social Skills Book*. Longmont, CO: Sopris West.

Resources: School-Wide Models

As Saint Paul Public Schools began to address barriers to learning through school-wide efforts the following evidence-based practice programs were implemented.

Model Programs

FAST – Families and Schools Together – Lynn McDonald (1987) | FAST National Training and Evaluation Center; | 2801 International Lane, Suite 105; Madison, Wisconsin 53704-4500 | Phone: (608) 663-2382 | Fax: (608) 663-2336 | Email: mrmcdona@facstaff.wisc.edu | Web: www.wcer.wisc.edu/fast/

FAST is a prevention/early intervention program that is school-based. FAST is a family strengthening program that emphasizes partnership among families, schools and communities. The program uses a family therapy and multifamily group approach.

SECOND STEP: A Violence Prevention Curriculum – (1997-2004) | Committee for Children | 568 First Avenue South, Suite 600, Seattle, Washington 98104-2804 | Phone: 1-800-634-4449, ext.622 | Fax: 206-343-1445 | Email: info@cfchildren.org | Web: www.cfchildren.org

Second Step is a classroom curriculum that is facilitated by the classroom teacher throughout the school year. Lessons are focused on empathy training, impulse control and anger management.

ART – Aggression Replacement Training: A Comprehensive Intervention for Aggressive Youth, Arnold P. Goldstein, Barry Glick, John C. Gibbs (1998) | Research Press | P.O. Box 9177, Champaign, IL 61826 | Phone: 1-800-519-2707 | Fax: 217-352-1221 | Email: rp@researchpress.com | Web: www.researchpress.com

ART is a group intervention for youth with aggressive behaviors who do not do well in traditional therapies. ART serves adolescents between the ages of 13 to 18. This program uses skill-streaming to teach pro-social interpersonal skills through modeling and repetition.

Primary Project – Children’s Institute, Inc. | 274 N. Goodman Street, Suite D103; Rochester, New York 14607 | Phone: (877) 888-7647 (toll-free) | Web: www.childrensinstitute.net

Primary Project is a prevention program developed for kindergarten through third grade students who are at risk for developing school adjustment problems. This program is one of five exemplary research-based prevention programs in the United States for enhancing children’s mental health.

Other Programs

These programs were either implemented or considered for implementation at Saint Paul Public Schools as part of the Safe Schools/Health Students Grant.

Steps to Respect: A Bullying Prevention Program – (1997–2004) | Committee for Children | 568 First Avenue South, Suite 600, Seattle, Washington 98104-2804 | Phone: 1-800-634-4449 ext. 6223 | Fax: 206-343-1445 | Email: info@cfchildren.org | Web: www.cfchildren.org.

Restitution Model – Diane Chelsom Gossen (1996). Chelsom Consultants Limited | 134 110th Street, Saskatoon, SK S7N 1S2 Canada | Phone: 1-800-450-4352 | Fax: 306-955-8834 | Email: restitution@sk.sympatico.ca.

Resources for Information On Evidence-Based School Mental Health Practices

SAMHSA: www.modelprograms.samhsa.gov/

Center for the Study and Prevention of Violence: www.colorado.edu/cspv/blueprints/promising/