

Mental Health Package (25 Hours)



This package contains online courses to help teachers successfully manage issues related to student mental health in the classroom.

The Mental Health Package includes 5 self-study courses (5 hours each) for a total 25 hours of professional development.

- Introduction to Autism
- Recognition of Early-onset Mental Health Illness in Children & Adolescents
- Suicide Prevention
- Trauma Sensitive Teaching
- Understanding ADHD

Introduction to Autism



Standards:

This course aligns to the INTASC Standards including Learner Development, Learning Differences, Learning Environments, Application of Content, Planning for Instruction and Instructional Strategies.

It also aligns to the McRel Teacher Evaluation Standards including Teacher Leadership, Diverse Learners, Teachers Know Content and Teachers Facilitate Learning.

Most of us know someone with autism. This neurodevelopmental condition impacts a student's ability to communicate, form social skills, and manage sensory challenges. Autism often affects a student's academic potential and learning style in the classroom. A person with autism may experience a unique way of thinking, remembering events, reacting, and communicating.

In this course, educators will find tried and tested strategies, tips, real-life examples, and insights to create more inclusive classrooms and help students on the autism spectrum thrive.



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Introduction to Autism

Course Outline

LESSON 1: Overview

- Definition
- Symptoms and other similar conditions
- Therapies
- Labeling neurodevelopmental disorders
- The brain in Autism Spectrum Disorder

LESSON 2: Social Skills in ASD

- Social skills and related challenges.
- Theory of the mind
- Teaching non-verbal learners
- Verbal processing, echolalia, perseveration, and scripting
- Abstract language, eye contact, empathy, spatial terms, and pronouns

LESSON 3: Expressions of Autism

- Sensory hyposensitivity and hypersensitivity
- Splintered development, perseveration, and stress
- Part-to-whole or whole-to-part thinking
- The lack of social motivation and imagination in children with ASD
- Extraordinary abilities

LESSON 4: ASD in School

- Neurological differences in children with ASD
- Central Coherence Theory
- Classroom physical environment
- Teaching materials and strategies
- Behavior management strategies
- Working with parents and team



5 Hours
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Recognition of Early-onset Mental Health Illness in Children & Adolescents



Standards:

This course aligns to the INTASC Standards including Learning Differences, Learning Environments, Content Knowledge, Planning for Instruction and Instructional Strategies.

It also aligns to the McRel Teacher Evaluation Standards including Teacher Leadership, Diverse Learners and Teachers Know Content.

As educators, we are often the first to notice that a child may be experiencing problems.

Through this course, teachers develop a basic understanding of key warning signs of early-onset mental illness in children and adolescents. This knowledge strengthens teacher-parent communications and supports professional teaching and learning.



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Recognition of Early-onset Mental Health Illness in Children & Adolescents

Course Outline

LESSON 1: Introduction to Mental Illnesses

- An overview of the prevalence, nature, causes, and experience of mental illnesses
- Understanding effective treatments and the role and limitations of medication
- The application of behavioral therapy and other creative therapies under the umbrella of Cognitive Behavior Therapy to target the root of the problem
- The stigma associated with mental illnesses and ways to combat it
- The educational implications of the evaluation and treatment of mental illnesses

LESSON 2: ADHD, ODD, and Anxiety in the Classroom

- Understanding the manifestations of ADHD (Attention Deficit Hyperactive Disorder) in the classroom and ways to manage behavior effectively in this context
- The common signs, treatments, and classroom strategies to deal with ODD (Oppositional Defiant Disorder) and CD (Conduct Disorder)
- The various subtypes within Anxiety Disorders, their treatment, and classroom applications

LESSON 3: Other Mental Health Conditions in Children

- Symptoms and warning signs of OCD, Schizophrenia, Bipolar Disorder, PTSD, etc.
- Treatments
- Classroom applications and strategies

LESSON 4: The Team

- Working with parents
- The role of mental health professionals
- The IEP process
- Understanding assessments and assignments



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Suicide Prevention



Standards:

This course aligns to the INTASC Standards including Learner Development, Learning Differences and Learning Environments.

It also aligns to the McRel Teacher Evaluation Standards including Teacher Leadership and Diverse Learners

This course looks at the important role teachers play in suicide prevention.

Learning the warning signs of suicide may help teachers recognize which students could be at risk for suicide.

Discover how teachers can collaborate with the school and the greater community to help create and maintain safer environments.

This course integrates the Suicide Prevention Resource Center's research and materials in collaboration with the American Foundation for Suicide Prevention.



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Suicide Prevention

Course Outline

LESSON 1: Introduction

- Suicide: myths and truths
- Role of mental health
- Suicide warning signs
- Interventions & treatments

LESSON 2: Resilience

- Adolescent stressors
- Responsibility and self-esteem
- Social and emotional learning
- Connections and relationships

LESSON 3: Helping Students at Risk

- Response protocol
- Dealing with suicide
- Healthy response to grief
- Non-fatal suicide attempts

LESSON 4: Schools & Communities

- Need for school involvement
- Suicide prevention programs
- Crisis response teams
- Family partnerships



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Trauma Sensitive Teaching



Standards:

This course aligns to all of the INTASC Standards including Learner Development, Learning Differences, Learning Environments, Content Knowledge, Application of Content, Assessment, Planning for Instruction and Instructional Strategies.

It also aligns to the McRel Teacher Evaluation Standards including Teacher Leadership, Teachers Know Content, Teachers Facilitate Learning and Teachers Analyze and Reflect.

This course enables educators to become more attuned to the signs of trauma that impede student learning. Integrating trauma sensitive teaching methodologies create a learning environment that is conducive to the academic development of all students.

Through this course, educators will learn about the ways in which trauma impacts learning behaviors, and the strategies they can adopt to help students regulate their emotions, build resilience, and thrive both within and beyond the classroom. Packed with innumerable tips, strategies, and real-life examples for teachers who wish to master the art of trauma sensitive teaching, this course is an incredible resource for teachers everywhere.



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Trauma Sensitive Teaching

Course Outline

LESSON 1: Understanding Trauma

- What is trauma?
- Signs and executive functioning of trauma
- Teaching methodologies
- Trauma and resilience

LESSON 2: Building Resilience

- What is resilience?
- Identify and label emotions
- Nurturing competence and tone of voice
- Promoting self-advocacy and problem-solving

LESSON 3: Trauma-induced Anxiety

- Types of anxiety
- Relationship building
- Resolving conflicts
- Fostering self-efficacy

LESSON 4: Creating Trauma-supportive Classrooms

- Physical organization and psychological culture
- Consistency and predictability
- Behavior strategies
- Homework, test and social anxiety



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Understanding ADHD



Standards:

This course aligns to the INTASC Standards including Learner Development, Learning Differences, Learning Environments, Assessment, Planning for Instruction and Instructional Strategies.

It also aligns to all of the McRel Teacher Evaluation Standards including Teacher Leadership, Diverse Learners, Teachers Know Content, Teachers Facilitate Learning and Teachers Analyze and Reflect.

Have you ever come across a child who's always on the move? They might have Attention Deficit Hyperactivity Disorder (ADHD). Children with this condition are restless, impulsive, and have a very short attention span.

These energetic students can often disrupt a classroom. This course provides a variety of tips, adaptations, and strategies for teaching students with ADHD and other students who are energetic, hyperactive, or have difficulty paying attention.

You will learn about classroom modifications and adaptations that can help maintain order in the classroom and discover methods for communicating more clearly with special educators and parents.



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Understanding ADHD

Course Outline

LESSON 1: Introduction

- Definition of and challenges of ADHD
- Causes of ADHD
- Strengths of students with ADHD
- Prognosis and treatment of ADHD

LESSON 2: Core Issues in ADHD

- The ADHD brain and how the changes in the brain cause deficits
- Challenges in ADHD and strategies that may be used to overcome them, especially in the areas of attention, hyperactivity, and impulsivity
- Strategies that are useful in working with students with ADHD including instruction sheets, classroom seating, movement breaks, and rules
- Dealing with anger and addictive behavior in students with ADHD

LESSON 3: Associated Issues in ADHD

- Issues seen in ADHD, including issues in organization, motivation and social skills
- How teachers may help students to organize their schoolwork and complete it
- How to motivate students with ADHD
- How to support students with ADHD so they can build positive friendships

LESSON 4: Accommodations

- Classroom accommodations that can help a student with ADHD learn and perform well
- Modified seating and lighting
- How a classroom schedule and organization can support learning
- Adapting homework, visual aids, and assessments in order to help a child with ADHD cope with the curriculum



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