



TRAINING & PROFESSIONAL DEVELOPMENT OFFERINGS

At the core of our professional development offerings is a dedication to transforming school communities by equipping educators, school leaders, and student support teams with the knowledge and tools needed to foster safe, supportive, and thriving learning environments. Our goal is to empower schools with actionable, evidence-based strategies that promote mental health awareness, trauma-informed practices, restorative approaches, and holistic well-being for students and staff alike.

We recognize that every school and district face unique challenges when addressing student mental health, discipline, social-emotional learning, and school climate. That's why our offerings are designed to be customizable and responsive—allowing school leaders to select targeted solutions that align with their specific goals, policies, and needs.

Our services are tailored for:

- **School & District Administrators** – Seeking system-wide solutions for mental health frameworks, restorative justice and discipline, and leadership development.
- **Educators & School Staff** – Looking to integrate trauma-informed teaching, SEL strategies, and wellness initiatives into daily instruction.
- **School Counselors, Social Workers & Mental Health Professionals** – Needing evidence-based intervention strategies to support student success.
- **Community Partners & Youth Organizations** – Collaborating with schools to enhance student mental health and build resilient school communities.

Each training opportunity is led by experienced professionals with expertise in mental health, school climate, student behavior, and wellness initiatives. Our sessions provide hands-on, practical tools that can be immediately implemented to enhance student support systems, reduce barriers to learning, and create positive, inclusive school cultures.

We invite you to explore our comprehensive training offerings and partner with us in building stronger schools, resilient students, and empowered educators.

For more information, contact Dr. Megan Kirk (mkirk@familylinksindiana.com) or Felicia Smith (fysmith@familylinksindiana.com).



MENTAL HEALTH & TRAUMA-INFORMED PRACTICES

Objectives:

- Equip educators and staff with trauma-informed strategies to support student mental health.
- Implement universal mental health screenings and early interventions.
- Foster resilience and healing-centered school environments.

Programs & Trainings:

- **ACEs & Trauma-Informed Practices** – Understand the science behind Adverse Childhood Experiences (ACEs), the impact of trauma on learning, and strategies to build trauma-responsive school environments.
- **Supporting Student Mental Health** – Learn how to identify signs of mental health challenges through Youth Mental Health First Aid training, implement universal screening practices, and apply motivational interviewing techniques to support students.
- **Crisis Prevention & Response** – Develop crisis-response plans, build community partnerships, and break down barriers to accessing mental health services in schools.

Deliverables:

- Practical intervention strategies & implementation guides
- Resource materials for school staff & administrators
- Certification available for select programs



RESTORATIVE & INCLUSIVE PRACTICES

Objectives:

- Implement restorative approaches to discipline and conflict resolution.
- Create an inclusive school culture that fosters equity and belonging.
- Reduce reliance on punitive discipline while maintaining accountability.

Programs & Trainings:

- **Restorative Justice & Conflict Resolution** – Learn proactive and responsive restorative practices that strengthen relationships, repair harm, and build accountability in school communities.
- **Diversity, Equity, Inclusion, & Belonging** – Develop culturally responsive teaching practices that create equitable learning environments and foster a sense of belonging for all students.
- **Alternatives to Suspension & Behavior Supports** – Explore evidence-based approaches to reducing exclusionary discipline, improving student behavior, and implementing restorative alternatives.

Deliverables:

- Practical strategies to implement restorative practices in schools
- Policy recommendations for equitable discipline
- Training for administrators, staff, and student leaders



EDUCATIONAL LEADERSHIP & PROGRAM DEVELOPMENT

Objectives:

- Strengthen leadership capacity to improve school climate and student outcomes.
- Implement sustainable mental health frameworks in schools.
- Build strategic partnerships for long-term program success.

Programs & Trainings:

- **Leading Schoolwide Mental Health Initiatives** – Learn how to implement a comprehensive mental health framework, integrate supports within MTSS, and use data-driven strategies to improve student outcomes.
- **School Culture & Climate Improvement** – Assess school climate, build positive relationships between students and staff, and develop leadership strategies for fostering a safe, engaging learning environment.
- **Building Strategic Partnerships** – Strengthen collaboration between schools, community organizations, and mental health providers to expand student support services.

Deliverables:

- Leadership coaching & strategic planning guides
- Implementation frameworks for school-wide change
- Assessment tools & evaluation metrics



SOCIAL-EMOTIONAL & WELLNESS INITIATIVES

Objectives:

- Enhance student and staff well-being through SEL and wellness programs.
- Equip educators with strategies for self-care and professional resilience.
- Foster a holistic approach to mental health and emotional intelligence.

Programs & Trainings:

- **Social-Emotional Learning & Youth Development** – Learn how to integrate SEL frameworks, develop student self-regulation skills, and promote emotional intelligence through evidence-based strategies.
- **Holistic Wellness & Self-Care** – Explore the Eight Dimensions of Wellness and implement self-care practices for educators to reduce stress, prevent burnout, and improve workplace wellness.
- **Student Support Systems & Safety** – Learn how to implement anonymous reporting systems, crisis response plans, and early intervention strategies to support student well-being.

Deliverables:

- SEL curriculum integration support
- Staff wellness coaching & implementation tools
- Training for educators, administrators, and student leaders



CLINICAL & EVIDENCE-BASED APPROACHES

Objectives:

- Equip school counselors, social workers, and mental health professionals with evidence-based interventions for student and family mental health support.
- Provide practical application of evidence-based programs to enhance intervention effectiveness in school-based and community settings.
- Strengthen collaborative mental health services between schools, families, and community partners.

Programs & Trainings:

- **Evidence-Based Mental Health Interventions** – Learn and apply motivational interviewing, cognitive-behavioral strategies, trauma-informed therapy approaches, and universal mental health screening to enhance student support within Multi-Tiered, Multi-Domain System of Supports (MTMDSS).
- **Family & Relationship Support** – Strengthen family-school partnerships through effective communication and conflict resolution strategies, family engagement initiatives, and evidence-based approaches to supporting parent and caregiver involvement.
- **Integrating Clinical Approaches in Schools** – Develop school-based mental health teams, use data-driven decision-making, and navigate legal and ethical considerations in student mental health support.

Deliverables:

- Training in clinical interventions tailored for schools
- Implementation guides for screening, assessment, and intervention
- Strategies for collaborating with community mental health providers