

# RESOURCES

## Lapeer Community Schools - Social and Emotional Well-Being for All Staff

### LCISD Mental Health Toolkit

A comprehensive link to information and resources that are centered around screening tools, assessments, student check-ins, teaching resources for social emotional well-being that include mini-lessons and mindfulness, as well as staff, student, and parent/caregiver resources. This link is updated on a regular basis.

[Mental Health Toolkit](#)

### 31N Grant on Mental Health for Lapeer County Schools

Mental Health First Aid is an 8-hour training course designed to give members of the public key skills to help someone who is developing a mental health problem or experiencing a mental health crisis.

**Timeframe:** Available during the school year. Schedule Pending. Stay tuned for district communication.

**Delivery:** In-Person and On-line Training Available



## GCN Training-Trauma Informed Practices

Details: Concepts of a trauma-informed approach with identification of trauma and traumatic events. Methods of response to trauma Foundations for a district-wide trauma-informed approach. Recommendations for implementing a district-wide trauma-informed approach. Informal assessment with certificate upon completion.

**Timeframe:** 40 Minutes

**Delivery:** On-line and Self-paced





## Trauma-Informed Resilient Schools

Starr Commonwealth is offering its online course "Trauma-Informed Resilient Schools," which typically cost \$199, for FREE!

**Delivery:** On-Line and Self-Paced

**Access:** [Click here](#) to access this training for free, for a limited time.

**Timeframe:** Six Hours.

**Other:** LCISD willing to facilitate PLC's with buildings. Please contact Theresa Frakes at [tfrakes@lcisd.org](mailto:tfrakes@lcisd.org)



### Directions for Accessing Online Content:

1. From any computer with access to the internet, go to [www.gcctraining.com](http://www.gcctraining.com).
2. Once at the website, click on the link, "Login to View Trainings".
3. Enter organization ID: lapeer
4. You will be asked to enter your user ID. All employees would have likely previously created a user ID when hired. If you remember your ID, enter and proceed. If you do not remember your ID, you can enter your school email and ask that your user ID be emailed to you. If you have not been to the website previously, you will need to create a new ID.
5. You will be asked to confirm your ID.
6. Once you are in the training sessions, click the tab titled "Optional Tutorials".
7. Once completed, print a certificate. Forward a hard copy or electronic copy of the certificate to Becky Ellis ([tellis@lapeerschools.org](mailto:tellis@lapeerschools.org)).

