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|  | **Resource** | **Link** | **Areas of Support** |
| 1 | The HUB | <https://healthyschoolshub.org/resources/> | Schools & Families |
| 2 | Taproot Learning & EmbraceSEL | <https://www.camptimber.com/SELDistanceLearning> | SEL Distance Learning |
| 3 | CDE Health & Wellness SHPG resources | <https://www.cde.state.co.us/healthandwellness/shpg-instructionalresources> | Resources for School Health Specialists |
| 4 | Colorado Crisis Services | <https://coloradocrisisservices.org/#intro> | Schools & Families. Any mental health, substance use or emotional concern, 24/7/365. Call 1-844-493-TALK (8255) or text TALK to 38255 to speak to a trained professional. |
| 5 | 99 Coping Skills | <https://www.yourlifeyourvoice.org/pages/tip-99-coping-skills.aspx> | Coping Skills for All |
| 6 | MindUP | <https://mindup.org/> | Stress, Emotions & Positive Relationships |
| 7 | American Association of Suicidology | <https://suicidology.org/> | Resources for Suicide and Life-threatening Behavior |
| 8 | CASEL | <https://casel.org/covid-resources/> | Social & Emotional Learning |
| 9 | Center for School Mental Health | <http://www.schoolmentalhealth.org/Resources/> | Behavioral & Mental Health Support |
| 10 | American School Health Association | <http://www.ashaweb.org/resources/> | Comprehensive Health |
| 11 | CDPHE | <https://www.colorado.gov/pacific/cdphe/categories/services-and-information/health> | Health Services & Resources for Families |
| 12 | COACT Colorado | <https://coactcolorado.org/trauma> | Trauma Resources for Schools & Families |
| 13 | SAMHSA | <https://www.samhsa.gov/ebp-resource-center> | Resources for Schools & Families |
| 14 | Colorado School Safety & Resource Center | <https://colorado.gov/CSSRC> | Resources for Schools & Families |
| 15 | National Association of School Psychologists (NASP) | <https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources> | Health Crisis Resources |
| 16 | School Social Workers of America Association (SSWAA) | <https://www.sswaa.org/covid-19-resources> | Resources for Social Workers during crisis |
| 17 | ASSET | <https://www.asset-edu.org/personal-practice-toolkit> | Reducing Student Stress |
| 18 | Second Wind Fund (SWF) | <https://www.thesecondwindfund.org/resource-links> | Mental Health Services including suicide risk |
| 19 | Mental Health Colorado | <https://www.mentalhealthcolorado.org/resources/> | Toolkits for schools. |
| 20 | Example: Distance Support Contact Form | <https://drive.google.com/a/cde.state.co.us/file/d/1-pfb8NdQmxn6zpFv6PestvuxyMJdIQZc/view?usp=sharing> | Example Google Form to record Distance Support Contact Requests from an SHPG grantee school district |
| 21 | Sources of Strength | <https://sourcesofstrength.org/homebased/> | Resources on self-care and activities to do at home. |
| 24 | COVID19 State and National Resources | <https://covid19.colorado.gov/> | General information on COVID and resources available at state and national level. |
| 25 | American School Counselor Association | <https://www.schoolcounselor.org/school-counselors/professional-development/learn-more/covid-update> | Resources for school counselors and how to manage virtual school counseling. |
| 26 | Random Acts of Kindness | <https://www.randomactsofkindness.org/> | Their homepage shows resources for everyone. From self-care to websites about learning to free exercises. |
| 27 | Mountain Plains Mental Health Technology Transfer Center (MHTTC) | <https://mhttcnetwork.org/centers/global-mhttc/responding-covid-19> | The MHTTC for the Mountain Plains Region is putting together Webinars, products and Resources for the Mountain plains regions and the National Latino and Hispanic MHTTC.Info pertains to Mental Health professionals and interested parties. |
| 28 | Neurosequential Model Resources-  Bruce Perry | <https://www.neurosequential.com/covid-19-resources> | Resources and office hours with the NME team for educators |
| 29 | Intricate Roots- Jessica Pfeiffer | <https://www.intricateroots.com> | Intricate Roots focuses on bringing a neurobiological lens to the school setting and partners with school districts, day treatment facilities, public and charter schools, early learning centers, and state education entities to create customized and engaging trainings. |
| 30 | Tall Cop Says Stop - Jermaine Galloway | <https://www.tallcopsaysstop.com/> | Tall Cop Says Stop™ was created by Officer Jermaine Galloway, an Idaho law enforcement officer since 1997. Regarded as one of America’s top experts in various drug and alcohol trends, he has specialized in underage drinking and drug enforcement for more than 15 years. |
| 31 | Health Promotion Management, Inc | <https://hpmi.us/> | Transformational Health and Wellness |
| 32 | CDE Exceptional Student Services | <https://www.pbis.org/announcements/4-resources-to-support-students-during-the-pandemic> | PBIS-resources to support students |
| 33 | RMC Health | <https://www.rmc.org/resources-tools/> | Health & Physical Education resources |
| 34 | PBIS | <https://www.pbis.org/announcements/4-resources-to-support-students-during-the-pandemic> | Resources to Support Students During the Pandemic |
| 35 | ASCD | <https://contentsharing.net/actions/email_web_version.cfm?ep=H7IKvTln_WJ9t0aFjkGLlPTR2rHah0fsrVWetqbzlg9oRDfxTgw-ZhG_cPaVnLqm8ejsJK3pTyqcAYaVDtnoCfXlTVfhU_x243MUU7H3F3v5yu00dsQJ6u9kd2t2tYb_> | Tools for Social Emotional Learning |
| 36 | Resolutionaries | [www.resolutionariesinc.com](http://www.resolutionariesinc.com) | Restorative Education |
| 37 | Peer Assistance Services | [www.peerassistanceservices.org](https://t.e2ma.net/click/sl1s7c/om3b3qm/sha5zm) | Accessible prevention and intervention programs focused on substance use and mental health across Colorado. |
| 38 | Weird, Freaky Brain Science  Sandstone Care | https://www.youtube.com/watch?v=8B16NPg3zFk |  |
| 39 | Weird, Freaky Brain Science Serotonin  Sandstone Care | https://www.youtube.com/watch?v=Z29Cx6xiX68 |  |
| 40 | Weird, Freaky Brain Science Dopamine  Sandstone Care | https://www.youtube.com/watch?v=GLGhmNGLbG8 |  |
| 41 | Weird, Freaky Brain Science Gaba | https://www.youtube.com/watch?v=9qugalEckxg |  |
| 42 | Weird, Freaky Brain Science Endorphins | https://www.youtube.com/watch?v=5Rvcqo3QeBw |  |
| 43 | Weird, Freaky Brain Science Anandamide | https://www.youtube.com/watch?v=0chpfD3ERGY |  |
| 44 | Heads Up Real News About Drugs and Your Body  Scholastic | http://headsup.scholastic.com/ | NIDA and SCHOLASTIC INC. for students in grades 6 to 12. |
|  | National Institute on Drug Abuse for Teens Advancing Addiction Science | https://teens.drugabuse.gov/ |  |
|  | Nature & Mental Health, a film by Jackson Miller | https://www.youtube.com/watch?v=H8qBvUPB5g8&feature=youtu.be | Students |
|  | Results of the 2019 Monitoring the Future Survey - Vaping, Marijuana and Other Drugs | https://www.youtube.com/watch?v=755Vmwgl0ZI&feature=youtu.be | Parents/Professionals |
|  | Teen Brain Development | https://www.youtube.com/watch?v=EpfnDijz2d8 | Youth |
|  |  | https://shifttheinfluence.org/ | Adult to Youth and Adult to Adult Conversations Toolkit |
|  | Managing Emotions in Hard Times | https://www.youtube.com/watch?v=eahne3mqRWo | Professionals/Adults |
|  | How to tame your wandering mind | https://www.ted.com/talks/amishi\_jha\_how\_to\_tame\_your\_wandering\_mind | Professionals/Adults |
|  | The brain-changing benefits of exersize | https://www.ted.com/talks/wendy\_suzuki\_the\_brain\_changing\_benefits\_of\_exercise | Professionals/Adults |
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