



## Description

TRAILS CBT and Mindfulness is an early intervention mental health program designed to be used by school mental health professionals to help students cope with common mental health concerns. The training will include informative presentations and several interactive breakout sessions.

Training (6 hours) available in 2 training tracks:

### Track 1: CBT and Mindfulness for School Mental Health Professionals (SMHP)

- School mental health professionals enhance their skills in CBT and mindfulness and learn next steps for implementing skill-building sessions with students. After completion of this training, SMHPs will be paired with a TRAILS Coach for guidance and support.

### Track 2: CBT and Mindfulness for Coaches in Training (CIT)

- Mental health professionals interested in becoming TRAILS Coaches enhance their skills in CBT and mindfulness as a first step to prepare for providing coaching to SMHPs. After completion of this training, CITs will be paired with a TRAILS Consultation Specialist for a consultation period during which CITs will learn how to support school mental health professionals in their facilitation of CBT and mindfulness skill-building sessions for students.

## Logistics

Important considerations as you prepare for your training:

- Trainings take place via Zoom
- Facilitators utilize chat, poll and breakout room functions to engage with participants; therefore, participation from individual computers is highly recommended
- Attendees required to **register at least 48 hours in advance** to allow time to complete pre-training tasks

## Questions?

Please reach out to your TRAILS Contact with any scheduling questions.

# CBT and Mindfulness

## Next steps

- 1 ISD/building administrators identify school mental health professionals who may be candidates to run TRAILS CBT and Mindfulness skill-building groups with students (maximum of 3/school)
- 2 Interested school mental health professionals complete Tier 2 CBT & Mindfulness Interest Form and qualified individuals attend brief program overview to ensure they understand program benefits and commitments (form provided by TRAILS Contact)
- 3 TRAILS confirms training participation with ISD contacts
- 4 TRAILS distributes training registration information to selected staff

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## August

**Thursday, Aug 22\***

8:30-3pm ET

## September

**Wednesday, Sept 4 and Thursday, Sept 5\***

12-3pm ET / 10am-1pm MT

**Wednesday, Sept 11 and Thursday, Sept 12\***

10am-1pm ET / 8-11am MT

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## January

**Thursday, Jan 9\***

8:30-3pm ET

**Wednesday, Jan 15 and Thursday, Jan 16\***

12-3pm ET / 10am-1pm MT

**Wednesday, Jan 22 and Thursday, Jan 23\***

10am-1pm ET / 8-11am MT

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## May

*For coaches-in-training only*

**Wednesday, May 7 and Thursday, May 8\***

12-3pm ET / 10am-1pm MT