

Resources for Counselors Guide

Updated August 2024

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Resources for Counselors

Intervention Manuals:

- [Emotional or Behavior Disorder Intervention Manual: Goals, Objectives, and Intervention Strategies for the Emotionally or Behaviorally Disordered Student](#)
- Social Skills Intervention Manual: Goals, Objectives, and Intervention Strategies
- Learning Intervention Manual: Goals, Objectives, and Intervention Strategies
- RTI INTERVENTIONS MANUAL
- The CARS Classroom-Based Interventions Manual
- Autism Spectrum Disorders: Guide to Evidence-based Interventions
- Behavior Interventions in a Response to Instruction and Intervention (RtI-2) Model
- Disabilities That Might Affect a Student's Behavior on the Bus
- [MENTAL HEALTH EDUCATION LITERACY IN SCHOOLS](#): LINKING TO A CONTINUUM OF WELL- BEING COMPREHENSIVE GUIDE: July 2018
- [RTI 2 Handbook 2011](#)
- [Intervention Guide](#)

Intervention Websites:

- [Intervention Central](#)
- [TherapistAid.Com](#)
- [PBIS World](#)

Curriculums:

- [Overcoming Obstacles is a free SEL Curriculum](#)
- [101 Ways to Teach Children Social Skills by Lawrence E. Shapiro, Ph.D.](#)
- [School Counseling Curriculum Database of K-12 Lessons](#)
- [Choose Love](#)
- [Social Emotional Learning: Essential for Learning, Essential for Life, Essential for New York](#)
- [RethinkEd](#)

Programs, Activities, and Reproducible Activities and Lesson Sheets:

- [Preparing for life : the complete guide for transitioning to adulthood for those with autism and Asperger's Syndrome : Baker, Jed : Free Download, Borrow, and Streaming : Internet Archive](#)
- [Zones of Regulation](#)

- [Social skills activities for special children : Mannix, Darlene : Free Download, Borrow, and Streaming : Internet Archive](#)
- [Social skills activities for secondary students with special needs : Mannix, Darlene : Free Download, Borrow, and Streaming : Internet Archive](#)
- [Social Skills Matter Pre-K -2](#)
- [Creative coping skills for children : emotional support through arts and crafts activities : Thomas, Bonnie, 1971](#)
- [Bullying Prevention Resources | Committee for Children](#)
- [Therapist Aid](#) - Created by Therapists for Therapists -Therapist Aid provides expertly designed, research-informed tools and education for mental health professionals and their clients.
- [Skill Streaming](#)
- [Brain Pop](#)
- [CBT Toolbox For Children and Adolescents: Over 200 Worksheets & Exercises For Trauma, ADHD, Autism, Anxiety, Depression & Conduct Disorders - Applied Psychology](#)
- [The Self Esteem Workbook for Teens](#)
- [The Anxiety Workbook for Teens | Ministry of Parenting](#)
- The School Psychologist's Survival Guide (Jossey-Bass Teacher Survival Guide) Paperback – May 1, 2012 (Amazon)
- [Temper in a Jar](#) - Helping Kids Cool Off and Manage Anger
- [Choices in a Jar - Free Spirit Publishing \(COR\): Books](#)
- [Bully Free Zone in a Jar: Tips for Dealing With Bullying: 9781575423623: Free Spirit Publishing: Books](#)
- [Feelings in a Jar: A Fun Game for All Ages for Endless Play & Interaction: Free Spirit Publishing \(COR\)](#)
- [Chill Skills In a Jar®: Anger Management Tips for Teens: Free Spirit Publishing: 9781575423609](#)
- [What would you do? : a kid's guide to tricky and sticky situations : Schwartz, Linda : Free Download, Borrow, and Streaming : Internet Archive](#)
- [What If? In a Jar®: Questions and Dilemmas to Get Kids Thinking About Choices](#)
- [Amazon.com: Conquer Negative Thinking for Teens: A Workbook to Break the Nine Thought Habits That Are Holding You Back](#)
- [The Anger Workbook for Teens: Activities to Help You Deal with Anger and Frustrations - Free Social Work Tools and Resources: SocialWorkersToolbox.com](#)
- [Amazon.com: Don't Let Your Emotions Run Your Life for Teens: Dialectical Behavior Therapy Skills for Helping You Manage Mood Swings, Control Angry Outbursts, and Get Along with Others](#)
- [Stopping the Pain: A Workbook for Teens Who Cut and Self Injure](#)
- [ADHD Kid Workbook](#)

- [Learning to Listen, Learning to Care: A Workbook to Help Kids Learn Self-Control and Empathy](#)
- [Super Duper Publications](#)
- [The Tough Kid | Ancora Publishing](#)
- [Teaching Social Skills to Youth, Fourth Edition](#)
- [Skillstreaming](#) - This can be very expensive, but there are PDF version of skill cards online. Otherwise the series is sold on Amazon.
- [WhyTry](#)
- [Social Skills Archives - Research Press](#)
- [Steps to Respect | CDE](#)
- [Bully-proofing your child: A parent's guide: Garrity, Carla B: 9781570352478: Amazon.com: Books](#)
- [Bullying Workbook for Teens](#) - It has 39 activities that are very easy to use, including "taking steps against cyberbullying", "ignore, respond, or tell", and "asking for help." The book comes with pre-made worksheets and vignettes and gives structured lessons for helping to support victims of bullying, or even educate students on how to prevent/deal with bullying.
- [Classroom Activity Book - National Bullying Prevention Center](#)
- [DBT in Schools](#)
- [The expanded dialectical behavior therapy skills training manual : practical DBT for self-help, and individual and group treatment settings : Pederson, Lane : Free Download, Borrow, and Streaming : Internet Archive](#)
- [DBT Workbook for teens and printable worksheets](#)
- [Treating Anxiety in Children With The "Coping Cat" Program](#)

Free and Cost Effective Websites:

- [Pinterest](#)
- [Teacher Pay Teachers](#)
- [Play Therapy Supply](#) - Your source for quality school counseling resources. We have what you need to help students succeed. Therapeutic games, toys, books, activities, and more.
- [School Psychologist's Couch](#) - Cristina Green is a school psychologist and the voice behind this all-inclusive website that offers valuable resources to parents and teachers interested in helping students reach their highest potential.
- [Intervention Central](#)
- Growth Mindset
- [Intervention Hero](#) – Research-based strategy (PBIS)
- [Psychcentral.com](#) - This website contains a complete list of references pertaining to mental health medications, among other things.
- [Marcoproducts.com](#) – Practical, Innovative, Affordable Resources for Educators.

- [Youthlight.com](https://www.youthlight.com) – Innovative tools for teaching social, emotional and learning skills
- [Confidentcounselors.com](https://www.confidentcounselors.com)
- [Character.org](https://www.character.org)
- [Love is Respect](https://www.loveisrespect.org)
- [Flocabulary](https://www.flocabulary.com)
- [Character Lab](https://www.characterlab.org) - Many great ideas for how to build students' character
- [everythingjustso.org](https://www.everythingjustso.org) - Offer all sorts of resources for K-6 teachers and families including lesson plans, activities, posters, games, awards, printables for classroom walls, and more. For younger kids, there are things like crowns, puppets, and patterns to make friendship bracelets.
- [Inner Health Studio](https://www.innerhealthstudio.com) - Coping Skills and Relaxation Resources
- [LD Online](https://www.ldonline.org) - The Learning Disabilities Online website offers the “dos and don'ts” for fostering social competence, the teacher’s role in developing social skills, and many helpful articles on behavior modification, anger management, disciplining students with disabilities, and the emotional issues experienced by some individuals with LD.
- [Classroom Management](https://www.classroommanagement.org) - The Learning Disabilities Online website also has put together a variety of articles to help teachers do everything from arrange furniture to manage behavior issues.
- [The Red and Green Choices website](https://www.redandgreenchoices.com) is a Positive Behavioral Development Strategy for Students with Autism or Behavioral Predispositions. The website offers a number of resources and strategies that have been successful with students with Autism. The resources are easily adapted to meet the needs of any student.
- [Rethink Ed](https://www.rethinked.com)
- [MooZoom](https://www.moozoom.com)
- [NearPod](https://www.nearpod.com)
- [Able 2 Learn](https://www.able2learn.com)
- [MindShift](https://www.mindshift.com) - Thought journal to help you identify and challenge unhelpful thinking. Audio recordings of guided relaxation and mindfulness meditations. Check-in feature to keep track of your anxiety and mood over time. Healthy habit tips. Goal setting and reminder features.
- [How We Feel](https://www.howwefeel.com) - Label your emotions using our favorite tool, the Mood Meter, which was created by Yale's Center for Emotional Intelligence. The app recommends self-care strategies that match your mood and even provides short video clips of experts explaining the strategies. Record your location, activities, notes, etc. so you can learn more about what affects your mood and how
- [Smiling Mind](https://www.smilingmind.com) - A collection of hundreds of mindfulness meditations, including: body scans, breathing meditations, and sensory exercises such as listening to music or tasting foods. Mark your favorite meditations and track your meditation practice on a dashboard. You can also download meditations for offline use.
- [Harmony Game Room](https://www.harmonygame.com) - Battle the Bully Bot Game: Learn positive ways to handle tough situations. The WISES Game: Walk In Someone Else's Shoes. The Commonalities Game:

Get to know your buddy. Relaxation Stations: Activities to help practice focus and breathing. Play anywhere - no WiFi needed.

- [Mind Help](#)
- [Healthy Minds Program](#)
- **Gratitude Jar App**
- [Child Mind Institute](#) - Mental Health Skills Building / Free resources no required training to use
- [Inclusive Schools Network](#)
- [Parents for Inclusive Education](#)
- **AI**
 - [ChatGPT](#)
 - [CoPilot](#)
 - [Claude AI](#)
 - [Perplexity AI](#)
 - [Consensus AI: AI for research](#)
 - [Websim AI](#): create apps and games through text prompts.
 - [Magic School AI](#): An AI for educators. Smart goal creation and BIP assistance.
 - [Invideo AI](#): Create videos from text prompts.
 - [Canva](#): Image Generator
 - [Character AI](#): Have conversations with fictional and historical characters.

Authors:

- [Julia Cook](#) - Julia Cook is a former school counselor and teacher who never dreamed she could evolve into a national award-winning children's author, parenting expert and inspirational speaker.
- [Trudy Ludwig](#) - Trudy is a nationally acclaimed speaker and an award-winning author who specializes in writing children's books that helps kids connect and engage with their peers in kind, caring ways.
- [Jed Baker, Ph.D.](#) – Jed Baker is the director of the Social Skills Training Project, a private organization serving individuals with autism and social communication problems.
- [Carol Gray](#) - Carol Gray is the Director of the Gray Center for Social Learning and Understanding [Carol Gray – Social Stories](#) in Grand Rapids, Michigan. She is best known for her creation of social stories, short stories used as a teaching tool for autistic children that describe a potentially challenging situation, skill, or concept in terms of relevant social cues, perspectives, and common responses.

Books about Feelings:

- Anna Llenas – The Color Monster. This book is about feelings. The Color Monster is unique because it is a pop-up book that depicts a new feeling on each page.

- Barbara Cain – Double-Dip Feelings. This feelings book has a bit of a twist! On each page, the author describes a scenario and then explains two opposite feelings that can happen in the scenario.
- Patrick McDonnell – A Perfectly Messed Up Story. In this book, the main character is trying to write a story and it keeps getting messed up. The character experiences many emotions, such as confusion, anger, and sadness, but does not give up.
- Dr. Seuss - My Many Colored Days. This book is absolutely perfect for any K-2 classroom. If you need a book to get students talking about emotions, this is it! It goes through them all in a fun, captivating way that young students are drawn to.
- Workbook: What to Do When Your Temper Flares (ages 6-12)– a Kid’s guide to overcoming problems with anger (Dawn Huebner, PhD)
- Workbook: What to Do When You Grumble Too Much (ages 6-12) - A Kid’s guide to overcoming negativity (Dawn Huebner, PhD)

Books about Making Good Decisions:

- Judith Viorst – Alexander and the Terrible, Horrible, No Good, Very Bad Day. Judith Viorst does an excellent job of describing how a day can go from bad to worse in the blink of an eye. Students enjoy going through this book and dissecting each bad decision that Alexander makes.

Books about Incarcerated Parents:

- Janet Bender – My Daddy is in Jail. If you work with a population of students with incarcerated parents, this book is a must. It has discussions, small group guides, and what
- I love the most is that the pictures from the book are drawn by children.

Books about Trauma:

- Zack and Kimberly King – I Said “No”. This book is based on a true story about a little boy who went to a sleepover at a neighbor’s house and bad things happened to him. I love that this book talks about “Green Flag” and “Red Flag” people and what to do if it happens to you.

Books/Resources Related to Bullying:

- Kathryn Otoshi – One. This book contains bullying awareness lessons. It illustrates how ONE student can stand up and make a difference in others’ lives.

- Peggy Moss – Say Something. Looking for a great book about the power of speaking up instead of being a bystander? This is the one! Say Something has a powerful message that students connect with easily.
- The Juice Box Bully – Empowering Kids to Stand up to Others
- The Bully and the Bystander
- Holes in the Fence
- Have you Filled Your Bucket Today?
- Bad Case of the Tattle Tongue
- Volcano Tummy
- Master of Mindfulness - How to Be Your Own Superhero in Times of Stress
- No Place for Hate - Anti-Defamation League
- No One Eats Alone Day - initiative to inspire connection and cultivate new friendships.

Books about Personal Space:

- Julia Cook – Personal Space Camp. Get out the hula-hoop and let students experiment with the concept of personal space.
- Jed Baker: Don's Be a Space Invader.

Books about Cooperation and Team Work:

- Lisa Campbell Ernest – Zinnia and Dot. Great story about two hens who have trouble getting along and when the weasel disrupts the chicken coop, things really get tough.

Books about Managing Stress:

- Adolph Moser - Don't Pop Your Cork on Monday. This is a classic, written by a clinical psychologist who brings cognitive behavioral approaches to managing stress! Students will enjoy imitating the different ways we act like "animals" when reacting to stress.

Books about Perseverance:

- Eric Drachman – Leo the Lightning Bug. A great way to help young students understand perseverance and growth mindset. Poor little Leo, all his fellow lightning bugs have found their light, but he has not yet!

Books about Friendship:

- Derek Munson: Enemy Pie. Did someone say pie? Students will enjoy this engaging book about friendship. A great follow-up activity after reading is to have students create their own recipe for enemy pie.

Books about School Anxiety:

- Kate Berube: Mae's First Day of School. As Mae's first day of school approaches she decides she IS. NOT. GOING. School is scary! What if the other kids don't like her? Or what if she's the only one who doesn't know how to write? Or what if she misses her mom? Mae's anxiety only builds as she walks to school. But then she meets Rosie and Ms. Pearl. Will making new friends show her that they can conquer their fears together?
- Wilma Jean the Worry Machine by Julia Cooke

Transition Resources:

- Mappingyourfuture.org
- Careerzone.org
- Comparecards.com
- TheBalance.com
- LoveandRespect.org
- Youtube – “The Signs” Teen dating violence PSA produced by Digital Bodega
- Youtube – First Job Interview (interview tips)
- Information on the Office of People with Developmental Disabilities (OPWDD) and [transition referral services](http://transition.referral.services) or 1-(866)-946-9733

ACS/Child Abuse Resources:

- [Office of Education Support and Policy Planning: Education Advocates](http://OfficeofEducationSupportandPolicyPlanning.org)
- [Samaritans of NY](http://SamaritansofNY.org)
- [Jewish Board of Guardians](http://JewishBoardofGuardians.org)
- [Child Abuse Prevention Program \(CAPP\)](http://ChildAbusePreventionProgram.org)
- [New York Society for the Prevention of Cruelty to Children \(NYSPCC\)](http://NewYorkSocietyforthePreventionofCrueltytoChildren.org)
- [End Child Prostitution and Trafficking – ECPAT-USA](http://EndChildProstitutionandTrafficking.org)
- [Trevor Project](http://TrevorProject.org)
- [Thrive NYC](http://ThriveNYC.org)
- [Growing Up NYC](http://GrowingUpNYC.org)

NYC Services for Trafficked Youth:

- [Gateways Program \(JCCA\)](http://GatewaysProgram.org): Residential Foster Care for females (ACS cases must be referred through the offices of placement): gateways@jccany.org
- [New Beginnings at Mt. Sinai](http://NewBeginningsatMtSinai.org): St. Luke's: Preventive services with family participation, specifically for sexually abused and/or trafficked males and females: 212-523-2685

- [**Mt. Sinai Adolescent Health Care Center**](#): FREE Medical, Mental Health and Counseling Services for males and females: 212-423-3000 for appointment
- [**Girls Empowering and Mentoring Services**](#) – GEMS: Individual services for exploited and trafficked females: www.gems-girls.org
- [**PurPLe Clinic**](#): FREE safe primary healthcare clinic for male and female survivors of sex abuse and/or trafficking: purpleclinic@institute.org
- [**Day One**](#): Individual services for exploited and trafficked males & females: 212-566-8120, x5692 or socialworker@dayoneny.org
- [**The Door**](#): Multi-service Center for Teens (males and females) ages 12-21 (including LGBTQ CSEC): 212-941-9090
- [**Ali Forney Center: Housing**](#) and supportive services for male and female LGBTQ youth: 212-222-3427
- [**Hetrick Martin Institute**](#): Services and referrals for male and female LGBTQ youth ages 13-24, (212)-674-2400
- [**Safe Horizon’s Streetwork Project**](#): Drop in Center in all 5 boroughs:

Mental Health Services:

- [**Mental Health Services in Your Community**](#). You can also call SAMHSA’s National Helpline at 800-662-HELP
- [**National Suicide Prevention Lifeline**](#)
- [**National Alliance on Mental Illness**](#)
- [**Mental Health America**](#)
- [**Mental Health Information and Articles**](#)
- [**NYC WELL**](#): 988
- [**Talk Space**](#): Free Therapy for teens
- [**CCMH Resources for Physical and Mental Wellbeing**](#)
- [**The National Child Traumatic Stress Network**](#)
- [**Teletherapy Resources**](#)
- [**Narrative Therapy**](#)

Domestic Violence Resources:

- New York City: 311 or (800) 621 – HOPE(4673)
- [**Love is Respect**](#) or Text “Loveis” to 22522
- [**Youthline**](#): (877) 968-8491 or text “teen2teen” to 839863
- [**Day One**](#): (800) 214-4150
- [**Gay & Lesbian Anti-Violence Program**](#) (AVP): 212-714-1141
- [**RAINN**](#) or (800) 656-HOPE(4673)
- [**Mayor’s Office to Combat Domestic Violence**](#)

Trauma

- [National Child Traumatic Stress Network \(NCTSN\)](#)
- [NCTSN – Complex Trauma](#)
- [Complex Trauma Interventions](#)
- [Complex Trauma Resources](#)
- [New York State Trauma-Informed Network & Resource Center](#)
- **Videos**
 - [Never Give Up](#) (a short Complex Trauma film developed BY youth FOR youth)
 - [Remembering Trauma: Connecting the Dots Between Complex Trauma and Misdiagnosis](#)
 - [Remembering Trauma](#)
- **Books / Booklets / Guides**
 - [What is Complex Trauma: A Resource Guide for Youth and Those Who Care About Them](#)
 - [Turning the Tide - Parenting in the Wake of Trauma](#)
 - [ITCT-A](#)
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Services for the Temporary Housing Youth/Adults:

Services for the Temporary Housing Adults:

- AIDP- School Social Worker D75 DOE Liaison: Michelle Marcel mmarcel@schools.nyc.gov or 212-802-1579 (as of August 2024)
- [Care for the Homeless](#) – 212-366-4459
- [Uptown Goddard: The Other Place](#) (TOP) – 212-799-7171

Services for Temporary Housing Youths:

- AIDP- School Social Worker D75 DOE Liaison: Michelle Marcel mmarcel@schools.nyc.gov or 212-802-1579
- [New Alternatives](#)
- [Access NYC](#)
- Emergency Housing – [Ali Forney Center](#) – 212-206-0574
- [Callen-Lorde Community Health Center](#)
- [Covenant House New York Welcome Center](#) (open 24 hours) Manhattan 212-613-0300
- [The Center](#) (Manhattan)
- [Brooklyn Community Pride Center](#)
- [Green Chimneys](#)
- [Trinity Place Shelter](#)
- [Homes For the Homeless](#)
- [Coalition for Homeless Youth](#)
- [The Door](#) (Manhattan) 212-695-2220

- [National Clearinghouse on Families and Youth](#)
- [Cardinal McCloskey](#) (Bronx) 718-993-5495
- [SCO Drop-In Center](#) (Brooklyn) 718-277-6403
- [Safe Horizon](#) (Manhattan) 212-695-2220
- [Holyrood Episcopal Church](#) (Manhattan) 212-923-3770
- Safe Space NYC, Inc (open 24 hours) Queens – 718-526-2400
- [Project Hospitality](#) (Staten Island) 718-876-4752

Crisis Hotlines and Services:

- [Crisis Prevention](#)
- [The Samaritans](#) – 212-673-3000
- [NYC Youthline](#) – 800-246-4646
- [National Organization for Woman](#)
- [Boystown National Hotline](#): 1800-448-3000
- [Family Assessment Program](#): for assistance with drugs/alcohol use, truancy, violence, PINS with youth.
- [NY Start](#): Community Services for OPWDD eligible individuals:

Mental Health Services by Race/Ethnicity/Religion:

- [Asian - Womankind](#) - 888-888-7702
- [Muslim Women and families- Turning Point](#) - 718-886-9500
- [Latino - The Puerto Rican Family Institute Inc.](#) - 718-963-4430 (Brooklyn) 718-299-3045 (Bronx) and 212-229-6905 (Manhattan)
- [Orthodox Jewish Community – Maimonides Community & Mental Health Clinic](#) – 718-283-7978

LGBTQIA2S+ Gender Expansive

- NYC DOE has support. Email: lgbt@schools.nyc.gov
- GLAAD has many resources available on their website, including those covering the following topics: Political, Bisexual, Youth, Military, Transgender, Aging, Legal, and General Information [here](#).
- GLSEN has many resources, blogs, Safe Space Kit, and information on GSAs & Student Clubs. Link can be found [here](#).
- The NYC Comptroller has a PDF guide that includes community resources, cultural resources, ethnic affinity groups, gender identity/sexual orientation, general health/wellness, HIV/AIDS, NYS and out of state supports, public benefits, religious/spiritual supports, social supports, youth and young adults, anti-violence and

anti-bias, cancer, children/families, advocacy, 12 step groups, and much more! It can be found [here](#).

- PFLAG NYC has great support tips for families and a [Safe Schools Program](#).
- The CDC has articles and resources for families, students, and friends/supporters of LGBT youth and can be found [here](#).
- [The Trevor Project](#)
Has resources on crisis intervention and suicide prevention for [LGBT youth](#)
- [PBS: - Understanding LGBTQ+ Identity: A Toolkit for Educators](#)
- NYC DOE: [LGBTQ Supports](#)
- [Callen Lorde Community Health Center – Health Outreach to Teens \(HOTT\)](#).
- [LGBT Center NYC – Gay Center](#) - they have [support for families](#) and support for [youth](#).
- Online chat for teens: [Center Link](#)
- [Brooklyn Pride Center](#)
- [Queens Pride Center](#)
- [Queens Pride House](#)
- [Staten Island Pride Center](#)

Additional DOE resources and information:

- Additional counseling resources and evidence based practices for working with students with Autism, Emotional Disturbance, Intellectual Disabilities, Trauma history, and LGBTQ/identity issues are available through professional developments in the Counseling Department. Please see the [D75 Counseling Website](#) for upcoming trainings and register in the [D75 PD Portal](#) under “Counseling”.
 - 📄 CEUs are offered for many PDs!
- Counseling Tech Resources can be found on the [D75 Counseling website](#).
- Information on PBIS and related trainings can also be found in the [D75 PD Portal](#) under “PBIS”.
- [Respect for All Department](#)
- Additional resources from DOE offices can be found [here](#) under “Resources” and include links to Communications, Employee Forms and Information, Translated Documents, Vendors, Experiential Learning, School Programs, Planning and Development.
- Additional information on Partners and Vendors from the DOE can be found [here](#) under “Partners and Vendors” and include links to Early Childhood, Special Education, Charter Schools, Adult Education Instructors, Health and Wellness, Arts Education, Non Public Schools (NYSTL), and Community School Partners.
- Health and Social Service Resources: [HITE](#)