Ozark Guidance | Services provided by arisa health

School Based Outreach Services
Professional Development

Ozark Guidance is an approved provider of continuing education for the Arkansas Department of Education (ADE), National Board of Certified Counselors, and for Social Workers. Information on learning outcomes, advertisement, and more is available.

Arkansas Department of Education Required Topics:

Parental Involvement (2022 - 2023)

Teen Suicide Awareness and Prevention/Bullying (2023-2024)

Child Maltreatment & Reporting ◇ ◇Approved by AR Child Abuse/Rape/Domestic Violence Commission

Mental Health:

Youth Mental Health First Aid (6.5 hours; Certified Facilitators)

Common Mental Health Myth Busters & School Based Services

Reducing Stress with Educators

SOS - Signs of Suicide - Evidence based suicide prevention for secondary schools

Suicide Ideation & Self-Harm: Safety Planning & Interventions for School Counselors

Tools for Your Toolbox: School Counseling Interventions

After A Death: A Toolkit for Schools

Crucial Conversations: Communication Skills for Respectful and Candid Dialogue

Supporting Adults At-Risk for Substance Misuse & Addiction

Social & Emotional Learning (SEL) for Every Classroom:

Part 1: SEL Overview: 2020 CASEL Updates & a Takeaways for each Competency

Part 2: The Brain and Behavior

Part 3: Trauma Responsive Educators

Part 4: Verbal De-Escalation Skills

Part 5: Calming Corners for Co-Regulation

Part 6: Building Equity in Schools

Diversity, Equity & Inclusion Topics:

LGBTQIA+ Basics

Stereotypes Hurt: How to Respectfully Respond

Contact school.outreach@arisahealth.org or Jennifer Coldiron, Director of School Outreach & Training at 479-601-4075

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Peer Leadership Programs & Student Psychoeducation

Positive Climate and Peer Leadership Programs

Kids Helping Kids™ (Primary Schools) – One hour, plus 0-2 follow ups

C.R.E.A.T.E. Change™ (Secondary Schools) – Five hours, plus 0-2 follow ups

Classroom Presentations

S.O.S. Signs of Suicide *– Evidence based prevention programming (Secondary)*

Vaping Prevention & Intervention *- A Train the Trainer early prevention approach providing School Counselors a classroom lesson, plus interventions for administrators*

Brain Basics *Students will:*

- *Engage in role play to understand the three brain states*
- *Discuss how our interactions with others impact how our brains work*
- *Learn the concept of "integration", a goal for mental and emotional well-being*
- *Better their abilities to notice which brain state they or others are operating in*

Top 10 Coping Skills *Students will:*

- *Discuss the differences between adaptive and maladaptive coping skills*
- *See 10 adaptive coping skills for managing stress, anxiety, or mental illness*
- *Explore a handout of over 70 coping skills, plus support and crisis resources*

Thoughts on the Move *Students will:*

- *Engage in an interactive activity to display how our thoughts, emotions, and behaviors are interconnected*
- *Practice role playing scenarios to empower themselves to shift their thoughts in order to manage emotions and to promote effective behaviors*
- *Discuss how thinking patterns can influence mental health and behavior outcomes*

Empathy: What is Does & Does Not Sound Like *Students will:*

- *Learn a formula for empathy and how it differs from five typical, but non-empathic responses to people*
- *Write examples of empathic statements for situations they experience*
- *Engage in role play to practice empathy and feel how it differs from common responses*

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Parenting Education for School Families

Zoom Trainings 2nd Tuesdays* 6:00 p.m.-7:00 p.m.
Live & Recorded. (*One exception, February will be first Tuesday, 2/7/23)

Pre-register to receive a link to join live and/or to receive a recording and materials.

Tuesday, September 13th: Mental Health and Wellbeing with Arisa Health

Participants will learn about mental health wellness, its relation to modern brain science, and Arisa Health's role in the community to promote mental wellbeing.

Tuesday, October 11th: Parenting Kids and Teens with Anxiety

Participants will understand what anxiety, the most common mental illness in the United States, can look like in children and adolescents, and will receive skills to reduce worry and increase calm in the home.

Tuesday, November 8th: Emotional Intelligence and Calming Chaos

Participants will learn strategies to raise emotionally intelligent children and teens: Build empathy, decrease meltdowns, and manage emotions.

Tuesday, February 7th: Co-Parenting Across Separations and Generations

Participants will learn skills for co-parenting after separation or within an extended support network: how to set boundaries, communicate, maintain relationships, and resolve conflicts.

Tuesday, March 14th: Teaching Social Skills with Kids and Teens

Participants will learn concepts and skills to teach children and teens various social skills including: conflict resolution, assertive communication, setting boundaries, developing self-esteem, and maintaining friendships.

Tuesday, April 11th: Technology and Limit Setting

Participants will learn internet safety issues and risks: tools to navigate screen time, R and X rated content, and limit setting.

English Flier for sharing

Spanish Flier for sharing

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