

Betsy Kindall:

I'm Betsy Kindall.

Nicole Fairchild:

I'm Nicole Fairchild.

Stacy Moore:

And I'm Stacey Moore.

Betsy Kindall:

And this is Arkansas AWARE, a project to advance wellness and resiliency in education.

Nicole Fairchild:

All right, guys, welcome back. We promised last time that we were going to give you some resources. So we're going to just start right off with some things that we developed over the summer that we want to make sure that you know about. So item number one.

Betsy Kindall:

Okay. So we talked ton about the wellbeing of our educators across the state. So for you teachers out there, for you administrators out there, even the board members out there, here's what you need to know. If there is a staff member that is in need of mental health services, there are services, free of charge, already available to them through a partnership with BetterHelp. And so there is no copay, no deductible, it doesn't matter if you're carrying insurance through the school or not. It does not matter.

Betsy Kindall:

If you are an Arkansas public school employee, you have access to these counseling services absolutely free. So we want you to know that if there's anybody that you know, that is in need of services, or they just want to talk to somebody, you can call this 1-800 number I'm going to give you, and you will be connected to either an LPC or, or a licensed therapist, quite frankly. And again, it is totally free of charge, no copays, no deductibles, it doesn't matter about your insurance. So if you are an Arkansas public school employee, you have access to this. It is through BetterHelp and the 1-800 number is 1-877-300-9103, that number is 1-877-300-9103.

Betsy Kindall:

And the truth is guys, as we've come back to school, I realize... and even in our department at School Health Services, we've had lots of conversations in the last few weeks about teachers who've reached out to us, who are really struggling. And so, don't feel that you are alone and please don't feel like that there's nobody out there that can help you. You can call this number. You can do it over the phone, they may even set it up through telehealth. You don't have to go anywhere. It's easy to access and that was the goal. And so if you know somebody that feels that way, or you feel that way yourself, please don't hesitate to reach out. There are times in all of our lives where we need a little bit of help and I feel like success is accessing the help that we need.

Nicole Fairchild:

Yeah. And BetterHelp's a pretty big company, a well known resource, and so it's something that you could get online and check out and take a look and see if it's something you want to look at. There is also the traditional EAP through New Directions Behavioral Health, so you can find information about that. We will put all of this in a post on Facebook, so if you're listening and you're driving and you're like, "I can't write that down, but I need that information." Just check out the Facebook page and we'll have a post with this information. But we do want to make sure that people understand that those resources are at their fingertips. They just need information to know they're there.

Nicole Fairchild:

Okay. Great. Item number two. On the topic of teacher wellbeing, there's a funny story. So here at the co-op, that we work with, the director of the co-op said that he wanted me to talk to a group of people about self-care, about teacher wellbeing. And I wasn't able to make it, I was already booked to go somewhere else. And so I gave him the slides and I said, "You can do this." And he looked at the slides and said, "I can't do this."

Stacy Moore:

Not like you.

Nicole Fairchild:

So we made a video, it's a 20 minute video about teacher self-care, and it is available in the... What do they call it? The...

Stacy Moore:

Sandbox.

Nicole Fairchild:

ADE sandbox?

Stacy Moore:

Mm-hmm (affirmative)

Betsy Kindall:

Actually, I also think it's on our Facebook page.

Nicole Fairchild:

It is. It is on our Facebook page. And so it's shareable, it has some graphic resources, it asks educators to just focus on one aspect of self-care for this school year. And so it's available to you. It's right there, you could share it with your staff, and it's already packaged up and ready to go for you. So we want you to know that that's out there. Item number three.

Betsy Kindall:

We're checking them off.

Nicole Fairchild:

Yes, we are. Is paradigm shift. So we partnered with ArkansasIDEAS...

Stacy Moore:

And AETN.

Nicole Fairchild:

And AETN. To create a self-guided... How would this be described?

Betsy Kindall:

Most of the educators in the state of Arkansas know about ArkansasIDEAS. And so, this is really a module that you can access and get PD credit for... For most of you that have used ArkansasIDEAS before, you can print off the certificate, it is part of your portfolio for your professional development. And so, part of that came about in the fact that we were bombarded by training requests and we don't have a large team of people over here to do this work. And many times, we don't have the capacity to travel six hours for a few hour training, to be quite honest. And so, at the same time, the department was also getting some requests around the same topic. And so we just felt like it was a really great opportunity to get this information out there. And I am so excited for you guys to watch it, because I think they did a fantastic job of producing and editing it and really just putting it together in a really nice package, like you mentioned. But you can access that, it's on Trauma-Informed Care. It covers adverse childhood experiences.

Nicole Fairchild:

And it really is just about shifting your lens, so it is about a paradigm shift, that's the title you could search for it with. And we were able to interview educators and administrators at some of our pilot schools. So you hear their perspective, it's not just us talking as "experts", but you're also hearing from people that are in the classrooms day in and day out. And so it's a really great resource. We've had some wonderful feedback and we do want you to know that it's available to you. You can have that right at your fingertips as well.

Betsy Kindall:

If you're out there and you're thinking, "Okay, I need the Trauma-Informed practices training or Trauma-Informed Care" or "I really want the training on adverse childhood experiences" this is a really good place to start, to be quite frank. Even before you reach out to us or another national speaker, this is a really good place to start, not just for yourself, but for really your entire staff, through ArkansasIDEAS. And like you said, you can just search paradigm shift and to be able to find it.

Nicole Fairchild:

And do I have an item number four?

Betsy Kindall:

I don't know.

Nicole Fairchild:

Well, I guess I will say this. Item number four is Youth Mental Health First Aid. This is something that we've continued to come back to and talk about because it is one of our primary grant goals, is to make sure that we have more and more people trained and ready and prepared to respond. So Youth Mental Health First Aid is for adults that are serving students ages 12 to 18. And we do have trainers at every co-op. We've said this before, but we do also have virtual offerings happening now and so you can reach out to us. If your district or your co-op needs a training, please contact your co-op, primarily, first. But we have more and more availability for that, more and more people taking advantage of it. And we are excited to see that growth happening.

Betsy Kindall:

Absolutely. And if you're really just not sure that that's for you or not, I can assure you that it probably is. But they also have a website that you can just google mental health first aid, check out what it's about. There's a ton of videos on there that shows what it covers because it too is a really good first step. It's not a be all end all in mean, former fashion, but I do think it's a really great first step to start educating your staff about the mental health needs of their students and also for themselves.

Nicole Fairchild:

Okay, that's a lot of resources. Did we fill your brains up?

Betsy Kindall:

But you guys, if you don't already, check out our Arkansas AWARE webpage through ADE, you can just google Arkansas AWARE, Arkansas Department of Education, it'll pop up. We also have a Facebook page that you can search Arkansas AWARE. And we probably need to interview Beth, but we have a brand new School-Based Mental Health coordinator at ADE, her name is Beth Mathis. And Beth has a listserv with some really great information and a ton of resources. So if you are a School-Based Mental Health coordinator out there, and you're listening, reach out via email to me, and I'll connect you with Beth to get on that listserv. But there's a ton of resources that she offers for our mental health coordinators and just in general. But if you're a school district listening, and you're thinking you need some assistance around mental health services or programming, Beth would be the person to go to. So just reach out and we can connect you to her. She's an amazing resource and she's done some really great things in that role.

Nicole Fairchild:

Well, Stacy, you haven't said a word. What do you think?

Stacy Moore:

I'm just taking it all in. That's a lot of resources and different things that are out there. And so with Youth Mental Health First Aid, I'm just thinking of, yeah, it's a good intro to some of the diagnoses, some of the mental categories, that you may have heard before. But it's also, like Betsy said, it's a great first step, just as far as, basic everyday skills on how do I start those hard conversations? I mean, that's what I really take away from that course is, just how do we communicate with our youth to show that we care and to

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show that we're concerned. And it's got a great outline and I've used it with my kids. And honestly, I have much more success when I do it that way than when I do it the way I would've done it.

Stacy Moore:

So, great resources, things that are... As an educator, I even went back on and did the IDEAS, and so, self-paced, you can do that one. If you want to go to a training, you do the Youth Mental Health First Aid. There're just lots of options out there.

Nicole Fairchild:

There are. So, if you need a recap, check out our Facebook page, we'll have a post that drops the day this podcast drops. That will have some of those phone numbers and information on there. So go there if you're panicked right now and driving, that way we want you to know we'll have the resources handy for you on Facebook. All right, we'll see you next week.