



## Delaware County Intermediate Unit

# Mental Health Services

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### **DCIU Trauma Informed Educator Series**

DCIU offers several on-site and virtual training and consultation opportunities that are tailored for the specific needs of a school/group. Included in this series are trainings on chronic trauma, parent training opportunities, suicide prevention, and more.

### **DCIU Crisis & Response Team**

This highly qualified team provides assistance in crisis-intervention services as well as trainings for postvention activities. Services include administrative support and guidance, trauma and grief education, individual and/or group crisis intervention, management of media, identification of at-risk students, support of existing school crisis teams, and tailored or individual support as requested.

### **Guidance & Counseling**

As part of Pennsylvania Act 89, DCIU provides certified school guidance counselors to work with children, parents, and school personnel in nonpublic schools. Counselors are available upon request and provide different services based on elementary level schooling and secondary schooling.

### **Youth Mental Health First Aid (YMHFA)**

This course is designed to teach parents, caregivers, teachers, and school staff, how to help an adolescent (age 12 -18) who is experiencing a mental health/addiction challenge or is in crisis. The course introduces common mental health challenges for youth, reviews typical adolescent development, teaches a 5-step action plan for how to help young people in both crisis and non-crisis situations, and much more.

### **Mental Health Professionals PLC**

This professional learning community is intended for staff to collectively prepare, organize, and understand their "new" needs. This PLC meets 4 times per year and each meeting is approximately 3 hours. Topics are relevant to the scope and practice for mental health professionals for the upcoming school year.

### **Suicide Prevention and Intervention**

QPR (Question, Persuade, Refer) is a method used to reduce suicidal behaviors and save lives by providing innovative, practical and proven suicide prevention training. After completion of this training course participants will be able to recognize the warning signs of suicide, know how to offer hope, and know how to get help and save a life.

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*For more information, contact Tracey Wise at [twise@dciu.org](mailto:twise@dciu.org)*

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