

Mental Health Trainings

Per NC State Board Of Education Policy [SHLT-003](#), all school employees must complete at least 6 hours of mental health training within the first 6 months of employment. Each employee must have training in the following areas: youth mental health, suicide prevention, substance abuse, teenage dating violence, and child abuse prevention. Below are **5 trainings** totaling 6 hours **to be completed by February 2022**. **Please make sure to save each Certificate, as they will be required for licensure.**

Youth Mental Health Training

Training #1: Let's Talk About Mental Health (1 hour)

- a. Training provided by Cindy Gittens, Regional Mental Health Specialist
- b. Keep the certificate provided for your records. If you cannot find it or was never given a certificate, reach out directly to Cindy (cindygittenslcsw@gmail.com).

Suicide Prevention Training

Training #2: Making Educators Partners in Youth Suicide Prevention: Act on FACTS (60 min) National Version (1 hour)

- a. Click the following link: <https://sptsuniversity.org/>
- b. Register (login and password)
- c. Login with your username and password
- d. Under "Making Educators Partners in Youth Suicide Prevention," choose the training titled "**Making Educators Partners in Youth Suicide Prevention: Act on FACTS (60 min) National Version**"
- e. Complete training and evaluation
- f. Keep the Certificate for your records

Substance Abuse

Training #3: Informing Prevention: The Effects of Drug Use on Adolescent Brain Development (Part 5 of 6) (1 hour)

- a. Click the following link: <https://healthknowledge.org/course/index.php?categoryid=98>
- b. Create an account
- c. Login with your username and password
- d. In the Search Courses box, type **Informing Prevention: The Effects of Drug Use on Adolescent Brain Development**
- e. Complete training, survey, and quiz
- f. Keep the Certificate for your records

Teenage Dating Violence

Training #4: Dating Matters: Understanding Teen Dating Violence Prevention Training For Educators (1 hour)

- g. Click the following link: <https://vetoviolence.cdc.gov/apps/datingmatters/>
- h. Click "Launch Training"
- i. Once the training is complete, click <https://tceols.cdc.gov/Home/Steps> and follow steps to complete evaluation and post-test
- j. Keep the Certificate for your records

Child Abuse & Neglect

Training #5: Recognizing and Responding to Suspicions of Child Maltreatment (2 hours)

- a. Click the following link: <https://preventchildabusenc-lms.org/registration/>
- b. Complete User Registration
- c. Login with your username and password
- d. Click the Available Courses tab
- e. Choose the training titled "**Recognizing and Responding to Suspicions of Child Maltreatment**"
- f. Complete the training and quiz
- g. Keep the Certificate for your records