

**Act 44 Grant Part A**

Board Discussion November 7, 2018

	<b>Program</b>	<b>Implementation/Training Cost</b>	<b>Totals</b>
Youth Mental Health First Aid	<p>Training for those that regularly work with adolescence on how to help an adolescent (age 12-18) who is experiencing a mental health or addictions challenge or is in crisis. Topics covered include anxiety, depression, substance use, disorders in which psychosis may occur, disruptive behavior disorders (including AD/HD), and eating disorders.</p> <p><a href="https://www.mentalhealthfirstaid.org/take-a-course/course-types/youth/">https://www.mentalhealthfirstaid.org/take-a-course/course-types/youth/</a></p>	\$2,000/instructor (reduced fee applicable \$1850) - as trained trainers	2 trainers = \$3700
Trauma Informed Training	<p>Being trauma informed includes an awareness of the prevalence of trauma, an understanding of the impact of trauma on physical, emotional and mental health as well as on behaviors, and an understanding the current survey systems can retraumatize individuals.</p>	<p>2 groups of 75 (one elementary, one secondary) for a two-hour training for each, one AM, one PM, on the same day (Cost: \$2,500).</p> <p>On a different day, the same participants would participate in Trauma 102 training, again at a cost of \$2,500.</p> <p>For the elementary staff, we would provide NeuroLogic training, a 4 hour program centered on brain basics and intro to trauma, as well as best practices for the trauma informed classroom. The cost is \$4,000 for this training.</p>	\$9,250

Link Crew	<p><b>Link Crew</b> is a high school transition program that welcomes freshmen and makes them feel comfortable throughout the first year of their high school experience.</p> <p><a href="http://www.boomerangproject.com/link/what-link-crew">http://www.boomerangproject.com/link/what-link-crew</a></p>	Implement as part of the Freshman Connections program at PHS - \$6,840	\$4,590 training \$2,250 supplies
Life Skills at PHS	<p>The <i>LifeSkills Training</i> High School program is an integrated approach that helps to develop personal, interpersonal, and drug resistance skills. The curriculum is designed to strengthen student abilities in the following areas: Personal Self-Management Skills, Making Healthy Decisions, General Social Skills, Communication Skills, Drug Resistance Skills and Influences of media.</p>	<p>Cost for teacher guides/student guides (5) \$1325</p> <p>Train the Trainer (2) \$2140</p>	<p>Train the Trainer (2) \$2140</p> <p>Teacher/Student Kits (6 sets) \$1570</p>
Dr. Dahlsgaard Coping with Anxiety	<p>Dr. Dahlsgaard is Clinical Director of the Anxiety Behaviors Clinic and the Picky Eaters Clinic. She is board certified by the American Board of Professional Psychology with a specialization in behavioral and cognitive psychology. She specializes in the evaluation and treatment of children, adolescents and young adults with anxiety disorders, particularly selective mutism, social anxiety disorder, obsessive-compulsive disorder, phobias, panic disorders, and generalized fears.</p> <p><a href="https://www.chop.edu/doctors/dahlsgaard-katherine">https://www.chop.edu/doctors/dahlsgaard-katherine</a></p>	\$500/hour - student/parent and teacher workshops available	3 hours at \$1500

**Total = \$25,000**