Psychology: Child and School Psychology

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Handbook of School-Based Mental Health Promotion

An Evidence-Informed Framework for Implementation

- Examines connections between student mental health and academic outcomes
- Explores how schools can effectively deliver mental health services to all students
- Identifies key themes for mental health promotion
- Describes programs and services that target specific child and youth emotional and behavioral health needs
- Addresses the implementation of evidence-based programs, detailing how to take them from testing and experimental stages to actual use within classrooms

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Handbook for School-Based Mental Health Promotion An Evidence-Informed Framework for Implementation

Alan W. Leschied, Donald H. Saklofske, and Gordon L. Flett, Editors

This handbook provides a comprehensive overview to implementing effective evidence-based mental health promotion in schools. It addresses issues surrounding the increasing demands on school psychologists and educational and mental health professionals to support and provide improved student well-being, learning, and academic outcomes. The volume explores factors outside the traditional framework of learning that are important in maximizing educational outcomes as well as how students learn to cope with emotional challenges that confront them both during their school years and across the lifespan. Chapters offer robust examples of successful programs and interventions, addressing a range of student issues, including depression, self-harm, social anxiety, high-achiever anxiety, and hidden distress. In addition, chapters explore ways in which mental health and education professionals can implement evidence-informed programs, from the testing and experimental stages to actual use within schools and classrooms. Topics featured in this handbook include: · A Canadian perspective to mental health literacy and teacher preparation.

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