



Healthcare workers and  
Educators Addressing  
and Reducing Trauma

**HEART**  
COLLECTIVE

## WAYS TO ENGAGE

With a deepened awareness of the trauma, we should all be working to support healing, resilience, and recovery for all, with a particular emphasis on supporting at-risk youth and their families, as well as, school staff who are suffering from burnout and fatigue.

**01**

**Get educated  
and spread  
the word**

about the urgency  
and importance of  
school-based mental  
health supports.

**02**

**Engage and listen  
to stakeholders**

as you plan for collaborations  
that support the mental health  
and well-being of your school  
community.

**03**

**Vision, plan,  
and monitor**  
the implementation  
of compassionate  
school practices.

**04**

**Promote hope**

and fill your toolkit with a  
cohesive strategies and  
practices that works together  
to reduce and respond  
compassionately to trauma.

**We envision effective collaborations between schools and other entities to create compassionate school communities that provide a sense of safety, support student and staff mental health, and cultivate a culture of joy that drives engagement, meaningful relationships, and positive connections in the school community.**



# NEXT STEPS

## **How do you start? Take HEART, we've got you covered!**

Everyone in the school building can help to create and sustain a compassionate school community that fosters respect, promotes equity, and improves the resilience of students and staff so that they can lead more productive and healthier lives.



### **01. Teamwork Makes the Dream Work**

Collaborations can create a prevention to early intervention treatment continuum that supports holistic services.



### **02. Listen to and Engage all Stakeholders**

Everyone in your school community needs to have a seat at the table when schools/districts are considering ways to build and sustain a compassionate school community—students, families, staff, and community partners.



### **03. Jumpstart Your Advocacy Efforts**

Advocate for policies in districts and schools that support inclusion and the implementation of effective social, emotional, and behavioral health practices.

**Thank you for supporting our Take HEART Public Awareness Campaign. We hope the efforts you made as a part of our awareness activities sparked your interest and intent around building or enhancing collaborations that support school-based mental health.**