



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.