TRAILS Timeline

2013
TRAILS model trialed in 3 schools involving 6 mental health professionals and 24 students

2014
Based on success of initial trial, TRAILS expands to 9 schools involving 18 mental health professionals and 108 students

2015
Continued growth: 24 schools, 61 mental health professionals, 275 students

2016-2017
Recruitment of mental health providers & development of statewide coaching infrastructure

2016-2018
Regional coach training provided to MHPs throughout Michigan

2017-2018
Recruitment of schools to TRAILS clinical trial *(5-year study)*

Assignment of coaches to each participating school

2018-2023
CBT & mindfulness training for participating school professionals

Coaching delivered to schools by trained coaches

Data collected & summarized