

Introducing Our Social and Emotional Learning **Mental Health** Strand for Adult Learners

Empower your educators to create supportive learning environments that make your students feel welcome and safe with this new addition to the Rethink Ed Social and Emotional Learning PD curriculum.

Bullying Prevention

This module provides strategies on how to prevent bullying, as well as how to recognize bullying when it happens and respond to it effectively. It also identifies the social and emotional skills needed by each of the parties involved in the bullying incident – the bully, the target and the bystander.

Suicide Prevention

This module looks at the risk factors to suicide and ways to prevent suicidal behavior. It looks at common misconceptions about suicide as well as how to recognize the warning signs to suicide and effectively respond to someone who may be showing those signs.

Anxiety

This module provides a description of the different types of anxiety disorders, their general symptoms and how to spot and support someone who may have an anxiety disorder. It also looks at the social emotional skills that can help prevent and decrease anxiety.

Depression

This module provides an understanding of what depression is, how to spot the warning signs and support someone who may have depression. It also looks at the social emotional skills that can help prevent and decrease depression.

OUR MENTAL HEALTH EXPERTS



MONA POTTER, MD

Mona Potter, MD, is medical director of McLean's Child and Adolescent Outpatient Services including the McLean Anxiety Mastery Program, School Consultation Service, and Adolescent DBT Outpatient Service. Dr. Potter has particular interest in the treatment of pediatric anxiety disorders, OCD, mood disorders, and borderline personality disorder, with a focus on collaboration with schools. Prior to her current role, she served as the medical director for the 3East Cambridge Residence and The Landing at McLean Hospital®.



BLAISE AGUIRRE, MD

Blaise Aguirre, MD, is a child and adolescent psychiatrist. He is the founding medical director of 3East continuum of care, an array of programs for teens which use DBT to target self-endangering behaviors as well as the symptoms of borderline personality disorder (BPD) traits. Dr. Aguirre has been a staff psychiatrist at McLean Hospital since 2000 and is nationally and internationally recognized for his extensive work in the treatment of mood and personality disorders in adolescents. He lectures regularly throughout the world.