

A Back-to-School Checklist for School and Mental Health Professionals

Thank you for all you do for our young people! Here are some ways to head into fall with the resources you need to support your clients or students—and yourself.



Learn the signs that a client or student needs additional support.

Mental healthcare providers can watch and listen for these behaviors, which may indicate that a client needs outpatient or residential treatment:

- A breakdown in school performance
- Lack of interest in activities and friends they previously enjoyed
- Family conflict
- Difficulty sleeping
- Trouble with law enforcement
- Increased use of drugs or alcohol
- Disordered eating patterns
- Anger-management issues
- Talking about feeling hopeless or suicidal
- Withdrawal and self-isolation

School professionals can watch for these signs in students:

- Inappropriate or aggressive behavior in class
- Not participating in class discussions
- Changes in personal hygiene
- Seeming tired all the time
- Repeated absences
- Inability to concentrate
- Not handing in or doing poorly on assignments
- Focusing on suicidal thoughts or other troubling content in classwork



Provide young people and families with mental health resources.

We've created a handout with information on crisis hotlines, emergency support, and mental health resources. Feel free to share them with students, clients, and families.

- [Download our resource sheet.](#)



Grow your knowledge and skillset through continuing education.

PrairieCare Education Series (PES) is a monthly educational webinar open to the public and external clinicians to provide attendees with information primarily related to psychiatric issues in adults, children and adolescents. The topics chosen are those related to issues and diagnoses that are frequently treated through PrairieCare's programs, as well as topics gathered by our participants and community.

- [Find out about our upcoming PrairieCare Education Series courses.](#)



Avoid burnout by building self-compassion.

Research shows that self-compassion is a powerful factor in alleviating stress and keeping burnout at bay. Try this self-compassion practice using supportive touch:

1. When you notice you're under stress, take two or three deep, full breaths.
2. Gently place your hand over your heart, feeling the gentle pressure and warmth of your hand. If you wish, place both hands on your chest.
3. Feel the touch of your hand on your chest. You can make small circles with your hand on your chest.
4. Feel the natural rising and falling of your chest as you breathe in and out.
5. Linger with the feeling and really take it in.

[Download our resilience toolkit](#), with more practices like this for teens, young adults, and parents/professionals.



Connect with PrairieCare's Assessment and Intake Department (AID).

Starting with just one phone call, our AID Team can provide support in the following ways:

For Patients

- The first point of contact for new and current patients.
- Help navigate a care plan, treatment level, and any questions along the way.

For Parents and Caregivers

- Maneuver the journey with families and caregivers as their loved one receives treatment.
- Work with families to ensure their voices are heard and their concerns or questions are answered.

For Healthcare Providers

- Provide a no cost mental health screening via phone to anyone seeking psychiatric services.
- An avenue to refer patients to the appropriate program or service.



PrairieCare

A Division of Newport Healthcare

About PrairieCare

At PrairieCare we believe that mental illness is real, common, and treatable. Our programs and services span the full continuum of care, knowing that each patient has their own unique experiences, stages in life, and set of needs. Whether a patient needs perinatal psychiatric care or managing anxiety in school, our clinicians are accredited and trained to help. We support patients during their time with us and create sustainable outcomes for them to reach their goals.



Contact us today at prairie-care.com or 952-826-8475.