



Student Mental Health & Wellness: Professional Development Certificate Program

Educators feel overtaxed and unequipped to handle the mental health challenges youth face. PEAR's certificate program features up-to-date research on youth mental health from experts at Harvard and McLean Hospital, where PEAR began.

This is a 8-hour professional development series with a certificate in Student Mental Health & Wellness issued upon completion. PEAR can work with your district to qualify this series for professional development points (PDP). This program can be run alongside the Educator Wellness Program for School Leaders for a whole school approach to building systems of wellness.

Book your PD now:
<https://bit.ly/PEAR-training>

1 Who is this program for?

Educators interested in assessing student wellness, understanding youth mental health needs, and building systems of wellness within your school.

2 What will participants learn?

- How to assess youth wellness
- How to support youth without being a licensed clinician or counselor
- How to redesign your systems to expand wellness in their schools

3 What topics are covered?

1. Understanding the Moment from a Mental Health Perspective
2. How Do We Know What Youth are Going Through?
3. Assessing Youth Wellness
4. A New Vision of the Three Tiers

4 What does the program cost?

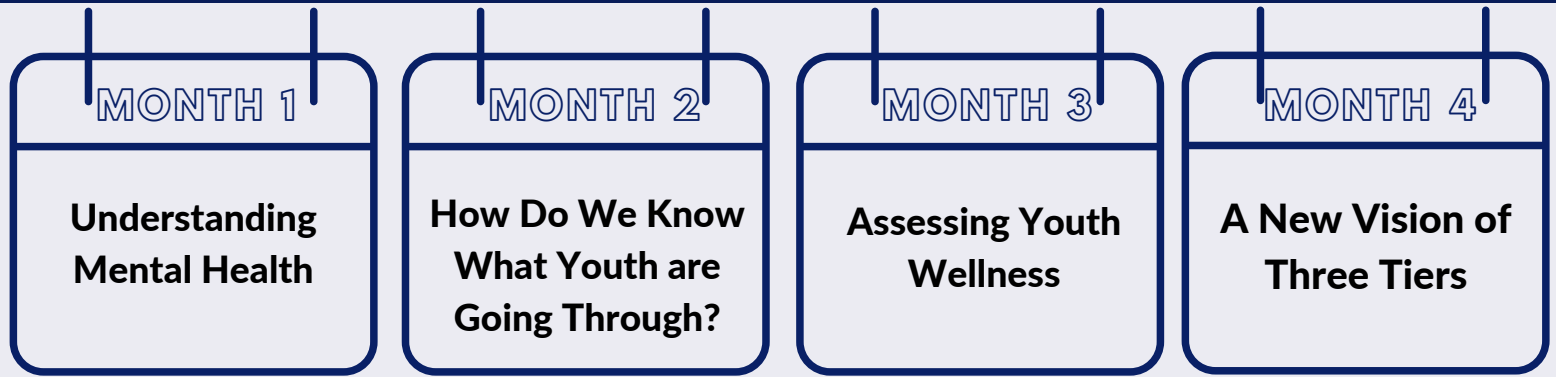
- **Groups <10:** \$325 per person
- **Groups 10-50:** \$8,000 (\$2,000 per session)
- *Contact PEAR for larger group and whole school/program pricing and discounts.*



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Sample

PD CALENDAR



The PEAR team will work with you to determine the optimal schedule and delivery format for this professional development series to meet your school or program's needs.

SESSION	LEARNING OBJECTIVES
Understanding Mental Health	<ul style="list-style-type: none">• Develop a shared language and approach to discussing the pandemic's impact• Use a social-emotional framework to understand mental health challenges youth and educators are facing• Create a chart of ways to center their own wellness and translate that into their schools/programs
How Do We Know What Youth are Going Through?	<ul style="list-style-type: none">• Identify the "look-fors" regarding mental health and wellbeing• Implement strategies for identifying youth mental health concerns• Learn the role of educators in identifying & supporting youth mental health needs
Assessing Youth Wellness	<ul style="list-style-type: none">• Map your systems, structures, and strategies that support youth wellness
A New Vision of Three Tiers	<ul style="list-style-type: none">• Organize response to youth mental health needs by the three tiers• Use a social-emotional frame to understand youth and adult mental health needs• Create a plan to address mental health needs in their school or program



To earn your certificate in Student Mental Health and Wellness, visit: <https://bit.ly/PEAR-training>