# **EXAMPLES OF**

## PREVENTION & EARLY INTERVENTION SERVICES

# Lifeguard Initiative

The Stanislaus County Office of Education provides a whole health resiliency training where students can identify core values and create growth goals. Students check in daily using a website or phone app to gauge their well-being.

# Nurse Family Partnerships

A free program that connects first time mothers to nurses to help them learn about parenting and child development in order to promote healthy families.

## Mental Health Screenings

Mental Health America offers a collection of mental health screenings parents, caregivers or young people themselves can take to assess their mental health. They also offer guidance on implementing these screenings in schools.

# Walk in our Shoes

A free digital resource provided by Each Mind Matters offering interactive resources to educate students about mental health and provides a facilitation guide for teachers to start conversations around mental health.

# **Preventive Educational Intervention For Mental Health**

**Katrin Zwirglmaier** 

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