

## Referral for Treatment

The Massachusetts Child Psychiatry Access Project (MCPAP) is available to every pediatrician in Massachusetts to provide treatment consulting and referral suggestions.



[www.MCPAP.org](http://www.MCPAP.org)

MCPAP is also available to all school nurses in MCPAP's SouthEast region.

Also see *MSPP INTERFACE Referral Service:*

[www.MSPPinterface.org](http://www.MSPPinterface.org)

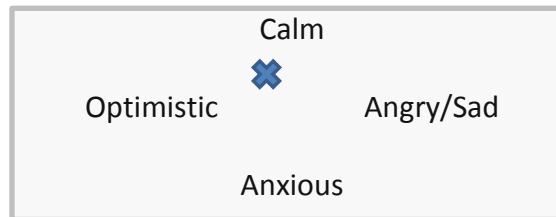
For help implementing these resources, contact:  
Adolescent Wellness, Inc.

[www.AdolescentWellness.org](http://www.AdolescentWellness.org)

(781) 727-8617

BobAnthony@AdolescentWellness.org

## Coping skills to navigate the mood matrix



The *National Strategy for Suicide Prevention* identifies coping and problem solving skills as protective factors. After one hour learning these skills, teens said:

***"I used to think..."***

*...there wasn't an easy way to solve worrying problems /organize thoughts when worrying."*

***"Now I think..."***

*...making a plan is easy and helps organize thoughts."*

*...trying to help people not to worry was pretty hard and there were no good ways to help."*

*...there are many ways to help people not to worry and they are so easy to teach people and tell them about."*

Also see *Collaborative for Academic, Social, and Emotional Learning (CASEL):*

[www.CASEL.org](http://www.CASEL.org)



## Assistant Principals Committee

October 30, 2014

The best way to prevent suicide is to prevent depression. Massachusetts has 1.4 million kids; 104,608 will experience depression if we do nothing differently.

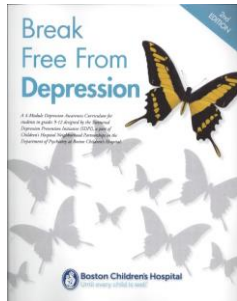
22 healthy kids accessing better coping skills prevents 1 case of depression. Here are coping activities for kids to learn and exercise.

*"The number needed to treat to prevent one case of depressive disorder was 22"*  
~Am J Psychiatry 2008; 165:1272–1280

Article download (note letter case):  
<http://goo.gl/7bVNoY>

## Resources for High School

*Break Free From Depression*  
~Boston Children's Hospital, 2013



<http://goo.gl/GlIfWz>

Chapter 3 - Four Module Curriculum  
Chapter 4 - Supplementary Activities  
for Building Coping Skills

*Interact* trains teens who then mentor  
youth groups and peers:  
[www.adolescentwellness.org/Rotary](http://www.adolescentwellness.org/Rotary)

*Signs of Suicide (SOS):*  
[www.mentalhealthscreening.org](http://www.mentalhealthscreening.org)

*Adolescent Depression Awareness Program:*  
<http://goo.gl/iGN7On>

## Resources for Middle School

*RULER*  
[www.ei.yale.edu/ruler](http://www.ei.yale.edu/ruler)

*Growth Mindset*  
[www.mindsetworks.com](http://www.mindsetworks.com)

*Virtual Wellness Center*  
[www.MSPP.whyville.net](http://www.MSPP.whyville.net)

“The transition from middle school to high school was an overwhelming experience for me due to the increase in schoolwork and the immersion into a new environment.

After learning effective techniques for dealing with stress in these workshops, I decided to become a peer leader for this organization, for I wanted to pass on these coping mechanisms to other teens.”

### Also for Middle School

*Break Free From Depression*  
Chapter 4 - Supplementary Activities  
for Building Coping Skills  
Download at <http://goo.gl/c1aeSI>

## Resources for Elementary; pre-K

*Virtual Wellness Center:*  
[www.MSPP.Whyville.net](http://www.MSPP.Whyville.net)



### Also for Elementary grades

*Open Circle:* [www.open-circle.org](http://www.open-circle.org)

*RULER:* [www.ei.yale.edu/ruler](http://www.ei.yale.edu/ruler)

*Growth Mindset:* [www.mindsetworks.com](http://www.mindsetworks.com)

Self-regulation textbook: <http://goo.gl/jEcFnF>

### Resources for New Parents & pre-K

*CSEFEL:* <http://csefel.vanderbilt.edu>

*IF:* [www.IfYouCan.org](http://www.IfYouCan.org)

New parent workshops:  
[www.mspp.edu/community/freedman-center](http://www.mspp.edu/community/freedman-center)