



PROJECT AWARE

Quick Guide for School Year 2025 - 2026

Project AWARE PA advances wellness and resiliency in education by increasing mental health awareness and prevention/intervention supports in schools. Here is our Quick Guide for the 2025 - 2026 school year!

Visit Us!	Register for a DBT in Schools Training	Use Project AWARE PA Findhelp
<p>Visit our Project AWARE website frequently for announcements about training, special events, tools, resources and more!</p> <p>Project AWARE Flyer</p>	<p>This two-day training in September provides an overview of how Dialectical Behavior Therapy (DBT) can be provided within the school environment.</p>  <p>Register here.</p>	<p>Use our Project AWARE PA Findhelp tool to locate counseling, behavioral health supports, and other mental health resources.</p> <p>Create your Findhelp Account</p> <p>Contact phogan@mciu.org for direct access and training.</p>
Get into Aavidum	Host a QPR Training	Teach Mental Health Curriculum
<p>Aavidum empowers youth to have important conversations about mental health. Visit Aavidum's website to learn about their programs, start a club, and get Advisor support.</p> <p>**New for 2025: Little Aavidum for elementary schools!</p> 	<p>QPR (Question. Persuade. Refer.) Training prepares individuals to recognize and respond to warning signs of suicide.</p> <p>The Suicide Prevention Coalition (SPC) of Lehigh County offers trainings by request.</p> <p>Schedule a training here.</p>	<p>Use our collection of free mental health curriculum, available to help educators teach about mental health in the classroom:</p>  <ul style="list-style-type: none"> • Classroom WISE • Erika's Lighthouse • Signs of Suicide (SOS)
Become Familiar with Your Schools's Suicide Prevention Policies	Take the SHAPE Assessment	Schedule a Meeting with Us!
<p>Act 71 requires every school district in PA to adopt policies and procedures for suicide prevention. Find out more about your school's policies and share your knowledge with other staff.</p>	<p>SHAPE is a free assessment tool designed to provide an understanding of school readiness to support students' mental health needs. Learn more here.</p> <p>SHAPE Informational Flyer</p>	<p>We want to hear from you! Let us know mental health is promoted in your schools, and how Project AWARE can help your efforts!</p>  <p>Kim Townsend: townsendk@cliu.org Jason Savenelli: savenellij@cliu.org</p>