

The MHTTC School Mental Health Best Practices webinar [Always and Now: 8 Part Learning Series](#) provides an overview of the [National School Mental Health Best Practices](#) as well as the definition and core features of comprehensive school mental health. Alignment between the Curriculum and the School Mental Health Quality Assessment in the SHAPE System is described, as well as district successes with advancing school mental health systems.

Kognito

[Kognito](#) offers research-proven training simulations designed to prepare teachers, administrators and any school staff that has contact with students to recognize when a student is exhibiting signs of psychological distress, and manage a conversation with the student with the goal of connecting them with the appropriate support.

Participants will engage in practice conversations with three emotionally responsive student avatars that exhibit signs of psychological distress, including thoughts of suicide. With the help of virtual coaches, participants learn: effective conversation strategies for broaching the topic of psychological distress, motivating the student to seek help, and avoiding pitfalls, such as attempting diagnose the problem or giving unwarranted advice.

Any school staff can access Kognito's free suite of online mental health training for educators including [At Risk, Friend 2 Friend](#), and more. [Register for Kognito](#).

Additional Resources for Restorative Practices

MDE Restorative Practices Guidance

MDE has developed Restorative Practices Implementation Guidance to provide school districts and schools with guidance and resources to help them integrate restorative practices into school wide climate, discipline, equity, and teaching and learning practices. Guidance includes an overview of [Restorative Practices](#), [Restorative Planning Guide for Implementation for Districts, Schools, Individuals](#), and [Restorative Principles and Practices materials and resources](#).