



## Typical or Troubled?®

### MENTAL HEALTH GUIDANCE FOR EDUCATIONAL STAFF

An APAF National Program Building Partnerships with Local Schools

Mental health problems in students are real, may be painful and, if left untreated, can have serious, life changing consequences. Early recognition, intervention, and treatment of mental disorders make a positive and lasting difference in an adolescent's life.

For more than 10 years the Typical or Troubled® Mental Health Professional Development Program has equipped teachers, coaches and school personnel with both the knowledge needed to recognize the warning signs of mental health problems and the skills to refer students to appropriate mental health care.

**20%** of students experience a mental health condition in a given year.

Without treatment, students are at an increased risk of **school failure**, involvement in the **criminal justice system** and **suicide**.

The "Typical or Troubled®" Mental Health Professional Development Program Trains Staff to NOTICE.TALK.ACT.™

#### NOTICE

Early warning signs of mental health concerns.



#### TALK

with students about their mental health.



#### ACT

to connect or refer students to proper treatment.

### PROGRAM COMPONENTS

Tools and resources to take action

#### E-Learning Module



#### In-Person Skill Based Training



#### Evaluation



#### Physical Workbook



#### Online Database of Resources

