



# A Back-to-School Checklist for School and Mental Health Professionals

Thank you for all you do for our young people! Here are some ways to head into fall with the resources you need to support your clients or students—and yourself.



## Learn the signs that a client or student needs additional support.

Mental healthcare providers can watch and listen for these behaviors, which may indicate that a client needs outpatient or residential treatment:

- A breakdown in school performance
- Lack of interest in activities and friends they previously enjoyed
- Family conflict
- Difficulty sleeping
- Trouble with law enforcement
- Increased use of drugs or alcohol
- Disordered eating patterns
- Anger-management issues
- Talking about feeling hopeless or suicidal
- Withdrawal and self-isolation

School professionals can watch for these signs in students:

- Inappropriate or aggressive behavior in class
- Not participating in class discussions
- Changes in personal hygiene
- Seeming tired all the time
- Repeated absences
- Inability to concentrate
- Not handing in or doing poorly on assignments
- Focusing on suicidal thoughts or other troubling content in classwork



## Provide young people and families with mental health resources.

We've created handouts with information on how to access crisis hotlines, emergency support, and mental health resources. Feel free to share them with students, clients, and families.

- [Download our one-sheet for teens and families.](#)
- [Download our one-sheet for young adults.](#)

Contact us today at [NewportHealthcare.com](https://NewportHealthcare.com) or 866-680-5018



## **Grow your knowledge and skillset through continuing education.**

Newport Healthcare offers ongoing education through national and regional CE events with our expert clinical leadership, at no charge. Presented both online and in person, these interactive workshops and trainings cover the most pressing topics in the industry, including school refusal, childhood psychiatric disorders, providing support for LGBTQ youth, and much more.

➤ [See all events and register.](#)



## **Avoid burnout by building self-compassion.**

Research shows that self-compassion is a powerful factor in alleviating stress and keeping burnout at bay. Try this self-compassion practice using supportive touch:

1. When you notice you're under stress, take two or three deep, full breaths.
2. Gently place your hand over your heart, feeling the gentle pressure and warmth of your hand.
3. Feel the touch of your hand on your chest. You can make small circles with your hand on your chest.
4. Feel the natural rising and falling of your chest as you breathe in and out.
5. Linger with the feeling and really take it in.

➤ [Download our resilience toolkit](#), with more practices like this for teens, young adults, and parents/professionals.



## **Connect with Newport Healthcare's National Clinical Outreach Team.**

Here's how your Clinical Outreach Specialist can support you and the young people and families you work with, at no charge:

### **Finding the Right Treatment Option**

- Help identify mental health resources for youth and young adults
- Discuss the appropriate level of care for the specific case

### **Ongoing Assistance**

- Provide support in navigating the insurance verification process
- Serve as a resource for parents and caregivers seeking information

### **Support for Step-Down After Treatment**

- Assist with discharge planning from residential treatment
- Provide referrals for outpatient programs as appropriate

➤ [Learn more about how we can support you.](#)

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