

Subject: MINDBEAT: Building Acceptance & Awareness in April

From: Effective School Solutions <rosemanm@effectiveschoolsolutions.com>

Date: 4/22/2025, 1:15 PM

To: macmillank@mokena159.org

To view this email as a web page, [click here](#)



[ABOUT US](#)

[CONTACT](#)

[CONTENT](#)



April 22, 2025

BUILDING ACCEPTANCE & AWARENESS IN APRIL

April brings an important opportunity to come together and raise awareness for Autism Acceptance Month, Alcohol Awareness Month, and Stress Awareness Month. Each of these observances highlights unique challenges that impact individuals, families, caregivers, and communities, while sharing a common thread of promoting understanding, support, and mental well-being. By fostering acceptance for those on the autism spectrum, addressing the risks and realities of alcohol use, and recognizing the impact of stress on mental health, we can take meaningful steps toward healthier, more inclusive communities.

Autism Acceptance Month

The MindBeat Podcast: Ensuring Equity of Care in Treating Students with Autism Spectrum Disorder

In this episode, Brian Boyd from UNC Chapel Hill's School of Education and the Frank Porter Graham Child Development Institute joins Duncan and Laine to discuss how schools can improve their treatment of students with autism spectrum disorder, the inter-relationship between ASD and mental health disorders, and more. [Tune in now!](#)



Alcohol Awareness Month

In recognition of Alcohol Awareness Month, our two-part series sheds light on the importance of early intervention, open dialogue, and comprehensive support systems in addressing and preventing alcohol and substance use among adolescents.

[Part One: Substance Use and Abuse in Adolescents](#)

[Part Two: Teenage Substance Use and Abuse](#)



Stress Awareness Month

During Stress Awareness Month, our article [Authentic Teacher Self-Care: No Toxic Positivity Here!](#) serves as a vital reminder of the need for systemic solutions to address teacher burnout and support mental health.



K-12 MENTAL HEALTH ROUNDUP

Keep up with developments in school mental health.

webinar.png

Stress Awareness Month

[Signs of Stress & Coping Mechanisms](#)

info.png

Autism Acceptance Month

[Creating a Sensory Space](#)

Icon

article.png

Alcohol Awareness Month

Teen Mental Health

Friday Night Live PartnershipAddressing Loneliness & Isolation is Crucial

TX.jpg

MAY 6th WEBINAR, 12:00 PM CT**ATTN: Districts in Texas****School Avoidance & MTSS: A Tiered Approach to Supporting Student Attendance**

Explore how districts in Texas can leverage the MTSS framework to address school avoidance before it becomes chronic. Attendees will learn how to strengthen Tier 1 and Tier 2 systems to promote a culture of attendance, recognize early warning signs, and provide timely interventions to keep students engaged. Our May 6th session at noon CT will also highlight what Tier 3 supports can look like when mental health plays a role in school avoidance, along with strategies for aligning resources to meet the needs of all learners.

[Register Today!](#)

NY.jpg

MAY 7th WEBINAR**ATTN: New York Districts!****Enhancing School-Based Mental & Behavioral Health: Introducing Effective School Solutions through Erie 2 BOCES Co-Ser 590.065**

ESS is now an official Erie 2 BOCES service option under Mental and Behavioral Health and is eligible for BOCES aid starting in the 2025-2026 school year! On May 7th, learn how our embedded licensed professionals provide crisis intervention, prevention services, and professional development—while supporting not only students but also families, teachers, and staff. We'll also cover logistics specific to the Co-Ser agreement & reimbursement through New York State.

[Register for the 12:00 PM ET Session](#)[Register for the 3:00 PM ET Session](#)



© 2025 - Effective School Solutions
[Privacy Policy](#)

[Unsubscribe](#)
121 Chanlon Rd, New Providence, NJ 07974