



YOUNG MINDS
MENTES JÓVENES

KINGS COUNTY

SCHOOL-BASED SERVICES

Services for Kindergarten through 12th grade

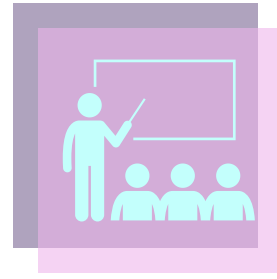


Mindfulness in Schools (K-6th)

Calm Classroom Available Now!

Our staff will implement 3 to 15 minute trauma-sensitive mindful practices to nurture student engagement, focus, well-being, and reduce anxiety.

- Breathing techniques, Focus Strategies and Movement
- Mindful Schools Available April 1st!



Calm Corners (K-6th)

Available Now!

Our staff will provide financial and technical support with establishing calming centers in classrooms with tools for reducing anxiety and strengthening self-regulation.

- Calming strategy cards/posters
- Pillows/blankets
- School appropriate Fidgets

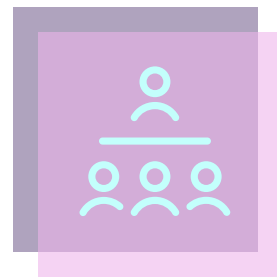


Pro-Social Skill Group Services (K-6th Grade)

Available Now!

Small group or full class lessons tailored for your group to provide pro-social skills such as self regulation, friendship making, how to manage emotions, how to deal with stress and aggression.

- Skillstreaming Lessons (Available Now!)
- Zones of Regulation (Available April 1st)

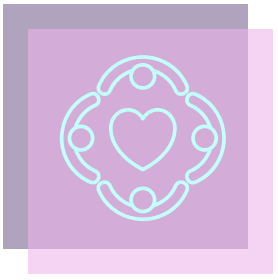


School Wide Assemblies/Events (K-12th)

Available Now!

Engaging assemblies and events that focus on Mindfulness and Resilience to support school wide awareness and wellness.

- Guest speakers with inspiring messages or engaging activities
- Full support provided by our team



WhyTry (7th-12th)

Available Now!

Evidence-based social and emotional learning (SEL) program designed to increase attendance and enhance decision making. Small group services for high-need students.

- Flexible lessons. Choose from 20, 30, or 45 minute sessions group sessions.
- Includes substance use prevention component.



Coping and Support Training (CAST) 9th-12th

Available April 1st!

Evidence-based program designed to provide life skill training and social support in small group formats for high-need youth. Supports increased mood management, improve school performance and decreased drug involvement.

- Flexible lessons from 30-45minute sessions
- Services for high-need youth

ADULT TRAINING & ENGAGEMENT

Services that promote staff wellness, resilience, and sustainable practices



Trauma-Informed Schools Training (Available Now!)

In-service training for school staff that build staff knowledge and awareness of

- The science of ACEs & toxic stress
- Trauma-sensitive strategies to support student well-being and resilience



Mindfulness Training (Available now!)

Financial and technical support with staff training to promote the sustainable mindfulness practices.

- Funding for staff to complete Mindful Schools Training (curriculum/materials included)



Family Engagement Events (Available Now)

Engagement events that promote family and community cohesion. Provided in a flexible model at locations that are suitable for your school and community.

- Outdoor events providing interactive opportunities for families
- Cara y Corazon Family Strengthening Curriculum offered in June 2022



CALIFORNIA HEALTH COLLABORATIVE

Young Minds is a program of the California Health Collaborative, funded by Kings County Behavioral Health.

