

Supporting Mental Health in CTE

TARGET AUDIENCE: Administrative and Supervisory CTE Personnel

DATES/LOCATIONS: January 14, 2025 – Online Synchronous

PIL HOURS TO BE AWARDED: 45

DESCRIPTION:

Mental health issues can affect high school students, including the following: Anxiety Disorders, High levels of stress from academic pressure, Depression, Substance Abuse, Eating Disorders, Attention-Deficit/Hyperactivity Disorder (ADHD), Self-Harm and Suicide.

Remediating mental health issues among high school students requires a comprehensive and multi-faceted approach, including:

- **School-Based Mental Health Services:** Schools should offer accessible and confidential mental health services, including counseling, therapy, and support groups, provided by trained professionals such as school psychologists, counselors, and social workers.
- **Mental Health Education:** Implement comprehensive mental health education programs that teach students about common mental health issues, coping strategies, stress management techniques, and how to seek help for themselves or their peers.
- **Peer Support Programs:** Establish peer support programs or mentorship initiatives where students can connect with and support each other, reducing feelings of isolation and stigma associated with mental illness.
- **Parental and Family Support:** Educate parents and caregivers about mental health issues affecting adolescents and provide resources for supporting their child's mental well-being at home.
- **Promotion of Healthy Coping Mechanisms:** Encourage healthy coping mechanisms such as exercise, mindfulness, relaxation techniques, creative outlets, and hobbies to manage stress and improve emotional resilience.
- **Reducing Academic Pressure:** Work with teachers, administrators, and parents to create a supportive academic environment that emphasizes learning, growth, and well-being over excessive competition and perfectionism.
- **Early Intervention and Screening:** Implement regular mental health screenings and assessments to identify students who may be at risk for mental health issues and provide timely intervention and support.
- **Collaboration with Community Resources:** Partner with community mental health agencies, hospitals, and other organizations to ensure seamless access to mental health services and resources for students in need.
- **Destigmatization Efforts:** Foster a culture of acceptance, understanding, and empathy around mental health issues by promoting open dialogue, challenging stereotypes, and addressing stigma within the school community.
- **Crisis Response Protocols:** Develop clear protocols and procedures for responding to mental health crises, including suicide prevention measures, and ensure that staff members are trained to recognize warning signs and provide appropriate support and intervention.

Participants will learn to address mental health issues among high school students and create a supportive and nurturing environment that promotes overall well-being and academic success.

Administrators will gain skill and evidence for components of the Framework for Leadership in Domains 1a, 1b, 1c, 1d, 2a, 2c, 2d, 2e, 2f, 2g, 3c, 3d, 4a, 4b, 4c.



PENNSYLVANIA
Association of Career & Technical
Administrators

Supporting Mental Health in CTE

January 14, 2025

Registration Form

Name _____

Title _____

Agency/School _____

Address _____

Phone _____

E-mail _____

Check the appropriate fee:

_____ Registration Fee: \$675.00

_____ Institutional Member School Registration Fee: \$605.00

_____ TAP School

Online Registration: Click the appropriate link to register online.

[PACTA Member](#)

[Non-Member](#)

Payment: Mail this form with a check made payable to “PACTA” to the following address.

PACTA

PO Box 243

Harrisburg, PA 17108-0243

(717) 761-3381 • lori@pacareertech.org

NOTE: Participants from PACTA Institutional Member Schools receive a 10% discount. If you are not sure if your school is an institutional member of PACTA, contact Lori Bell at (717) 761-3381 or lori@pacareertech.org.