

## MENTAL HEALTH

Please be advised that you do not have to pay for a training certificate. By thoroughly completing the Wright County study sheet, you will receive credit for your learning.

Resource	Source	Description
<a href="#">Amazing Things Happen</a>	Autism Help	Video
<a href="#">Keeping Families Together</a>	National Alliance on Mental Illness (NAMI)	Guide
<a href="#">Minnesota Mental Health</a>	Supported by Community Adult Mental Health Initiative	This website contains resources and trainings for Benton, Sherburne, Stearns & Wright Counties.
Navigation a Mental Health Crisis <a href="#">1</a> <a href="#">2</a> <a href="#">3</a>	National Alliance on Mental Illness (NAMI)	Resource Guide and Infographic
<a href="#">On-Demand Trainings</a> <a href="#">Traumatic Event Resources</a>	Minnesota Association for Children's Mental Health	Many relevant topics.  Please be advised there is a cost to the trainings.

## INFANT MENTAL HEALTH & CHILD DEVELOPMENT; PRE-VERBAL TRAUMA

Resource with Link	Source	Description
<a href="#">Child Development Core Story</a>	Harvard Center on the Developing Child	Video Series
<a href="#">Helping to Heal Invisible Hurts: The Impact of In-Utero Stress &amp; Trauma</a>	Coalition for Children, Youth and Families, Wisconsin	Tip sheet
Infant Mental Health Basics 2019 <a href="#">Video Series</a> , <a href="#">Slides (80 pages)</a> & <a href="#">Website Resources</a>	Infant Mental Health Promotion	Video Workshop
<a href="#">Play at School</a>	The Strong, National Museum of Play	Infographic
<a href="#">Social and Emotional Development</a>	Zero to Three	Video
<a href="#">Still Face Experiment</a>	Dr. Edward Tronick UMass Boston	Video
<a href="#">Still Face Experiment</a>	Lise-Lotte Austad	Video

## SUICIDE PREVENTION & EDUCATION RESOURCES

Resource with Link	Source	Description
<a href="#">Navigating a Mental Health Crisis</a>	National Alliance on Mental Illness (NAMI)	Infographic
<a href="#">Suicide Prevention Classes</a>	National Alliance on Mental Illness (NAMI)	Variety of classes are available.
<a href="#">The Truth About Suicide and Children in Foster Care</a>	Dr. John DeGarmo	Article

## PHYSICAL HEALTH

Resource with Link	Source	Description
<a href="#">Family Planning</a> <a href="#">Healthy Relationships</a>	Wright County Public Health	Services offered through Wright County
<a href="#">KidsHealth</a>	Same Name	Website
<a href="#">Proof Alliance</a>	Proof Alliance	Resources and Community
<a href="#">Protecting Children from Secondhand Smoke</a>	Children's Bureau Express	Article
<a href="#">Self-Harm</a>	National Alliance on Mental Illness (NAMI)	Videos
<a href="#">Self-injury/cutting</a>	Mayo Clinic	Article
<a href="#">Sexually Transmitted Diseases (STDs)</a>	MN Department of Health	Article
<a href="#">Teen pregnancy</a>	Center for Disease Control and Prevention	Resources
<a href="#">Trauma Informed Parenting: How to Talk Trauma with an MD</a>	Dr. Heather Forkey	Audio Recording
<a href="#">Trauma Toolbox for Primary Care</a> <a href="#">Helping Foster and Adoptive Families Cope with Trauma: A Guide for Pediatricians</a>	Healthy Foster Care America American Academy of Pediatrics	Trauma Toolbox is a 6-part series of handouts.  The Guide for Pediatricians is resources for medical professionals to support adoptive and foster families.