

# Catapult Learning

## Professional Development: **Understanding & Supporting Mental Health**

Educators play a key role in promoting students' well-being, but many have not received the education and/or training to support mental health in the classroom.

**Catapult Learning** offers mental health workshops to give educators the necessary insight and strategies to create classroom environments that fully support students' mental health.



“Working with Catapult Learning has transformed the dynamics of how we perceive professional development and training at our school.”  
– **Dr. Nadira Jack**,  
*Chief School Administrator*

**Three engaging workshops taught by mental health experts build your capacity to meet the needs of all students.**

### **Introduction to Mental Health Literacy**

Explore mental health, understanding how it affects work and behavior, address the stigma of mental health in the classroom, and learn how to design a safe and supportive classroom environment.

### **Mental Health and Social-Emotional Learning (SEL)**

Explore the connection between mental health and SEL, understand the CASEL competencies, and incorporate evidence-based SEL strategies into daily instruction to promote healthy student development, resiliency, and well-being.

### **Mental Health and Mental Illness in Young People**

Understand what healthy child and adolescent development looks like and how to recognize signs of student distress, identify strategies to support students' mental health, and share strategies to support students coping with trauma and/or mental distress.

# Effective Professional Development

Our PD is grounded in evidence and focuses on improving practice and cultivating environments that support lasting results. What sets us apart is our full-service support and hands-on experience in both general and special education settings.

## The Catapult Learning *Difference*



### Trusted Expertise

For 45+ years, schools and districts have trusted us to deliver results with impact.



### Evidence-Based Solutions

Grounded in research and best practices, our effective PD has lasting results.



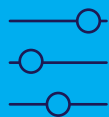
### Focus on Practice

Our PD improves teaching quality for enhanced student learning.



### Student-Centered Approach

We stand with you to support the whole child and drive outcomes to that end.



### Flexible Services

Our turnkey services meet your unique needs, with on-site, virtual, and asynchronous options.



To learn more about our professional development solutions, visit [www.catapultlearning.com/pd](http://www.catapultlearning.com/pd)