



# Effective mental health services, *accessible in all schools*



TRAILS programs bring **gold-standard mental health strategies to the school setting**. With training, materials, and implementation support from us, staff at our partner schools learn to deliver **effective, culturally responsible programming across three tiers of service**.

TRAILS aligns with the **Multi-Tiered System of Supports** framework – an academic, social, and behavioral growth model used in schools nationwide.

## Three tiers of programming

### Tier 1 – Social and Emotional Learning

*For all students*

- Helps all young people develop the life skills they need to thrive
- Designed to be delivered in the classroom
- Strengthens academic learning while fostering qualities such as empathy, self-awareness, and respect

[Learn more](#)

### Tier 2 – CBT and Mindfulness

*For students with symptoms of depression or anxiety*

- Provides students with skills for managing common mental health concerns
- Delivered by school mental health professionals, such as school counselors, social workers, or psychologists
- Grounded in two gold-standard practices: cognitive behavioral therapy (CBT) and mindfulness

[Learn more](#)

### Tier 3 – Suicide Prevention and Risk Management

*For the entire school community*

- Helps schools build policies and procedures that reduce stigma, encourage help-seeking, and ensure students at risk of suicide receive the care they need
- Trainings for 4 audiences: school administrators and leadership; school mental health professionals; teachers and support staff; caregivers and community members

[Learn more](#)

## How it works

TRAILS partners with schools/school districts and provides their staff with ongoing professional development.

1

**Administrators** select tiers and allocate time for program implementation.

2

**Staff** receive role-specific training to orient to TRAILS materials and prepare to implement programming.

3

**TRAILS** provides implementation support through workshops, refresher trainings, newsletters, and more.

## Want to learn more about TRAILS?

Visit us at [TRAILStoWellness.org](https://TRAILStoWellness.org) or [click here](#) to get in touch.