

Youth Wellness Mental Health Resource Guide



The Wellbeing Partners

TheWellbeingPartners.org

The Wellbeing Partners seek to build wellbeing into the way communities grow and do business. Our membership is made up of corporations, community partners, and individuals who want to see a community where all people and places thrive. An important part of our work focuses on helping youth-serving organizations infuse healthy strategies into the way that we serve individuals, families, and communities. This guide serves as a frequently updated resource that connects you to a collective of some of the best agencies reaching youth in our community.



The Wellbeing Partners' Youth Wellness Work

The Wellbeing Partners use health evaluation tools, like the CDC's School Health Index, along with wellness education tools, including *5-4-3-2-1 Go!*®, to support area schools, out of school programs, and community organizations in building wellness into their work with youth. Visit GoNebraskaKids.org to learn more and find free helpful resources. For help improving your program's wellness or for help implementing the countdown in your school, child care center, or community organization, contact The Wellbeing Partners.

Since 2013, PHS has provided technical assistance and professional development for school staff, in order to achieve policy, systems, and environmental change. To learn more, contact youthwellness@thewellbeingpartners.org.

Safe Routes to School

The Wellbeing Partners works with Omaha Public Schools to implement Safe Routes to School at four buildings. Safe Routes to School aims to create safe, convenient, and fun opportunities for children to bicycle and walk to and from school. The goal is to reverse the decline in children walking and bicycling to schools, increase kids' safety and reverse the alarming nationwide trend toward childhood obesity and inactivity. To learn more, contact saferroutes@thewellbeingpartners.org.



Local Organizations and Resources



Boys Town

Boystown Help Hotline for youth, parents, and caregivers: 800-448-3000 or text HELP to 20121.

My Life My Voice App - Mood journal to track feelings and triggers.

Parenting for School Success classes provides parents the tools they need to deal with difficult behaviors while supporting their student to be successful in school including 45 days of downloadable and digital resources for educators and parents in both English and Spanish.



Children's Hospital & Medical Center

ChildrensOmaha.org/Department/Behavioral-Health

Behavioral Health Services, including therapy, mental health crisis care, and parent-child interaction therapy. Services billed through insurance.



Catholic Charities

CatholicCharitiesOmaha.org

Catholic charities provides mental health outpatient services to children of all ages and their families. Services are billed through insurance. Behavioral health line: 531-213-7398.



Omaha Integrative Care

OmahaIC.com

Omaha Integrative Care (OIC) is dedicated to helping people cope with everyday challenges and navigate transitions in their lives. The complementary and holistic treatments at OIC support people through these life transitions as well as promote overall health and wellness. Youth supports include counseling that is covered by most insurance policies, teen yoga, yoga for athletes and stress reduction programs. We are also available for specialized trainings and presentations for youth and staff. Contact **Stephanie Watson** for more information and cost inquiries.



Together hope grows.

Grief's Journey

GriefsJourney.org

Grief's Journey provides Peer Bereavement Support Groups for ages 3-18, divided by class/developmental stage. Registration is required. Both open and cohort sessions are available. Teens also have the option to participate in a semi-annual overnight retreat.

All are eligible. Support groups, day camps, and overnight retreats are offered free of charge. Language and other accommodations available.

Grief's journey loves to provide training for schools or organizations working with you experiencing grief. Contact **Alex Jurgens** for more information and a full menu of services.

National Alliance on Mental Health (NAMI) Omaha

NAMIOmaha.org

NAMI offers many trainings for families and caregivers of children experiencing mental illness, including a "Family to Family" course for family caregivers and "Nami Basics" for family, teachers, and others supporting children living with mental illness. All services are offered free of charge. Contact namiomaha@gmail.com.



Connections at Project Harmony

ProjectHarmony.com

The Connections program at Project Harmony serves children in five area school districts by matching children and families to mental health providers to fit their unique needs. All services come at no cost to families. Support inquiries can be made directly at the school building.

Online National Resources



Second Step

SecondStep.org/COVID19support

Social Emotional teaching resources including on-demand video lessons, problem solving adventures, and professional development opportunities. Created for children ages PreK-5th Grade. Currently offered for free.



STARR

Starr.org/our-courses

Trauma-Informed certification courses to help prepare educators and others working with children who have experienced trauma. Currently offered for free.



Sanford Harmony

SanfordHarmony.org/HarmonyatHome

Social Emotional training resources including toolkits, lessons, and professional development opportunities. Currently offered for free.