

EDUCATOR PLAYBOOK

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Dear Teachers and Administrators:

Thank you for allowing me to bring my “Choose Love” show to your school. I created this show several years ago to share a message of hope and inspiration with students across Indiana. Since launching the show, I’ve received an outpouring of support and positive feedback from teachers, students and administrators.

That’s why I’m excited to partner with CareSource and 988 Indiana for the “Choose Love” Show and to provide this Playbook for teachers and administrators. I hope this equips you with additional resources as you support your students.

I am so grateful for each and every one of you, and the thousands of hours you pour into your students throughout the year. You have a massive platform to inspire students to be and do their best, and I’m honored to be a small part of that journey through my “Choose Love” show.

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INTRODUCTION

The adolescent and young adult years are a critical period when many mental health challenges come to light. Statistics from the National Alliance on Mental Illness (NAMI) reveal that around 17% of individuals aged 6-17 experience a mental health disorder. When teenagers are navigating mental health issues, the repercussions can permeate every aspect of their lives, from academic performance to social relationships and even their physical well-being.

In light of these challenges, it is essential for educators and school staff to be equipped with the knowledge and tools to effectively support students facing mental health issues. This toolkit serves as a valuable resource to increase awareness and understanding of suspected mental health concerns among their student population. By addressing these issues proactively and providing the necessary support, we can help students thrive both academically and socially.

In the United States, research indicates that approximately one in four young individuals will either witness or directly experience at least one traumatic event before reaching the age of 18. These traumatic events encompass a wide range of experiences, including but not limited to the sudden or violent loss of a loved one, physical or sexual assault, life-threatening illnesses, abuse, neglect, exposure to community violence, natural disasters, stress related to military family circumstances, serious accidents, and divorce.

It is important to recognize that the impact of trauma is deeply personal and subjective; what constitutes a traumatic experience for one person may not have the same effect on another individual, and vice versa. Understanding the prevalence of trauma among youth is crucial when examining teen mental health, as trauma serves as a significant risk factor for a multitude of mental health challenges.

Recognizing the importance of addressing the intersection of mental health and trauma, educators and school staff can benefit from exploring trauma-informed resources to better support students who have experienced trauma. For more information on this topic and to access additional resources, you can visit <https://www.nctsn.org>.

We hope that you find this Educator Toolkit helpful and easy to use. We selected some national and local resources and grouped them by category for your convenience. If you have any questions, please contact the Behavioral Health Team at CareSource by emailing Indiana_BH@CareSource.com.

RECOGNIZING SIGNS AND SYMPTOMS OF MENTAL DISTRESS

Educators are in a unique position to recognize signs of mental distress, therefore it's crucial to be aware of the warning signs when a young person is struggling. Here are some important things for educators to know. Always remember to consult with a school counselor, nurse, or administrator and the student's parents if you observe one or more of the following behaviors:

- Feeling sad or withdrawn for more than two weeks
- Seriously trying to harm oneself, or making plans to do so
- Sudden overwhelming fear for no reason, sometimes with a racing heart or fast breathing
- Involvement in many fights or desire to badly hurt others
- Severe out-of-control behavioral that can hurt oneself or others
- No eating, throwing up, or using laxatives to make oneself lose weight
- Intense worries or fears that get in the way of daily activities
- Extreme difficulty concentrating or staying still that puts the student in physical danger or causes problems in the classroom
- Repeated use of drugs or alcohol
- Severe mood swings that cause problems in relationships
- Drastic changes in the student's behavior or personality
- Noticeable changes in sleeping and/or eating habits
- Sexual acting out
- Decline in academic performance

In addition, educators can play an important role in preventing suicide. Serious warning signs that could indicate an increased risk for suicide are listed below. Again, always remember you need to consult with a school counselor, nurse, administrator, and the student's parents.

- Talking about wanting to die or to kill themselves
- Looking for a way to kill themselves, like searching online or buying a gun
- Talking about feeling hopeless or having no reason to live
- Talking about feeling trapped or in unbearable pain
- Talking about being a burden to others
- Increasing the use of alcohol or drugs
- Acting anxious or agitated; behaving recklessly
- Sleeping too little or too much
- Withdrawing or isolating themselves
- Showing rage or talking about seeking revenge
- Extreme mood swings

SCHOOL MENTAL HEALTH SCREENING TOOLS

Screening for mental health conditions is one of the easiest ways to determine if further assessment is needed. Screening can help detect issues early so that your students can be connected to a treatment provider and to avoid symptoms from getting worse. These types of screening tools are used for early detection; to be officially diagnosed with a mental health condition, further screening and assessment should be conducted by a mental health professional who can help provide treatment like “talk therapy” or medications.



At the link below, you will find common screening tools that are scientifically validated to detect if someone is experiencing symptoms of a mental health condition:

<https://screening.mhanational.org/screening-tools> Click on this link to access the screening tools for the following conditions and symptoms:

- Depression (sadness, lack of energy, tearfulness, hopelessness, loss of interest)
- Attention-Deficit Hyperactivity Disorder (difficulty focusing, talking excessively, impulsivity, restlessness)
- Anxiety Test (Worries, feeling irritable, nervous, restless, difficulty concentrating or making decisions, having a sense of impending danger, panic, or doom)
- Addiction Test (Missing school, frequently asking for money, stealing, ignoring, or breaking curfew, avoiding eye contact, glazed or bloodshot eyes, poor hygiene)
- Youth Mental Health (Changes in mood, behavior, and performance, such as lower grades and difficulty concentrating)
- Post-Traumatic Stress Disorder (Flashbacks of trauma, sleep problems, avoiding people, places, activities, or situations that remind them of event, irritable behavior, angry outbursts)
- Eating Disorder (Restricted eating, extreme thinness, intense fear of gaining weight)
- Self-Injury Survey (Scars, fresh cuts, scratches, bruises, bite marks, wearing long sleeves or long pants to hid self-injury, even in hot weather)
- Postpartum Depression (Persistent feelings of sadness, anxiety, hopelessness, or emptiness, feelings of guilt, loss of appetite, frequent crying, inability to care for self or baby)
- Bipolar (Extreme mood swings, mood episodes that range from manic to highs to depressive lows)
- Psychosis & Schizophrenia Test (Hallucinations, delusions, disorganized thinking, change in sleep patterns, changes in body language and emotions)
- Workplace Mental Health Survey (Changes in productivity, behavioral changes, changes in eating and sleeping habits, emotional changes, physical changes, and substance use)

Note: This is not an exhaustive list of screening tools or symptoms.

Screening for mental health can help an individual determine what type of mental health challenge they may be struggling with and what to do next. Also, screening can help an individual monitor their mental health over time. It may be helpful to familiarize yourself with these screening tools, but please note they are meant to be a quick snapshot of a person's mental health.

The above screening tools are FREE and will give you a numeric score. The higher the score, the more symptoms an individual is experiencing.

The best strategy for educators if they have a student who may be struggling with a mental health condition is to learn the warning signs so that you can connect your students to a mental health professional who can screen, assess, diagnose, and refer the individual to treatment, if needed.

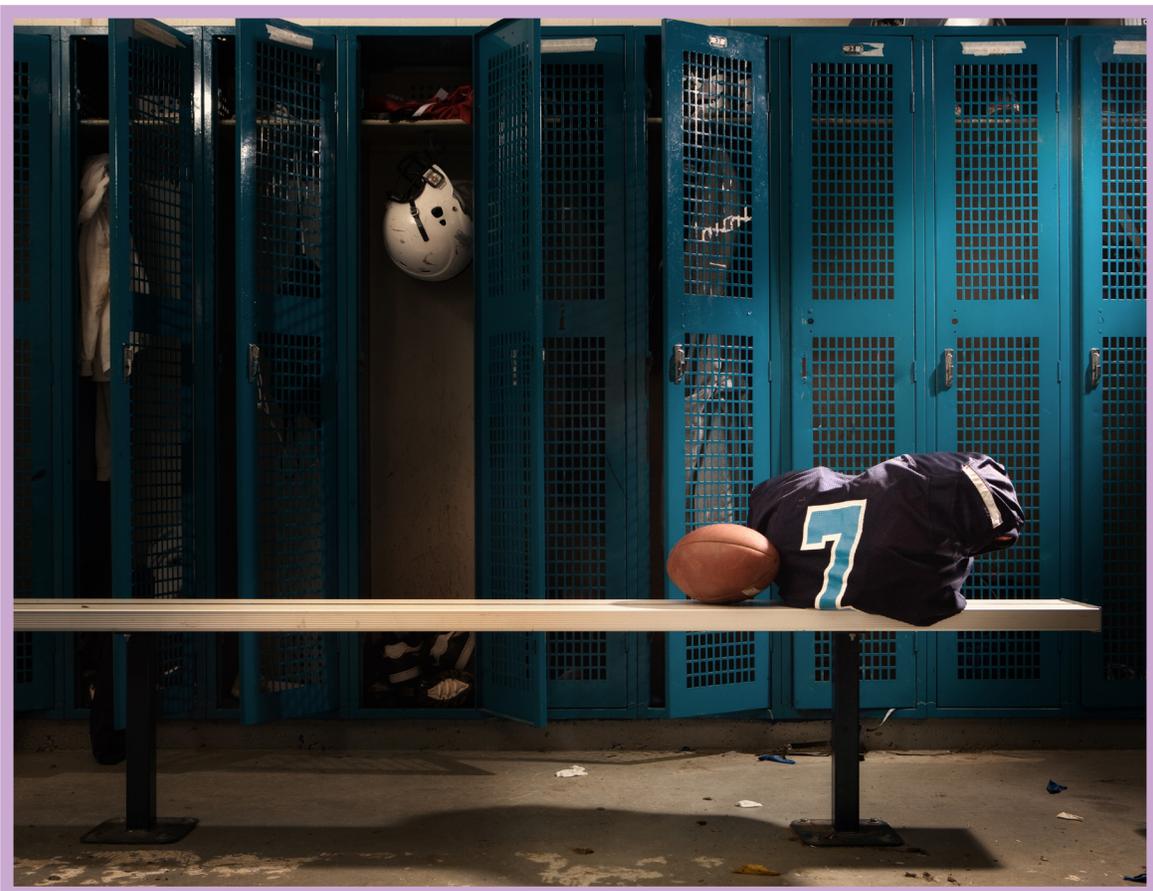
RESOURCES AND CITATIONS

<https://www.kumc.edu/documents/ahec/Youth%20Suicide%20Resource%20Documents/Teen%20Mental%20Health%20Toolkit.pdf>

<https://www.samhsa.gov/mental-health/how-to-talk/educators>

<https://youth.gov/youth-topics/youth-mental-health/warning-signs>

<https://screening.mhanational.org/screening-tools/>



SCHOOL ONLINE RESOURCES FOR MENTAL HEALTH

Listed below are some online national and local resources we would like for you to explore. With these online resources, you will find phone numbers, websites, toolkits, and resource guides to assist you with helping your students in the classroom.

GENERAL MENTAL HEALTH INFORMATION AND SUPPORT

National Alliance on Mental Illness (NAMI) helps individuals with mental illness and their families and friends. They are the largest grassroots mental health organization dedicated to building better lives for millions of Americans affected by mental illness. They offer mental health education, support groups, a NAMI helpline, publications and reports to keep you up to date on the state of mental health in our country, podcasts and webinars, and other helpful resources.

<https://www.nami.org/>

<https://www.nami.org/NAMI/media/NAMI-Media/Images/FactSheets/NAMI-Teen-and-Young-Adult-HelpLine-Resource-Directory.pdf>

National Alliance on Mental Illness (NAMI) Indiana Affiliate helps individuals with mental illness and their families and friends. They are a grassroots public charity helping individuals living with serious mental illnesses, and their families and friends. They support local NAMI affiliates, train volunteer leaders, provider continuing education for professionals, and partner for systems of change at the state level. The website includes programs, crisis planning, advocacy, events, how to get involved, and resources.

<https://www.namiindiana.org/resources>

Mental Health America is a national nonprofit dedicated to the promotion of mental health, well-being, and illness prevention. The website includes crisis resources, mental health screenings, mental health treatment information, mental health facts and statistics, webinars, podcasts, mental health policy, and how you can become a part of their advocacy network and take action.

[Mental Health America | Homepage](#) | [Mental Health America \(mhanational.org\)](https://mhanational.org)

The National Institute of Mental Health (NIH) offers authoritative information about mental health disorders, a range of topics and the latest on mental health research. They are a part of the U.S. Department of Health and Human Services, the nation's medical research agency.

[Mental Health Information - National Institute of Mental Health \(NIMH\) \(nih.gov\)](#)

Mental Health America of Indiana is Indiana's leading mental health and substance use advocacy organization dedicated to providing overall mental wellness and recovery for all Hoosiers. The

website includes advocacy, programs, events, resources, training, and vitality grants.

<https://mhai.net>

Jed Foundation is a nonprofit that protects emotional health and prevents suicide for our nation's teens and young adults, giving them the skills and support they need to thrive today and tomorrow. The website includes mental health resources and information for high schools and higher education, tips and tools to recognize a problem, start a conversation, and how to find help.

<https://jedfoundation.org/>

University of Kansas Medical Center Mental Health Teen Toolkit provides information on how to support teens with their mental health

<https://www.kumc.edu/documents/ahec/Youth%20Suicide%20Resource%20Documents/Teen%20Mental%20Health%20Toolkit.pdf>

2-1-1 FREE and confidential service that helps Hoosiers across Indiana find the local resources they need 24 hours a day, 7 days a week.

<https://in211.communityos.org/>



SCHOOL SPECIFIC RESOURCES

Center for Disease Control and Prevention (CDC) Adolescent and School Health to learn about school-based strategies and approaches to support student mental health. This website includes an action guide for school administrators and leaders. The CDC and Prevention is the national public health agency in the United States.

<https://www.cdc.gov/healthyyouth/mental-health/index.htm>

First Book dedicated to ensuring that all children, regardless of their backgrounds or zip code, can succeed, by removing barriers to equitable education. First Book is dedicated to supporting educators as they support their students. The website includes an educator resource guide to identify and address emotional wellness challenges.

<https://firstbook.org/solutions/student-mental-health/>

School Based Mental Health Services to learn more about Indiana legislation for school corporations and charter schools and community mental health services. The website includes a sample memorandum of understanding (MOU) language and guidance as schools enter into these partnerships and Division of Mental Health and Addiction (DMHA) SEA 246 communication.

<https://www.in.gov/fssa/dmha/youthservices/school-based-mental-health-services/>

Indiana School Mental Health Initiative works alongside school districts and community partners to create a community of practice by providing resources, consultation, professional development, and education that promote and sustain the social, emotional, behavioral, mental, and physical health of Indiana's school-aged children. They are part of Indiana University's Indiana Institute on Disability and Community, Center for Education and Lifelong Learning.

<https://ismhi.indiana.edu/index.html>

Indiana Youth Institute (IYI) supports youth services through innovative trainings, critical data, and capacity-building resources – aiming every effort at increasing the well-being of all children. IYI strives to create best practices models, provide critical resources, and advocates for policies that result in positive youth outcomes.

<https://iyi.org/>

U.S. Department of Education Resources on Trauma-Informed Care for Schools is a trauma resource list specific for schools before, during, and after possible emergency events provided by Readiness and Emergency Management for Schools (REMS) Technical Assistance Center.

https://rems.ed.gov/docs/Trauma-Informed_Care_for_Schools_Resources_508C.pdf

<https://rems.ed.gov/AboutUs.aspx>

Mental Health Resources for K-12 Schools offers a variety of resources, programs, and tools school communities can reference on mental health.

https://www.schoolsafety.gov/sites/default/files/2022-05/SchoolSafety.gov_Mental-Health-Resources-for-K12-Schools_Infographic_May-2022.pdf

The National Child Traumatic Stress Network (NCTSN) has a variety of resources for children, youth, and young adults, to explain trauma and its effects. The HCTSN is administered by Substance Abuse and Mental Health Services Administration (SMHSA) and coordinated by the UCLA-Duke University Center for Child Traumatic Stress (NCCTS). There is a specific toolkit for educators included.

<https://www.nctsn.org/audiences/youth>

<https://www.nctsn.org/resources/child-trauma-toolkit-educators>



SUICIDE AND CRISIS SUPPORT

988 Suicide & Crisis Lifeline This LifeLine is national network of local crisis centers that provides free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week in the United States. The Lifeline is comprised of a national network of over 200 local crisis centers, combining custom local care and resources and national standards and best practices.

<https://988indiana.org/>

Crisis Text Line Text Home to 741741 from anywhere in the United States, 24/7, free, and confidential. A live, trained Crisis Counselor receives the text and responds, all from their secure online platform.

Crisis Text Line | Text HOME to 741741 Free, 24/7 Mental Health Support

notok is a free digital panic button to get immediate support via text, phone call, or GPS location when you're struggling to reach out. This is a pre-crisis tool where you can push a button to let family and friends know you need help.

<https://www.notokapp.com/>

Youth Suicide Warning Signs If you are concerned about someone, use this website to review the warning signs, things you can do to help, and how to find help. The website contains information for youth, healthcare professionals, parents and caregivers, and gatekeepers.

<https://www.youthsuicidewarningsigns.org/youth>

American Foundation for Suicide Prevention voluntary health organization that gives those affected by suicide a nationwide community empowered by research, education, and advocacy to take action against the leading cause of death. They focus on the following core strategies: funding scientific research, educating the public about mental health and suicide prevention, advocating for public policies in mental health and suicide prevention, and supporting survivors of suicide loss and those affected by suicide. AFSP has local chapters in all 50 states and Puerto Rico, with programs and events nationwide.

<https://afsp.org>

GENDER AND SEXUALITY

The Trevor Project is a non-profit suicide prevention organization that provides 24/7 crisis support services, research, and advocacy for LGBTQ+ young people. Resources include sexual orientation, talking about suicide, gender identity, and LGBTQ+ mental health and community specific resources.

<https://www.thetrevorproject.org/>

Parents and Friends of Lesbians and Gays (PFLAG) creates a caring, just, and affirming words for LGBTQ+ people and those who love them. This website helps find a local chapter, a virtual meeting, connects communities for shared experiences, and helps find resources.

<https://pflag.org/>

BULLYING

StopBullying.gov is a federal government website managed by the US Department of Health and Human Services. The website includes information about Cyberbullying, Federal Laws, What Schools Can Do, and What Kids Can Do. The Prevention at School section of the website includes activities to teach students about bullying, evidenced-based programs and curricula, and staff training on bullying prevention.

<https://www.stopbullying.gov/>

STUDENTS WITH DISABILITIES

INSource provides families and service providers the information and training necessary to assure effective educational programs and appropriate services for children and young adults with disabilities. The website includes training, resources, finding a special education liaison in your area, how to get involved, and much more.

<https://insource.org/>

Indiana Family to Family provides information, training, and one-on-one support to Indiana families of children and youth with additional health and education needs, and the professionals who serve them. The website includes fact sheets, trainings, and resources.

<https://www.inf2f.org/>

RELATIONSHIPS AND DOMESTIC VIOLENCE

Rape, Abuse and Incest National Network (RAINN) is the nation's largest anti-sexual violence organization. RAINN offers live help for sexual assault victims and their friends and families. Free, confidential, and secure. Telephone or online chat.

Telephone: 800-656-HOPE (4673)

<https://hotline.rainn.org/online>

<https://www.rainn.org/resources>

National Human Trafficking Hotline available 24/7 by phone, text, online chat, online form, and email. Hotline connects victims and survivors of sex and labor trafficking with services and supports to get help and stay safe. The website includes how to get help, reporting a tip, finding local services, safety planning, statistics, and resources.

<https://humantraffickinghotline.org/en>

1-888-373-7888 | TTY: 711 | Text*233733

National Domestic Violence Hotline provides essential tools and support to help survivors of domestic violence so they can live their lives free of abuse. Available 24 hours a day, seven days a week, 365 days a year. Website includes sections on understanding relationship abuse, warning signs of abuse, power and control, why people abuse, abuse and cultural context, and planning for safety.

<https://www.thehotline.org/>

The Julian Center helps victims of domestic violence and abuse become successful survivors. The website includes information on emergency shelters, legal services, advocacy, crisis intervention, self-sufficiency programming, youth enrichment, program, how to get involved, and staying informed.

<https://www.juliancenter.org/about-2/>

Love is Respect ensures education and information about healthy relationships, as well as national youth helpline is available 24/7/365. Information on dating 101, warning signs of abuse, healthy relationships, personal safety, supporting others, and getting help.

<https://www.loveisrespect.org/>

Indiana Coalition Against Domestic Violence works to prevent and eliminate domestic violence. The website includes information on primary prevention, advocacy, legal services, training and technical assistance, deaf and hard of hearing program, how to end violence, and survivor housing services.

<https://icadvinc.org/>

EATING DISORDERS

National Eating Disorders Association (NEDA) is the largest nonprofit organization dedicated to supporting individuals and families affected by eating disorders. NEDA supports individuals and families affected by eating disorders, and serves as a catalyst for prevention, cures, and access to quality care. There is a find treatment section so that you can search for providers in your area. This website includes a short screening for ages 13 and up to determine if further help is needed.

<https://www.nationaleatingdisorders.org/get-help/>

Eating Disorder Hope is an online community that offers resources, education, and support, and inspiration to those struggling with anorexia nervosa, bulimia nervosa, binge eating disorder, body image issues, and a myriad of other disordered eating behaviors.

<https://www.eatingdisorderhope.com/>

SUBSTANCE USE

Substance Abuse and Mental Health Services Administration (SAMHSA) is the agency within the U.S. Department of Health and Human Services (HHS) that leads public health efforts to advance the behavioral health of the nation and to improve the lives of individuals living with mental and substance use disorders, and their families. This website includes: finding help, practitioner trainings, information and videos to reduce the impact of substance use and mental illness on communities, grant opportunities, data collection, programs, and newsroom inquiries.

<https://www.samhsa.gov/>

Riley Children's Health Adolescent Dual Diagnosis Program uses ENCOMPASS, which is an evidence-based therapy program for kids and teens ages 10-17 who struggle with the difficult combination of substance use and mental health conditions. This is an outpatient program. For more information please visit:

<https://www.rileychildrens.org/departments/dual-diagnosis-program>

Family and Social Services Administration Indiana Addiction Treatment locator. By clicking on the "Find Addiction treatment in Indiana" or dial 2-1-1 to be connected to available treatment providers and community resources. This search compares treatment facilities to see which provide high-quality addiction care according to Shatterproof National Principles of Care.

<https://www.in.gov/fssa/addiction/>

GRIEF AND LOSS

The Children's Room creates safe, supportive communities, so that no child, teen, or family has to grieve alone. The website includes grief services, resources, training, and how to get involved.

https://childrensroom.org/resources/teen_grief_resources/

Dougy Center provides grief support in a safe place where children, teens, young adults, and their families can share their experiences before and after a death. Support and training are offered locally, nationally, internationally to individuals and organizations seeking to assist children who are grieving.

<https://www.dougy.org/resources/audience/teens>

Brooke's Place provides support groups, therapy services and education to empower children, teens, young adults, and their families to thrive in the midst of grief. The website includes grief resources for preparing to return to school after a death, suggestions for teachers, ways to offer support, and much more.

<https://www.brookesplace.org/>

CONNECTION TO SERVICES

Indiana School Safety Hub to locate a Community Mental Health Center or service provider in your area that can connect students to inpatient and outpatient behavioral health resources.

<https://www.in.gov/schoolsafety/mental-healthsubstance-use-disorder/schoolseducators/>

Children's Mental Health Wraparound Program addresses youth with complex needs and/or who are in danger of out-of-home placement. The program utilizes a wraparound approach designed to keep children in their communities. This website will link you to resources specifically to Indiana's Child Mental Health Wraparound (CMHW) program.

<https://incmhportal.fssa.in.gov/>

Children's Mental Health Initiative help for families who don't qualify for Medicaid or whose health insurance isn't enough. This website includes the objectives, eligibility criteria, access sites, wrap agencies by county, and other online services.

<https://www.in.gov/dcs/childrens-mental-health-initiative/>

Indiana System of Care (SOC) focuses on communities coming together all over the state to support the mental wellness of young people in the interest of building resilience and hope for families. This website has tools, resources, school-based initiatives, systems of care, trauma informed practices, and how to get involved.

<https://www.in.gov/fssa/dmha/youthservices/>

Indiana Youth Services Association (IYSA) operates several programs that support youth, youth workers, and other non-profit agencies, including Indiana Trafficking Victims Program for 24 and under.

<https://indysb.org/about-us/>

ADDITIONAL RESOURCES

BeMe Health helps teens and young adults find well-being through a mobile app that supports teen mental health and wellness. Teens get support through content, real-time coaching, crisis support, and clinical services. BeMe is designed with security in mind, providing a confidential space for teens and young adults to explore and express themselves freely. BeMe never sells data, and there are not ads on the platform. Use the link or scan the code to download the app and begin.

beme.com or scan code



Your Life Your Voice is provided by Boys Town. Boys Town is a national nonprofit, offers many resources for parents, families, and children in time of need. This website has a section on “Your Life Q&A” with “real advice for real situations” and tips and tools to help deal with challenging situations (e.g., abuse, anger, anxiety, break ups, bullying, coping skills, dating, and depression).

<https://www.yourlifeyourvoice.org/Pages/home.aspx>

Indiana Youth Group (IYG) creates a safer space to foster community and provides programming that empowers LGBTQ+ youth and magnifies their voices. The website includes services such as case management, housing, basic needs, education to parents, how to get involved, events, resources, and much more.

<https://www.indianayouthgroup.org/>

GenderNexus empowers people in Indiana who are gender diverse by connecting them with supportive services. Services include care coordination, medical referral letters, legal name and gender marker change, and LGBTQ+ friendly resources.

<https://www.gendernexus.org/>

Firefly Children and family Alliance provides programs and services to help children and families such as child abuse prevention, home-based services, temporary youth shelter, and recovery services. They are a nonprofit that has supported Indiana families and adults for generations.

<https://fireflyin.org/>

Boys & Girls Clubs of Indianapolis believes every young person deserves to live a life filled with hope and opportunity. They provide a safe, educational, and positive atmosphere where young people can prosper and reach their full potential. The website includes finding a club in your area, membership, how to get involved, and volunteer.

<https://www.bgcindy.org/>

Girl Scouts prepare youth to empower themselves and promote compassion, courage, confidence, character, leadership, entrepreneurship, and active citizenship through activities involving camping, community service, learning first aid, and earning badges by acquiring practical skills.

<https://www.girlscouts.org/en/discover/about-us.html>

Boy Scouts prepares youth develop academic skills, self-confidence, ethics, leadership skills, and citizenship skills that influence their adult lives. The webpage includes programs, scouting safety, training, resources, outdoor programs, and much more.

<https://www.scouting.org/>

Boys & Girls Clubs of America believes every young person deserves to live a life filled with hope and opportunity. They provide a safe, educational, and positive atmosphere where young people can prosper and reach their full potential.

<https://www.bgca.org/about-us/>

Big Brothers Big Sisters provides children with one-to-one mentoring services to foster relationships that help empower youth.

<https://www.bebigforkids.org/about-us/>

Transitional Living Program for Homeless Youth provides homeless youth stable, safe living accommodations for up to 21 months. Provides services to help people develop skills necessary to move independence and live as healthy, productive adults. These services are provided through more than 191 community-based residential centers. The program also helps homeless youths improve basic life and interpersonal skills, provides educational opportunities, assists with job preparation and attainment, and ensures the physical and mental health care needs are met.

<https://www.benefits.gov/benefit/619>

Stopover Inc. provides shelter and housing to homeless youth in Indianapolis. Stopover focuses on four things: shelter, safety, connection, and self-determination.

<https://stopoverinc.org/>

Postpartum Support International helps increase awareness about the emotional changes that women experience during pregnancy and postpartum. This helpline does not handle emergencies. The webpage includes a provider directory, finding local support, online support groups, peer mentor programs, postpartum planning, chat with an expert, and specialized support resources.

<https://www.postpartum.net/>

1-800-944-4773 #1 Spanish or #2 English

Housing and Urban Development (HUD) Exchange a range of resources that can assist youth service providers to help prevent and end youth homelessness. The website includes policy guidance, best practices, publications, tool, and links to other agencies and organizations. It provides information of how HUD programs currently serve homeless youth and how HUD works with other agencies to combat homelessness.

<https://www.hudexchange.info/homelessness-assistance/resources-for-homeless-youth/>

Indiana Housing and Community Development Authority (IHCDA) Homeless Youth Regional Program identifies youth and young adults who are living with housing insecurity, eliminate barriers to resource access, and bridge systems that promote safe and sustainable housing. The website includes criteria for IHCDA programs, finding a navigator in your county, regional contacts, and FAQs.

<https://www.in.gov/ihcda/indiana-balance-of-state-continuum-of-care/homeless-youth-regional-program/>



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DIFFERENCE IN OUR MEMBERS' LIVES BY IMPROVING
THEIR HEALTH AND WELL-BEING.**

**CARESOURCE WAS CERTIFIED BY MENTAL HEALTH
AMERICA IN 2024 AS A BELL SEAL RECIPIENT FOR
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