Tier 2: Early Intervention
For students experiencing mental health difficulties

To help schools meet the needs of students impacted by symptoms of depression, anxiety, and post-traumatic stress, TRAILS Early Intervention prepares school mental health professionals (SMHPs) to lead skill-building sessions grounded in cognitive behavioral therapy (CBT) and mindfulness. With training, materials, and implementation support from TRAILS, SMHPs are equipped to deliver one or both Tier 2 programs: CBT and Mindfulness and Coping with COVID-19.

CBT and Mindfulness

TRAILS CBT and Mindfulness sessions provide students with skills proven to reduce symptoms of depression and anxiety, including social isolation, worried thoughts, poor sleep, decreased energy, and avoidant behaviors. As SMHPs gain familiarity with the programming, they have the opportunity to facilitate sessions with the support and mentorship of a local TRAILS Coach.

Materials are comprehensive and grade-specific (3-5, 6-8, 9-12), and flexibility is built into the program design. SMHPs may choose to use materials as needed, or follow a 7-session depression manual, a 7-session anxiety manual, or a 10-session combined depression and anxiety manual. Supplemental sessions are also available, including two extra sessions on coping with the effects of trauma.

Coping with COVID-19

TRAILS Coping with COVID-19 is a 7-session manual specific to the current public health crisis. It is designed to promote self-care and effective coping strategies among a general student audience facing stressors brought on by the pandemic. Program materials (grades 3-5, 6-12) are grounded in CBT and mindfulness, but require less training for delivery, and may be delivered right away without the support of a TRAILS Coach.

All Tier 2 programming may be delivered:

| In person | or | virtually | With groups | or | individuals |

Benefits of CBT

The CBT and mindfulness content advanced through TRAILS has the strongest empirical support for the promotion of student mental health and well-being.

How can I bring TRAILS programming to my school?

While many Tier 2 materials are free and open-access on TRAILstoWellness.org, TRAILS provides training, resources, and implementation support — including coaching — for Tier 2 services throughout Michigan, as well as in some regions of Colorado. As a first step, please tell us about the needs of your school or district by answering a few short questions. We look forward to hearing from you!