

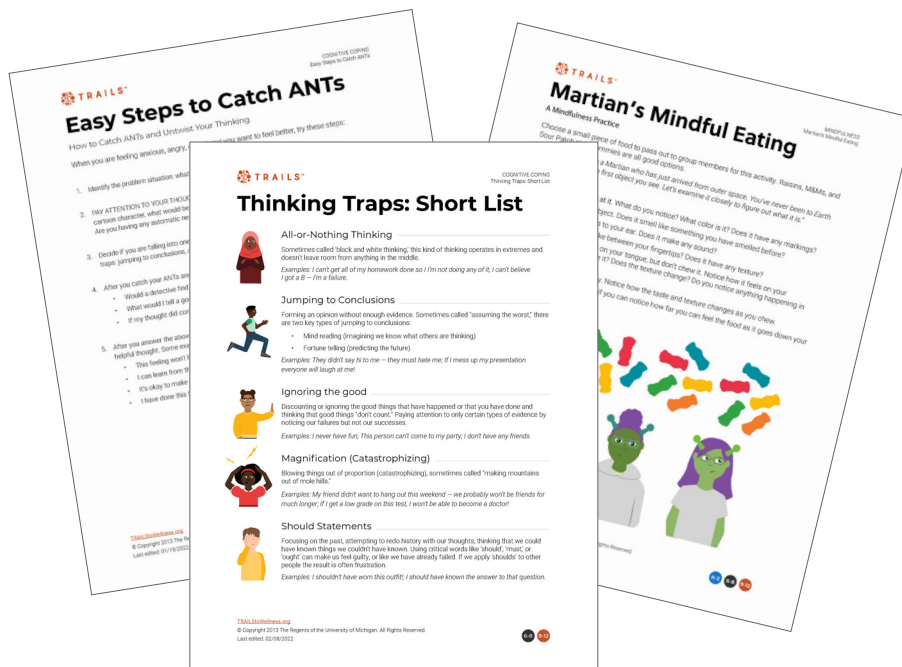


CBT and Mindfulness

TIER 2

For students with symptoms of depression and anxiety

TRAILS Cognitive Behavioral Therapy (CBT) and Mindfulness sessions offer early intervention support for students with common mental health concerns. Delivered in small groups or individually by a school counselor, social worker, or psychologist, this program provides students with effective skills for managing symptoms such as hopelessness, decreased energy, worried thoughts, and avoidant behaviors.



7 or 10 sessions

Session manuals focus on depression symptoms, anxiety symptoms, or both.

3 developmentally appropriate grade bands

Resources and activities are designed specifically for students in grades 3-5, 6-8, or 9-12.

How it works

- 1 **Administrators** develop an implementation plan 1 semester in advance of program launch
- 2 **School mental health professionals (SMHPs)** participate in 6 hours of live virtual training to strengthen their clinical skills
- 3 SMHPs deliver their first 10 sessions with the support of a trained **TRAILS Coach**
- 4 **TRAILS** provides ongoing implementation support through workshops, Q&As, newsletters, and more

Why CBT?

- CBT is widely considered the gold standard for treatment of depression and anxiety, with strong evidence of effectiveness in both children and adolescents.
- The skills CBT provides are lifelong: When students engage with CBT, they are learning to cope not only with their current symptoms, but with many other challenges they will face throughout their lives.

Want to learn more about TRAILS? Visit us at TRAILStoWellness.org or [click here](#) to get in touch.