

Trauma-Informed Education and Mental Health in Schools



Schools are currently experiencing two interconnected crises: a workforce shortage of mental health professionals and increased mental health needs among youth. Project TEAMS works to address both simultaneously, focusing our efforts on recruiting and training the next generation of school-based mental health professionals while providing multitiered, trauma-informed mental health supports in local schools. Led by Dr. Janise Parker and Dr. Leandra Parris, this team provides invaluable training opportunities for current and future school-based mental health professionals, as well as direct services for youth.



Individual Student Services: Project Empower

Sometimes students need one-on-one support through mentoring and mental health support. Through local schools, we work with our graduate students to provide support in:

- Goal setting
- Managing general and academic stress
- Personal or school challenges
- Social and coping skills
- Academic and career interests



School Services: Training

We partner with schools and community agencies to provide:

- Certification in PREPARE, a crisis prevention, response, and recovery program
- Consultation in implementing PREPARE
- Professional Development related to trauma-informed education and community healing

Want to learn more?

Email us at
projectteams@wm.edu

WILLIAM & MARY
School of Education



Group Student Services TIPPS: Story Mode

When experiencing traumatic stress, students benefit from creative approaches to promote coping and healing. TIPPS: Storymode is a trauma-informed, game-based approach to group counseling that helps students learn how to:

- Create and maintain safe spaces
- Cope with reactions to traumatic stress
- Empower themselves and others to disrupt interpersonal aggression
- Build on their self-concept to inform future goals and aspirations