Example of email sent to teachers and staff regarding REST post-screener Student Consults:

“Hello!,

This week we will be meeting with students that were flagged following the REST (Resilient response to the Effects of Stress and Trauma) screener last week. Those that were flagged were students who may have experienced a social-emotional or mental health challenge. ***We have around 75 students.*** Each interview takes **15-30 minutes,** then a possible phone call home if concerns are present.

**[*Insert Staff name*] will call kids down throughout the day.**

Please be aware of those students that may experience strong feelings after this conversation. We will do our best to ensure that they return to class calm and feeling good. If you notice a student upset or needing a break, please feel free to send them back down to SS.

***New to REST? What happens next?***

From those student conversations, we try and create groups based on what our kiddo's are dealing with (grief, family change, etc.).  Most importantly, we identify students who are appropriate for the intensive trauma-based group called CBITS (*Cognitive Behavioral Intervention for Trauma in Schools)*.   Many students no longer have symptoms that they reported in their screener. Others would benefit from CBITS or another social-emotional group.   After we identify students for groups, we meet with an Community mental health professional to plan and discuss logistics.  The focus of the CBITS group is to help students deal with past trauma and to help them manage the symptoms associated with that trauma.  It is an intensive intervention, but very effective for many children and can improve classroom behavior and academic focus. For more information about the group, visit www.cbitsprogram.org

Thanks again for your time and flexibility. Any questions, let me know!”