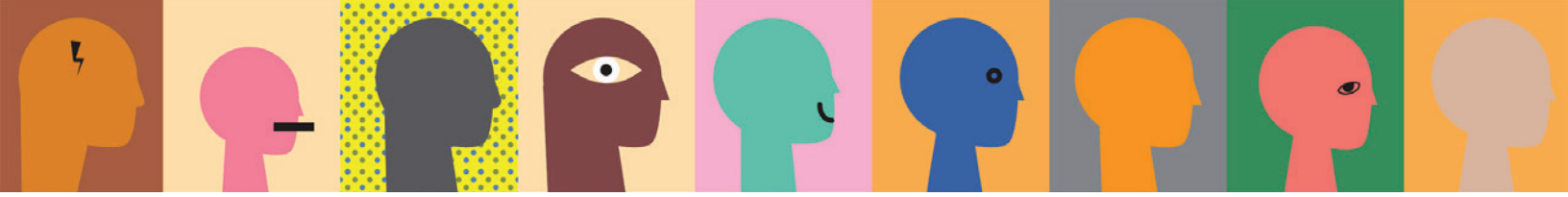

SCHOOL NURSE DISCUSSION GUIDE

Identifying and Utilizing External Resources

This guide helps school nurses think about how to find and use outside resources to support student mental health. It can be used for group discussions or for personal reflection. Choose the questions that best fit your team's needs.

Icebreaker Questions

- In what ways do you already act as a bridge between students and mental health or community resources?
- How do you respond when a student's issue is beyond what the nurse's office can address (e.g., housing insecurity, trauma)?

Gathering and Organizing Resources

- How do you currently document or store the resources you use (e.g., personal spreadsheet, toolkit binder, team SharePoint)?
- Where do you usually go first when you need to find a resource quickly (e.g., housing help, crisis mental health support)?
- Have you partnered with local clinics, nonprofits, or behavioral health orgs? What made those partnerships work (or not)?
- What systems need to be in place to facilitate handoffs to counselors or outside agencies?
- What roadblocks do you face when trying to refer or connect a student to a needed service (e.g., administrator resistance, unclear policies, family distrust)?

Strengthening the Nurse's Resource Network

- Who in your school or district can help you maintain and grow your resource list?
- What would make accessing or sharing your resources easier (e.g., digital access, admin support, central repository)?

Conclusion

- What's one idea from today that made you feel more confident in your role?
- What's one thing you'll do differently after viewing the module or participating in today's discussion?

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