



Welcome to the Fall -- or, ah, Winter -- well now we're coming into spring [CMI newsletter](#). The year entirely got away from us! And, too, welcome to our new format. There are lots of changes at CMI, and we are excited!



Check it out!

Professional Development On Line, On Demand!

We're just a breath away from having Professional Development units uploaded for on-demand online learning. Individuals will be able to take segments of interest or districts will be able to purchase site licenses for their entire work force. Our first four segments are on **recognizing mental illness in youth**. Much of a child's life is spent in school, and teachers are often those most likely to notice subtle changes that might be early indicators of emerging mental illness.

Future segments will include topics ranging from **"De- Escalating Angry Students"** to **"Cutting and Self- Injury"** to **"Lessons Learned in Responding to Crises."** It is our hope that districts will come to us with requests for us to create segments specific to their needs, and we're actually looking to have a much broader focus than crisis response, school climate, and violence prevention. If a [requested segment](#) isn't within our expertise, we'll go find the experts who can do a quality job.

[New Web Site](#)

If you haven't visited our new web site, check out our new look, and especially our new layout. We've designed the new site to make the [free pdf files for downloading](#) and other helpful information readily accessible. We're archiving old guidelines we've provided in the aftermath of many of the past national events. Our thought is that, if it we provide several examples, there will great ideas and helpful pointers you'll need for more "local" events.

[Guidelines](#) are usually separated into those for teachers, administrators, counselors and parents. We know that there are nurses, school psychologists, paraprofessionals and others who also need guidelines on those high-challenge days.

We also have a [What's New](#) column that gives you insights about books soon to be published or other new resources we're featuring. We keep adding new information, so we invite you to check back often. As always, information about [trainings and materials](#) are covered along with a few new features. Take a surf break!

Please feel free to [forward](#) (there is a link at the bottom of this page) this newsletter to colleagues or others who may find it of interest. If this has come to you from a

colleague or friends and you'd like to sign up to receive occasional emails and updates, please visit our web site at www.cmionline.org and check the "Yes" box on the [contact page](#).

New Publications

They aren't out yet, but it looks like the **new book on [Safe Rooms and the Media Relations Guide](#)** will be published in the next couple of months or so. We'll keep you posted on those. We're also getting close to the revamped Crisis Resource Manual as well.

Resources on Suicide

Several people have been in touch asking for resources for suicide. We have several free downloadable pdf files for you on our web site. They are organized into several categories, including [suicide](#), [aftermath of hurricanes](#), [talking to kids about war](#), and so on. They can be accessed by content category OR by intended audience (administrators, counselors, teachers and parents). Our web site is www.cmionline.org, and the url for the downloads is

http://www.cmionline.org/home/cmi/listcats_11 .



Additionally, some other internet resources include:

<http://library.sprc.org/browse.php?catid=65716>

<http://library.sprc.org/browse.php?catid=65717>

<http://www.suicidology.org/displaycommon.cfm?an=1&subarticlenbr=25>

<http://www.suicidology.org/storeindex.cfm>

When Nothing Matters Anymore: A Survival Guide for Teens by Bev Cobain Published after the suicide of the author's cousin Kurt Cobain, the lead singer of Nirvana, this book shares the personal stories of teens that suffered from depression, provides insight into the biology of this disease and how to seek professional help. (165 pp.) It is on the web site for [NMHA.ORG](http://www.nmha.org).

If you Google "Dr. Dave Capuzzi" you will find a rich list of his resources on suicide.

I just stepped outside to see shoots for the first spring bulbs -- they're about four inches up! Hang in there! Spring is just around the corner.

Be well,

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